



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

**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 boasts a gym, a catering hall, classrooms, and a Beit Midrash in a safe, lovely, tree-lined neighborhood. The building also houses Yeshivas Zichron Leyma, a Beis Medresh 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*

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ANSHE CHESED
1000 Orchard Terrace
Linden, NJ 07036



Positive Jewish Marriages

*Orthodox Union in conjunction with
Congregation Anshe Chesed*

*Make Your
Good Marriage
into a
Great Marriage*



*Enjoy a morning of enrichment
WITH SUMPTUOUS LUNCH*

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POSITIVE JEWISH MARRIAGES

Let Our Marriage Experts Help Strengthen Your Marriage Commitment. This program is for happily married couples who want to communicate and relate on an even deeper emotional level. The focus is on the positive aspects of marriage, highlighting characteristics found in happy couples.

ENRICH Your Relationship. **UNITE** in Decision Making. **STRENGTHEN** Your Bond as a Couple. **ENHANCE** Your Communication Skills. **UNDERSTAND** and **ACCEPT** Differences.

PROGRAM SCHEDULE

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

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.

Practical ideas, skills, and suggestions will be presented for nurturing more fulfilling marriages. Participants will learn a variety of skills and approaches to help strengthen the cornerstones and foundation of a loving, committed marriage.

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: *Bayis Ne'eman B'Yisrael: Practical Steps to Success in Marriage* (Feldheim, 1988) and *Ten Minutes a Day to a Better Marriage* (Artsroll, 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 Monsey community focusing on strengthening the Jewish family. Mrs. Zelinger is the chapter president of NEFESH, 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

Print First Names: 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
NOTE ON BOTTOM OF CHECK: Positive Jewish Marriages

Credit Card Payment Information:
CHECK ONE: MasterCard Visa

Name on Card _____

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