This Seder supposed to give women a voice

BY SANDRA DALKA-PRYSBY SPECIAL WRITER

By SANDIA DALKA-PRYSBY
SPECIAL WAITED
Women joined together to celebrate, as a community, the rich traditions of Passaver.
This is a primary focus of the Women's Seder, which will be held on Thursday, March 14, at Adat Shalom Synngogue in Fermington Hills. Sponsored by the Vomen's Campaign and Education Department of the Jewish Federation of Metropolitan Detroit, more than 400 women, ages 12 and up, are expected to participate in this fourth annual celebration in the special west more than 5 and 15 an

ommemorates that exodus.
"While the traditional aspects of "While the traditional aspects of the Seder and Passover are observed in our celebration, we present the woman's side of the story from the perspective of such honored women as Moses' mother and sister, Miriam the Prophet. This, in itself, is very inspiring." The Women's Seder provides women in the Jowish community the opportunity to not only cole-

this year at sundown on March
27.
Barbara Hechtman of Waterford said that enhancing her own
family's Passover observance is
just one of the reasons she plans
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most excited, however, about faking my two married daughters to
the event and showing them the
importance of being part of the
larger Jewish community. Also,
this celebration will provide them

brate together, but to learn more about Judalem and their (the womens) role in continuing and advancing the rich traditions that are a part of Passever.

What women take away from this Seder benefits the whole community, young and old; male and female, "says Abbe Binder Sherbin, associate chairperson.

According to the West Bloomfield mother of two young girls, the spirituality and the knowledge that the women are exposed to at our Seder can be used to enhance the quality of their own field another of two young side to the west and the served in various planning positions since the inneptration of the role of women, so they can work the spirituality and the knowledge that the women are exposed to at our Seder can be used to enhance the quality of their own field mother of two young girls, and the story of the Jews plight in and flight from Egypt, and it is a dewish haliday that lasts for eight days. It begins this years at sundown on March 27.

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With added knowledge, especially the the own Seder and be won Seder and be won Seder and be worn so the the two medians are encouraged to fully participation. The Seder, secording to Hechtman, are encouraged to fully participation. The sevent and this server and reaccording to the Went and the serving of the Hage and the testing the reading of the Hage and

recipes.

The cost of the Seder is \$36 per

person, payable in advance. For reservations and more informa-tion, call Toni Hayes, (248) 642-4260, ext. 183.

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Health from page C5

an initial consultation appoint-

an initial consultation appointment only (many therapists offer initial consultations at no charge). Use this session as an opportunity to present your concern, ask about the therapist's experience with your type of problem, ask what treatment method he/she would consider.

Ending therapy

Ending therapy
Mental health is never complete. In reality it seems to be relative experience that exists on a continuum. Before seeking a therapist, ask yourself what you want to accomplish. Discuss this in the exploratory consultation. Also, ask the therapist when you and ho/she will know that you have accomplished your goals in working together. Usually the answer will lead you to know (and feel) that this is a good therapist for you to start with. relative experience that exists on a continuum. Before seeking herapist, ask yourself what you want to accomplish. Discuss this in the exploratory consultation. Also, ask the therapist when you have accomplished your goals in working together. Joually the answer will lead you to know (and is board Ceriffeet in Seel) that this is a good therapist for you to start with.

Resources

The Michigan Psychoanalytic Institute – in Farmington

Hills maintains a referral list of very qualified mental health professionals (248) 851-3380.

In the Michigan Association of Professional Psychologists is headquartered in Farmington Hills — and hose a Web site at: www.mipsychologistory.

In the Michigan Psychological Association — also has referral scruice with many of its members practicing in the Farmington/Flarmington/Harmington/Harmington/Harmington/Harmington Hills and Livonia, (617) 347-1855.

In Self help support groups —

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April 21-27

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