



**A TRG Shabbat Dinner and Discussion with Rabbi Scott Shpeen**

Friday, March 24, 2017

Share Shabbat Dinner following services with Rabbi Shpeen as we explore the unique challenges of what life presents to us as we anticipate the “Golden Years”.

**Program Description**

When we reach “middle age”, the fantasy has always been: Now that the kids are out of the house and on their own, we can enjoy the “empty-nest” years. But in today’s world, we all know that the kids are not always out of the house as young adults and if they are, they are not necessarily on their own. And very often it is at this same time in our lives that many of our parents now need our attention and care. In today’s world, with the myriad of challenges we all face, how can Judaism, our faith, and our connection to community help us navigate some of the decisions we have to make?

**Cost for dinner:** \$12.00 Prepared by CBE’s Brotherhood: baked chicken with mushrooms and tomatoes, seasonal vegetable, salad, potatoes or rice, dessert, coffee or tea.

**Register** on the CBE web site with a credit card - [www.bethemethalbany.org](http://www.bethemethalbany.org)

**OR**

Send a check and the registration form below to: Susan Hager, 80 Voyage Drive, Glenmont, NY 12077

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Name (s) - As you would like them to appear on your nametag

\_\_\_\_\_

Address: \_\_\_\_\_

Email address \_\_\_\_\_ Phone number \_\_\_\_\_

\_\_\_\_\_ # of persons X \$12.00 = Payment Amount \$ \_\_\_\_\_

Check here for a vegetarian meal      Number requested \_\_\_\_\_

**Registration Deadline: Monday, March 20**

**Questions?** Contact Susan Hager [susan.k.hager@gmail.com](mailto:susan.k.hager@gmail.com) or 439-1127

***(Over for complete program description)***

## **A TRG Shabbat Dinner and Discussion with Rabbi Scott Shpeen**

### **Complete Program Description**

When we reach “middle age”, the fantasy has always been: Now that the kids are out of the house and on their own, we can enjoy the “empty-nest” years relatively stress free and in bliss. It is a time to travel, explore new hobbies and projects, reconnect with friends and do all of the things that raising a family and pursuing a career seemed to preclude.

A fantasy, indeed! For in today’s world, we all know that the kids are not always out of the house as young adults and if they are, they are not necessarily on their own. As our population is aging longer, very often it is at this same time in our lives that many of our parents now need our attention and care.

As we approach plans for our own retirement, so many questions come to bear, especially if most of our family (parents, children and siblings) are spread out all over the country. What about when grandchildren come into the picture? What happens if our marriage crumbles after all these years? What about sudden and serious illness? Ultimately, we began to also face our own mortality and the important decisions that will have to be made.

In today’s world, with the myriad of challenges we all face, how can Judaism, our faith and our connection to community help us navigate some of the decisions we have to make?

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