



JEWISH HEALING CENTER OF LOS ANGELES

# *Every Breath*

Friends,

It's our pleasure to bring you the November 2014 edition of "Every Breath," the monthly newsletter from the Jewish Healing Center of Los Angeles.

"Every Breath" is an opportunity to share moments of meaning, through news, personal stories, the arts, and other media that can inspire our healing as individuals, and as a community. We hope you will enjoy learning, laughing, crying, wondering, and celebrating these moments with us each month.

We encourage you to also like us on [Facebook](#) and follow us on [Twitter](#) for more opportunities to connect.

B'Shalom,

Rabbi Carla Howard and the JHCLA Team

HEALING ON HOLIDAYS

**A Prayer for Thanksgiving**

By Rabbi Zalman Schachter-Shalomi

<http://tinyurl.com/ko5ybsy>



HEALING TOGETHER. UPCOMING EVENTS

Come celebrate the season with us at

**Thanks & Giving: A Community Day of Service**

Sunday, November 23, 12-4pm

Temple Beth Am

1039 S La Cienega Blvd

We look forward to welcoming you at the JHCLA booth!

For more information, click [HERE](#)

Temple Beth Am Presents:

# Thanks & Giving

A Community Day of Service

**SUNDAY, NOVEMBER 23**  
12:00 pm - 4:00 pm in the TBA Parking Lot

**Activities include:**  
Social Action crafts and projects for the kids, SOVA and VOSH eyeglass drive, pet adoption, Cedars-Sinai Blood Drive, charity booths, and more!

**Sponsored by:**  
TBA Sisterhood, Men's Society, TBA Youth Department, & the Pressman Academy Parent Association

Wags and Walks  
CEDARS-SINAI BLOOD DONOR SERVICES  
VOSH  
KIDSAVE  
PRESSMAN

Come adopt a pet!

Items for donation include:  
used eyeglasses  
old electronics  
canned foods

For more information or to volunteer to give blood visit: [www.tbala.org/thanksandgiving](http://www.tbala.org/thanksandgiving)

Blood donation appointments from 10:30 am - 4:00 pm.  
Contact Daniel Sulzberg with your preferred slot @  
DSulzberg@tbala.org or 310-652-7354x215

## HEALING TOGETHER. UPCOMING EVENTS

JEWISH HEALING CENTER OF LOS ANGELES  
INVITES YOU TO PARTICIPATE IN

# Trefa'Einu

A monthly healing service open to everyone seeking community and comfort

Our topic this month is

**Thanksgiving: A Conscious Harvest of Food and Gratitude**

with guest speaker

Devorah Brous, Founding Executive Director of Netiya

Monday, November 24

Temple Beth Am

1039 S La Cienega Blvd

Our evening begins at 7.30pm with group meditation,

followed by our speaker at 8pm.

**HEALING THE MIND, BODY, AND SPIRIT**

**5 Reasons Why You Need to Pee in the Forest Once in a While**

From the Jewish Journal

<http://tinyurl.com/lw695tk>



For information about JHCLA Spiritual Counseling and Direction

Call us at 310.277.1550

**HEALING, HEALTHCARE, AND HOSPICE**

**Being Mortal: Medicine and What Matters in the End**

An interview with Atul Gawande

From The Daily Show

<http://tinyurl.com/kdsa2d4>



For information about JHCLA Hospice Services and Patient Advocacy

Call us at 310.277.1550

**HEALING EVERYDAY**

A very Happy version of Adon Olam

From Kveller

<http://tinyurl.com/mpcbz2w>



**HEALING AS WE GRIEVE**

Mourning in the Era of Social Media

From The Sun Chronicle

<http://tinyurl.com/m23whsz>



For information about the JHCLA Bereavement Group

Call us at 310.277.1550

## CONTACT US

For medical case management and patient advocacy

For spiritual counseling and direction

When hospice care is needed

For a better understanding of hospice and when it is appropriate

For caregiver and patient support during long-term illness

For crisis intervention

For bereavement counseling

For individuals, couples and families

310.277.1550

[info@jhcla.org](mailto:info@jhcla.org)

THANK YOU FOR YOUR CONTINUING SUPPORT OF THE JHCLA



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