Sunday
April 30, 2006

Congregation Anshe Chesed
1000 Orchard Terrace
Linden, NJ 07036
908.486.8616

Cary Friedman, Rabbi
Dr. Elliot Rudnitzky, President

Community and Synagogue Profile

Congregation Anshe Chesed is an Orthodox Union-affiliated synagogue located in Linden, NJ. The shul has recently seen an increase in the number of young Orthodox couples and families who have moved into the community. Linden offers a wonderful place to raise children, and the opportunity to play an integral part in the future of a vibrant, dynamic community. Anshe Chesed is a unique place where young members truly make a difference.

In addition to a beautiful main sanctuary, the shul houses a gym, a catering hall, classrooms, and a Beit Midrash in a safe, lovely, tree-lined neighborhood. The building also houses Yeshiva Zichron Lvyah, a Bris Mdddish program for boys ages 18-21. Nice 3-bedroom houses in the area range in the low 300s, and larger homes sell in the upper 300s or low 400s. Additional housing options include garden apartments, co-ops, rentals and multi-family homes – all within walking distance of the shul.

Linden is 10 minutes from Elizabeth and Staten Island and 25 minutes from Edison/Highland Park, West Orange, and Brooklyn. Manhattan is 30 minutes away by car, and 40 minutes by train. The community has an eruv, nearby mikvahs, day schools, kosher restaurants and shopping.

For more information, see www.anshechesed.org or email info@anshechesed.org.

Congregation Anshe Chesed
Drawing From A Rich Tradition...Inspiring A New Generation

COST PER PERSON:
Pre-Registration: $18
At the Door: $25

Orthodox Union in conjunction with Congregation Anshe Chesed

Make Your Good Marriage into a Great Marriage

Enjoy a morning of enrichment
WITH SUMPTUOUS LUNCH

Sunday
April 30, 2006

Congregation Anshe Chesed
1000 Orchard Terrace
Linden, NJ 07036
908.486.8616
Please select one workshop for each time slot.

Workshops listed below will be presented at 10:00 AM and repeated at 11:10 AM.

9:30 am Onsite Registration
10:00 am Marital Workshop I
11:10 am Marital Workshop II
12:15 pm Lunch Buffet / Welcome

David Helfgott, Vice President of the Membership Committee, Anshe Chesed

1:00 pm KEYNOTE ADDRESS: Secrets to Maximizing Your Marriage—Rabbi Reuven Bulka, Ph.D.

1:45 pm Mincha

Program Schedule

Please select one workshop for each time slot. Workshops listed below will be presented at 10:00 AM and 11:10 AM.

9:30 am Onsite Registration
10:00 am Marital Workshop I
11:10 am Marital Workshop II

1:00 pm KEYNOTE ADDRESS: Secrets to Maximizing Your Marriage—Rabbi Reuven Bulka, Ph.D.

1:45 pm Mincha

Workshops

A. Filled but Not Fulfilled: An In-Depth Exploration of Marital Intimacy
   Rabbi Cary Friedman

B. How to Fight Fairly and Resolve Conflict
   Rachel Pill, MSW

C. Four Steps to a Great Marriage
   Meir Wikler, Ph.D.

D. Ten Commandments to Great Communication
   Gila Zelinger, C.S.W.

Program Schedule

Enrich Your Relationship. Unite in Decision Making.

Strengthen Your Bond as a Couple. Enhance Your Communication Skills. Understand and Accept Differences.

Presenters:

Rabbi Reuven Bulka, Ph.D. is a clinical psychologist and spiritual leader of Congregation Machzikei Hadas in Ottawa, Ontario. He has written extensively in the fields of psychology, religion and health, including the book Jewish Marriage: A Halachic Ethic (Ktav, 1986). Dr. Bulka is also the host of popular television and radio programs in Canada.

Rabbi Cary A. Friedman is the Rabbi of Congregation Anshe Chesed in Linden, NJ. He is a consultant to the Behavioral Science Unit (BSU) of the FBI, former Chaplain at Duke University, and former Executive Director of the Jewish Learning Experience of Durham, North Carolina. Rabbi Friedman is the author of five books including: Table for Two and Marital Intimacy: A Traditional Jewish Approach.

Rachel Pill, LCSW is the co-founder and co-director of the Long Island Guidance and Wellness Center and has a private therapy practice in Cedarhurst, Long Island. Mrs. Pill teaches and lectures across America and Israel on a variety of social issues including parenting, pre-marital education, and marital issues.

Rabbi Meir Wikler, Ph.D. is in full time practice of psychotherapy and family counseling in Brooklyn, NY, specializing in the treatment of Orthodox adults and children. Dr. Wikler has published over fifty articles in various clinical journals, as well as lay periodicals. He has also written six books including: Basic Elements of Jewish Practice: Practical Steps to Success in Marriage (Kehilath Hirsch, 1998) and Ten Minutes a Day to a Better Marriage (ArtScroll, 2003).

Gila Zelinger, C.S.W. is a clinical social worker on the child and adolescent unit at the Robert Yeager Mental Health Clinic in Pomona, New York. She has conducted extensive workshops in the Moser community focusing on strengthening the Jewish family. Mrs. Zelinger is the chapter president of NERFSH, the International Association of Orthodox Mental Health Professionals, for Rockland and Northern New Jersey. She also maintains a private practice in Wesley Hills, New York.

Positive Jewish Marriages

Enhances the marriage relationship by teaching and exploring new communication skills, respect, intimacy and closeness.

Teaches participants how to enjoy sharing their lives with each other and how to make time for each other.

Helps parents serve as role models in a happy loving relationship; one of the best gifts that can be given to children.

Strengthens the skills that allow couples to enrich their marriage and emotionally reconnect.

Presents techniques and skills to successfully meet the challenges of everyday life as a couple.

Registration Form

Positive Jewish Marriages

Sunday, April 30, 2006

Name First Name: Husband Wife
Family Name:
Address:
City, State, Zip
Home Phone:
Day Phone: Husband Wife
E-mail: Husband Wife
Number of years married (optional)

Cost per person: PRE-REGISTRATION: $18; AT THE DOOR: $25

Make checks payable to: Congregation Anshe Chesed

Credit Card Payment Information:

Card Number
Expiration Date

ONLINE: www.anshechesed.org
MAIL: Return in person or mail to:
  Congregation Anshe Chesed
  1000 Orchard Terrace, Linden, NJ 07036
FAX: 908.486.8888
PHONE: REGISTRATION 908.486.8616
INFORMATION 908.499.4140,
  David Helfgott, Program Coordinator
EMAIL: oumarriage@anshechesed.org