

# Unleash your imagination...

*Chai Mitzvah can help you on the journey*

**Chai Mitzvah** is a great way to celebrate, commemorate, connect, and mark a special time in your life. Here are some ways people have used **Chai Mitzvah**:

- To gather a group of friends together — like a **book group**
- To bring family together in a **virtual Chai Mitzvah group**... everyone Skype!
- **In memory** of someone special
- To **celebrate** a special birthday year
- To **mark** retirement, the last child leaving the house, or some other **personal transition**
- As a family, using our new **Family Education** curriculum

Let your imagination go. It is easy to implement, inexpensive, and fun!

Start a Chai Mitzvah group in your life... register on our website



## Learn more:

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Collaborative partners include Jewish Federation of NY, JNF, RAVSAK, Jvillage, Limmud NY, Jewish Community Foundation of Greater Hartford, WRJ and URJ.

# Judaism from the Inside Out

A profound and personal journey, to be shared.

Learning



Social Action



Ritual



Community



WOMEN OF REFORM JUDAISM  
*stronger together*



## What do you want your Jewish life to look like?

“Chai Mitzvah appeals to me because it combines individual **study, spirituality, and social action**. Not only do we study the Jewish texts, but we also apply what we learn to live our lives more Jewishly.”

- Julia C. Weinstein, WRJ Vice President

“I felt bringing this program to my sisterhood would allow others to think about and share with others their continued journey.”

-Andrea T. Cannon,  
WRJ Board Member



## Reasons Your Sisterhood Should Consider Chai Mitzvah

Participation in the **Chai Mitzvah** program for a year will:

- Create new and lasting bonds among members of the sisterhood and congregation.
- Add newly engaged members of the sisterhood, congregation, and the greater Jewish community.
- Encourage living a Jewish life in a meaningful way.
- Model lifelong learning for youth and others in the community.
- Provide a deep and rich adult engagement opportunity: engage the mind in both group and self-directed learning; the heart with ritual/practice; and engage in the community with social action.

**Chai Mitzvah** is easy to implement with a curriculum that is already established, facilitator guides, and resource help available from **Chai Mitzvah** educators.

**Chai Mitzvah** is easily applicable to your own interests with text-based, relevant topics of study.

For **WRJ** groups, **Chai Mitzvah** includes dedicated webinars and supplemental materials relevant to **WRJ** women.

## How does Chai Mitzvah work?

**Chai Mitzvah** spans the spectrum of Jewish practice and is for people from any background of Jewish knowledge and Jewish living.

**Chai Mitzvah** builds community, bringing people together across generations and/or similar ages and stages of life, such as empty nesters, B'nai Mitzvah parents, or early childhood parents.

**Chai Mitzvah** is a unique adult engagement program that encourages an integrated, experiential approach to Jewish life through five simple components. Each participant:

1. Attends monthly group learning with a set curriculum provided by Chai Mitzvah.
2. Chooses an independent study topic for the year.
3. Chooses a ritual/spiritual practice to take on for the year.
4. Commits to a social action activity for the year.
5. Celebrates the journey!



## Here is how to get started:

1. **Form a Chai Mitzvah group** (Sisterhood, Rosh Chodesh group, New members, etc.) and identify who will be the “point person” to administer the group.
2. **Go to [www.wrj.org](http://www.wrj.org)** and click on the “Chai Mitzvah” link.
3. **WRJ members receive special resources and discounts**, a complete registration tool kit with one complete set of Source Books, and all of our services for the year.
4. **When you know how many people are in your group**, order source books.
5. **Set your dates and times of meeting.** (Remember every month there is a set topic for study.)
6. **Determine whether you want to designate a facilitator or rotate** among the group.

