

Imagine A Place. . .

- Committed to nurturing community, comfort, and caring; a place that brings together all the right ingredients to nourish your mind, body and spirit;
- Centering compassion, collaboration and a life-affirming ethic, where we can learn together how to cook, eat, think, and live more healthfully;
- Rooted in the OYR community that connects with and influences the quality of life for area residents through exchanging ideas and serving-up food for thought;
- Open to individuals from all faith traditions where you can explore a menu of mindfulness practices, savor new insights, and experience personal growth.



That place is The Kitchen at
Reform Congregation Keneseth Israel.

The Kitchen



In The Kitchen

Food for thought is also on the menu... We're dishing text study, sampling fresh perspectives, and introducing new presentations to help us make sense of our changing world -- embracing sustainability over scarcity, and partnership over patriarchy.

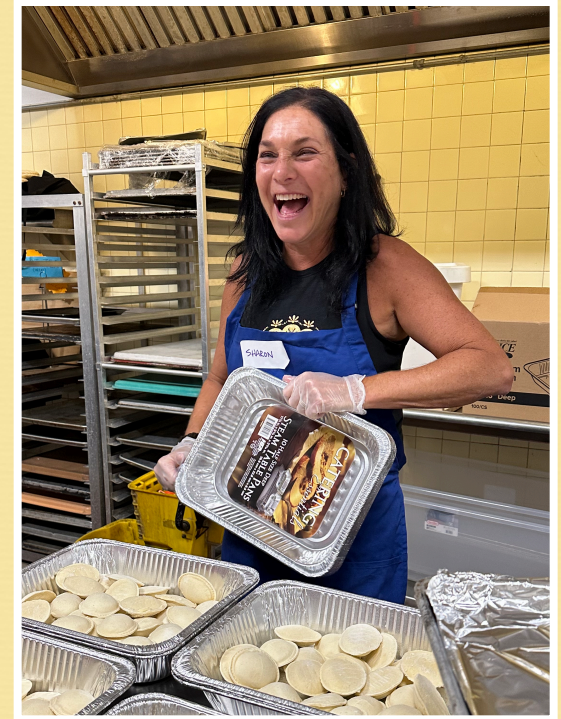


CELEBRATING 20 YEARS WITH CANTOR AMY E. LEVY

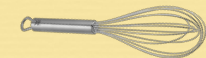
REFORM CONGREGATION
KENESETH ISRAEL
8339 Old York Road
Elkins Park, Pennsylvania, 19027
KENESETHISRAEL.org | 215.887.8700

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The Kitchen



In **The KI**tchen we are cooking-up wellness with programs to explore mind-body connections, food as medicine and food for the soul.



You can pull-up a chair at our Kitchen Table to create community chatting with old friends and making new ones.



CANTOR IN THE KITCHEN

FOODIE FUN FOR ALL AGES

SUNDAY, NOVEMBER 5, 2023
10:00 AM-12:00 PM

HODU L'ADONAI:
HOW GIVING + THANKS = TURKEY
& MASHED POTATOES

CHEFS ANDREW SCHLOSS &
LARRY WAPNITSKY

(PREPARING TURKEYS FOR
OUR HAMOTZI
THANKSGIVING DINNER)

-BRING A TURKEY-



KITCHEN CONVERSATIONS

CONVERSATIONS CREATING CONNECTION AND COMMUNITY

SUNDAY, OCTOBER 1, 2023
10:30 AM-12 PM

NO TOPIC IS TABOO:
EXPLORING RESILIENCY, SHAME & COURAGE
DR. SUSAN DORNSTEIN

SUNDAY, OCTOBER 29, 2023
10:30 AM-12 PM

FORAGING:
TOOLS FOR WOMEN TO AGE IN THIS TIME
DR. SUSAN DORNSTEIN



Dr. Susan Dornstein, D.O., R.D., is a physician specializing in internal, lifestyle, and occupational medicine. She finds the combination and power of conversations and connection to others is often the best medicine.

A WOMAN'S PLACE TEXT STUDY

TEXT STUDIES TO INVESTIGATE OUR BIBLICAL/CULTURAL PAST AND PRESENT

TUESDAY, NOVEMBER 14, 2023
ROSH CHODESH KISLEV 7:00-8:30 PM

EVERYWOMAN EVE

CANTOR AMY LEVY
ARLENE B. HOLTZ, PH.D. & BARBARA MCNEIL, J.D.

WEDNESDAY, DECEMBER 13, 2023
ROSH CHODESH TEVET 12-1:30PM BYO LUNCH

STRANGER AND FRIEND:
HAGAR, RAHAB, RUTH & THE REST, PART I

RABBI BENJAMIN DAVID WITH
ARLENE B. HOLTZ, PH.D. & BARBARA MCNEIL, J.D.

