



# THE SISTERHOOD SCOOP SEPTEMBER

Volume I

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**Sisterhood wishes our NHBZ Family  
a good and sweet New Year and  
*a gemar chatimah tovah*  
(a good, final sealing in the Book of Life)**



## The Yom Kippur Sandwich

Most of us are familiar with the advice to offer a rebuke in the form of a “criticism sandwich”—first a compliment, then disapproval, followed by more praise. We can also apply this idea in advance of Yom Kippur, as suggested in an aish.org article by Ahava Spillman, “The Yom Kippur Sandwich,” where she explains...

Before Yom Kippur begins, write down 10 things for which you are grateful. When we express appreciation, it actually boosts our physical and emotional wellbeing, changing our perception from negative to positive. Try it! Give thanks for the people you love and those who love you, for your work and colleagues, for happy times as well as challenging ones, for your health, your house, the charity you can give, etc. That’s the first slice of your Yom Kippur sandwich.

Now comes the second slice—the stuff you’re asking of G-d. Write down 10 things you need for yourself and others—your niece who wants a baby, your sister who requires a miraculous recovery, your friend who needs to find a job, or your buddy who’s depressed. Share the blessings this year. Take a little time and consider those you know who could use a helping hand.

So what is the “meat” of the Yom Kippur special? The resolutions, the things we commit to change. Unlike typical New Year’s resolutions, which often concern weight, fitness or eating habits, our Yom Kippur resolutions are spiritual in nature. Cardiovascular workouts keep the heart pumping, but charity given with gusto will certainly increase your blood flow. Weightlifting may widen your biceps, but using those arms to embrace your children or a sick friend will undoubtedly raise your self-esteem. And stretching, considered imperative to any conditioning regimen, can certainly be interpreted to mean expanding your limits to include another mitzvah. So go ahead, write down 10 things you commit to do differently this coming year.

This Yom Kippur sandwich will make your holiday a truly holy day without transgressing any laws. So sometime mid-afternoon when you’re feeling a bit peckish, this “spiritual sandwich” is sure to infuse your Yom Kippur with deeper meaning.

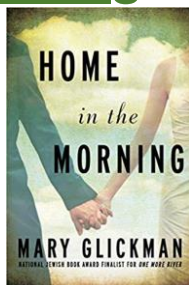
**SAVE THE DATE – THURS., NOV. 1<sup>ST</sup>  
JOIN NHBZ SISTERHOOD**

JFedStL Women’s Philanthropy presents:  
**“L’Chaim! Women Changing the World”**  
with Former Miss World Linor Abargil  
The Ritz-Carlton, St. Louis

**Book Club News**  
**Next Book Selection:**  
***Home in the Morning***  
**by Mary Glickman**  
**Next Meeting:**  
**Monday, October 22**  
**7:15-8:45 PM**

HOSTED BY: Sallie Volotzky  
FACILITATED BY: Terri Schnitzer

FOR MORE INFO CONTACT Fran Alper  
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**Thanks to all who helped support Sisterhood’s  
*New Year Greetings fundraiser*  
by wishing *L’Shana Tova* to all in our NHBZ family.**