

Power of Words Podcast Show Notes

Episode 3: Rabbi Rachel Rothstein

Join Sondra & Jeni as they talk with Rabbi Rachel Rothstein, from Temple Congregation Jehudah in Overland Park, as she shares how the liturgy called Yihiyu L'ratzon, which comes from Psalm 19:15 in JPS translation of the Hebrew [Tanakh](#), impacted her life. They discuss the body and mind connection and reimagining what it means to meditate.

Guest:

Rabbi Rachel Rothstein (pronouns: she/her) is from the Temple Congregation B'nai Jehudah in Overland Park. Born and raised in Cincinnati, Ohio, Rabbi Rothstein recently moved to Kansas City and loves being back in the heartland. She has a passion for outreach and engagement as part of building community, engaging people all over the spiritual and religious spectrum.

Hosts:

Jeni Starr (she/her) has been a health education specialist for over 20 years and currently serves as the Community Specialists Manager for the Kansas City Public Library where she leads a team of subject area specialists. She is passionate about health equity and weight inclusive wellness. When she isn't working she enjoys gardening, traveling, sewing, and spending time with her husband, stepkids, four cats, and a retired racing greyhound.

At the time of the season 1 recording, she was the Library's Health and Wellness Specialist but has transitioned into a new role.

Sondra Wallace (she/her) is a life-long Kansas Citian with an unwavering commitment to support, collaborate and engage our community in mental health education and prevention to increase the health and wellness for ALL.

She brings to our conversations with other dedicated Kansas Citians, 25+ years of experience with schools and non-profit organizations, sharing the message of hope, help & strength. Sondra's passion to encourage listeners to empower themselves through the power of words that have significant meaning to an individual.

At the time of the season 1 recordings, Sondra was the Director of Mental Health Programs at Jewish Family Services of Greater Kansas City. She recently transitioned to AdventHealth as the Director of Community Benefit where she continues to share the message of hope, help & strength to increase the health and wellness for ALL.

RESOURCE LINKS:

[Jewish Family Services](#)

[Kansas City Public Library](#)

[The Temple, Congregation B'nai Jehudah \(bnaijehudah.org\)](http://bnaijehudah.org)

[Yihyu L'ratzon by Michelle Citrin - YouTube](#)

[Balance App](#)

[The KC Improv Company | Shows \(kansascitycomedy.com\)](http://kansascitycomedy.com)

Production/Credits

The Power of Words is produced by the Kansas City Public Library and Jewish Family Services with support from Americorps.

Theme music: "Sunset Loop" by Sergei Chetvertnykh. Available for use under the CC BY 3.0 license (creativecommons.org/licenses/by/3.0/), at [FreeSound](#).