

MENSCHWORK

Compassion. Integrity. Spirit.

JMR29 Pathways Program Descriptions

Session 1: 1:10 p.m. – 2:00 p.m.

<p><i>Eros & Alchemy in the Waters of the Jordan: The Story of Rabbi Yochanan & Resh Lakish</i></p> <p>Facilitated by Joseph Skibell</p>	<p>Along with the Bible, the Talmud is the foundational text of Rabbinic Judaism. While primarily a law book, the Talmud is filled with amazing, wonderful, and strange stories. Called the Aggadah in Hebrew, these often little known and underappreciated tales are eye-opening spiritual dramas that are often as complex and meaningful as the Greek tragedies.</p> <p>Rabbi Yochanan is a central figure in both the Babylonian and the Jerusalem Talmuds. In an open, generous round-table conversation, we will plumb the depths of the story of his vexed relationship with his chaver (study partner) Resh Lakish, a former thief whom Rabbi Yochanan redeems.</p> <p>Come with an open mind and open heart to explore this ancient story to discover the relevance that it has for us, as Jews and as men, today. No prior knowledge of the Talmud is necessary.</p>
<p><i>Finding Balance in Our Soul Traits: A Mussar Perspective</i></p> <p>Facilitated by Dan Goodman</p>	<p>Hillel famously asked, “If I am not for myself, who will be for me?” as well as “If I am for myself alone, what am I?” Hillel's quote suggests the need to seek balance between care of self and care of others.</p> <p>The work of Mussar involves finding balance in our middot (soul traits), for example between gevurah (creating boundaries) and chesed (showing loving kindness).</p> <p>We will discuss balance within a Mussar framework, focusing on gevurah and chesed as they help us move toward Hillel's perspective in achieving balance in our lives.</p>
<p><i>Tikkun Olam: Finding love in the tragedy of the moment</i></p> <p>Facilitated by Cobi Waxman and Yosaif August</p>	<p>We are living in a time of great destruction, neglect, and callousness in our society. This pathway is an opportunity for men to get in touch with the feelings surrounding the loss and tragedy in the current moment, and see opportunities to love with greater purpose and urgency in our communities, take compassionate action, and inspire hope.</p>

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Session 2: 2:10 p.m. – 3:00 p.m.

<p><i>Wrestling with the Consequences of Anti-Semitism</i></p> <p>Facilitated by Rabbi Moshe Givental</p>	<p>Most conversations about Anti-Semitism focus on what we have suffered and our strategic responses for justice. That’s not what we’re going to do in this hour. This conversation will focus on how Anti-Semitism, from generation to generation, warps our own views of ourselves and the world. Come ready to listen, reflect, and share.</p>
<p><i>Drumming Your Prayers</i></p> <p>Facilitated by Jojo Kottler and Mitch Gordan</p>	<p>During this hands-on session, we will explore basic rhythms you can use to accompany Jewish prayers, understand how different sounds are generated based on where you strike your drum (or table), and how to vary tempo, pitch and dynamics to support the <i>kavanah</i> (intention), meaning and journey of the prayers you are accompanying.</p> <p>If you have a drum, bring it to the zoom break-out room session. If not, feel free to drum on your desk or table. We will ask you to remain muted as you drum along with leaders JoJo Kottler and Mitch Gordon, who have years of experience accompanying Jewish worship services throughout New England.</p>
<p><i>Yoga as a Jewish Practice</i></p> <p>Facilitated by Louis Haber</p>	<p>While Yoga is often associated with Hinduism and Buddhism because it originated in the East, it is also a powerful pathway to deepening Jewish spirituality. Initiatives such as Torah Yoga and Embodied Jewish Learning are helping Jews to bring Torah wisdom into their bodies and open their hearts and minds to Hashem. This session, led by Baba Lou Haber, a certified Yoga teacher (CYT-200), will give participants a taste of how to integrate Jewish text and learning into asana (poses), pranayama (controlled breathing) and meditation. All, from beginner to seasoned Yoga practitioner, are welcome.</p>