

preserve their fertility in full accordance with halachah. Puah has celebrated with many of these individuals as they've gone on to build beautiful families.

We daven and hope for a day when the "*bittere machalah*" is but a distant memory. Until that time, we will continue to help those diagnosed secure their future fertility.

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Our Generation's Struggle

Making It Work / Issue 517

I'm finally getting around to responding to the article about the juggle struggle of working women. It's 1:30 on a December Friday afternoon in New York, and I'm still at work... but it's all good. See, I don't belong to the *chatzos* club, I belong to the *haneitz* club. Cholent, soup, main, and fish were all up and cooking by 6 a.m. Then, at 6 a.m., I davened, went to Stop and Shop, and then to the local kosher grocery.

I came to work, and delegated, and prepared for the next week, took a lunch break and came back. I will leave here at 2 (clock out early), get to Central Avenue by 2:45, pick up my *sheitel*, and go to CVS as well.

I know my older children will help the younger ones prepare for Shabbos. And yes, today I do have cleaning help. My husband will walk in ten minutes before candlelighting.

It wasn't always so smooth during my 20-plus years as a full-time working mom, and there have been years and time periods where I buckled under pressure... It's all been a learning experience.

Back in January 2008, Yonoson Rosenblum wrote an excellent piece, "Postoperative Recuperation: A Societal Metaphor," in which he wrote of the working

mother, juggling many responsibilities, and pondered its possible effects on marriage and children. I kept that piece, and refer to it from time to time; I think we all wonder about all we do and its effects on our children.

But this is life.

And there's no going back.

My children see a healthy mother, juggling, and at times, struggling — but doing the best she can — and making the most of it all one day at a time.

And when I see my daughter leave the house every day to pursue her intensive degree in a STEM-related field, I'm proud to be one of her role models.

As Rabbi Rosenblum said in his article: "Every generation has its own struggle. If this is ours, so be it — it could be worse!" Like your recent feature advised, "no use getting into those Mommy Wars" — better we use our energy to share our coping tactics, and our successes!

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A Long-Awaited Shabbaton

Just One Shabbos / Issue 516

There's another specialty *shabbaton* coming up. Chazkeinu (a project of Shabbat.com) is an organization of Jewish women whose goals are to end the stigma surrounding mental health and to join together in their shared experiences for mutual support and encouragement.

As a proud member, I look forward to the two weekly, live teleconferences that can be heard anytime on the recorded phone line. Chazkeinu also offers peer support and highly inspirational e-mails.

Now, for the first time ever, we're eagerly anticipating our *shabbaton* in Monsey, New York, for women who either themselves live with mental illness or have a close family member dealing with it. Being part of this wonderful group of women is what keeps me thriving.

Chazkeinu Member