

## OUTREACH TO LOCAL RABBIS/CANTORS

Rabbi Wax will be offering special programming throughout the year for Westchester rabbis and cantors. Please be in touch with her directly if you are interested in the offerings.

## COUNSELING SERVICES

### *Pastoral Counseling and Spiritual Direction*

Rabbi Wax is available to provide pastoral counseling, offering a spiritual perspective on life issues, both routine and crisis-oriented. She also can provide spiritual direction for those wishing to explore and deepen their relationship with God. Donations to the Jewish Healing Center are requested for these services.

## JEWISH HEALING CENTER MISSION STATEMENT

The WJCS Jewish Spiritual Healing Center is Westchester's first Jewish healing center.

Our vision is to promote the spiritual, intellectual, physical and mental health of Westchester County's Jewish community by infusing a collection of programs and services with the intrinsic power of Judaism's history and tradition.

Whether faced with a particular need or concern, or engaged in a journey to find Jewish connections and spiritual fulfillment, people will discover opportunities that foster health and healing for the mind, body and spirit within a Jewish context.

### **Rabbi Pamela Wax** Spiritual Care Coordinator

Rabbi Wax has served as a hospital chaplain, congregational rabbi and adult Jewish educator. She was ordained from Hebrew Union College-Jewish Institute of Religion. She is a trained spiritual director through the Center for Spirituality & Justice, is a graduate of the Institute for Jewish Spirituality, and has had training in Clinical Pastoral Education (CPE). She has served as faculty and scholar-in-residence at many conferences, retreats and synagogues. She also has been published widely in books and periodicals.



# WJCS

# JEWISH SPIRITUAL HEALING CENTER

## WINTER/SPRING 2010

*Workshops  
Support Groups  
Events*

&

*Spiritual Healing Services  
for*

*Westchester's Jewish Community*

A program of  
WESTCHESTER JEWISH  
COMMUNITY SERVICES

made possible, in part, with funds from



*Strengthening lives...  
Shaping futures*

[www.wjcs.com](http://www.wjcs.com)



JEWISH SPIRITUAL HEALING CENTER  
WJCS  
845 North Broadway  
White Plains, NY 10603

Non-Profit  
U.S. Postage  
**PAID**  
Permit No. 1016  
White Plains, NY

## SPIRITUAL JOURNEYING GROUPS

### **Sh'ma: Jewish Group Spiritual Direction**

Designed for those already in conversation with the Divine as well as for those on a serious journey to enhance their prayer lives, these sessions will combine God-talk, chanting, prayer, silence, and deep listening, as means to access spiritual wholeness and connection.

**4 Wednesdays: Feb. 24, March 24, Apr. 21 & May 26**  
12:00-1:30 PM

Facilitated by Rabbi Pamela Wax  
WJCS, 845 N. Broadway, White Plains Fee: \$54

### **Wise Words: A Youthful Spirit in an Aging Body (for those 65+)**

An opportunity to explore what the Jewish tradition has to say about the aging process and to share the spiritual joys and tribulations of growing older (and hopefully wiser).

Writing will be used as a medium in each session.

Facilitated by Rabbi Pamela Wax

**4 Wednesdays: March 3 & 17, Apr. 7 & 28**

12:00-1:30 PM Fee: \$54  
WJCS, 845 N. Broadway, White Plains

### **Jewish Views of Brokenness and Healing**

We will explore Biblical, Rabbinic, and Hasidic responses to brokenness and healing, discuss Passover as a healing modality, and come to appreciate Jewish spiritual practice as medicine for the soul.

**3 Thursdays: March 4 & 18 and April 8** 8:00-9:30 PM

First Hebrew Congregation

1821 East Main Street, Peekskill

Fee: \$18 for non-members of First Hebrew

### **Meditation and Middot**

This four-session workshop will introduce *tikkun middot* ("refinement of soul-traits") practice with the goal of learning how to act wisely with compassion and justice. We will include study of texts related to particular *middot*, qualities of heart and of behavior. Between sessions participants will be offered texts to study (in paired *hevruta*) to sustain their practice and deepen their sense of observing change in themselves.

**4 Mondays: March 8, April 12, May 10 & June 7**

6:30-8:30 PM

Facilitated by Rabbi Pamela Wax

WJCS, 845 N. Broadway, White Plains

Fee: \$72

### **Kumi Ori/Rise and Shine: Morning Walk and Prayer/Meditation**

We will meet at a different Westchester location each session, beginning with a short meditation, prayer or song before taking a brisk 45-60 minute walk together. We will conclude each walk with blessings for the day. **Please call for meeting places.** In case of inclement weather or lack of registration, a cancellation message will be placed on Rabbi Wax's voicemail as of 6:15 AM on the morning of the walk.

Registration is required.

Thursday: April 29

Wednesday: June 16 7:15-8:30 AM

### **Spiritual Programming for WJCS Connect-to-Care Clients**

Join Rabbi Pamela Wax, WJCS Spiritual Care Coordinator, for one or more drop-in sessions to consider "Useful Tools for Your Spiritual Journey." Based on a Jewish spiritual practice called *musar*, each session will focus on a particular soul-trait or *middah*, with the intent to offer structure and a Jewish spiritual perspective to your longings and hopes.

Contact Rabbi Wax for schedule

WJCS Connect-to-Care

10 New King Street, White Plains

Connect-to-Care is a UJA-funded initiative offering employment services, legal and financial consulting and counseling for those impacted by the economic downturn.

## HEALING SERVICE

### **Coming Into Wholeness: A Healing Service**

Join us for a program incorporating song, storytelling and meditation to ease your mind and touch your soul.

Thursday, April 22

First Hebrew Congregation

1821 East Main Street, Peekskill

8:00 PM

## SPIRITUAL SUPPORT GROUPS

### **Moving Forward: Taking Next Steps after the**

**Death of a Spouse** - Discuss issues such as "Who am I now?" dating again, maintaining relationships with old friends, downsizing one's home and embracing life again. For those at least 1 year into their bereavement.

**6 Wednesdays: Feb. 24, Mar. 3, 17 & 24\*, Apr. 7 & 21**  
7:00 - 8:30 PM

\* See below regarding the special program on March 24  
Co-facilitated by Jane Slevin, MFT and Rabbi Pamela Wax Fee: \$72

### **The Empty Seat at the Seder Table**

A pre-Passover teaching & conversation about using Passover as a healing modality. All are welcome.

**Wednesday, March 24** 7:00-8:30 PM

Co-facilitated by Jane Slevin, MFT and Rabbi Pamela Wax

### **Am I My Brother's Keeper? Healing Sibling Relationships**

We will share the joys, trials and tribulations in our sibling relationships and explore steps for healing and forgiveness. Reading the Book of Genesis is a prerequisite for this group.

**4 Mondays: Feb. 22, March 22, April 19 and May 17**  
6:30-8:00 PM

Co-facilitated by Rabbi Rabbi Wax and Jessica Cigale, Social Worker Intern Fee: \$54

### **Refuah/Healing: A Group to Support the Spiritual Resources of Those Suffering from a Chronic or**

**Terminal Illness** - Healing is not only about our bodies; it is also about our souls. In this group we will search both in and out of the tradition for healing modalities and tools for your journey, including music, meditation, prayer, Reiki, aromatherapy, relaxation and massage.

**4 Wednesdays: Feb. 24, March 24, April 21 & May 26**  
3:00-4:30 PM

Facilitated alternately by Ellen Lamonoff, RN, MS, Clinical Specialist Holistic Nursing and Rabbi Pamela Wax Fee: \$54

**PLEASE NOTE:** All our Jewish Spiritual Support

Groups are held at **WJCS, 845 North Broadway, White Plains** and co-facilitated by a rabbi and social worker.

They may utilize Jewish music, liturgy, meditation, stories and study, in addition to traditional psychotherapeutic methods to aid the process of emotional healing.

For more information or to register for  
WJCS Jewish Spiritual Healing Center programs,  
contact:

Rabbi Pamela Wax

WJCS Spiritual Care Coordinator

[pwax@wjcs.com](mailto:pwax@wjcs.com)

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