



EXPERIENCE THE GREATER BOSTON

MENSCH DAY

Presented by Menschwork & TBZ Men's Group

June 8, 2025

10:00 am – 4:00 pm

AGENDA & SCHEDULE

10:00 – 10:40 am

Opening Circle

Community singing with Rabbi Rafi Ellenson, Rabbi Moshe Waldoks' opening drash on the history and meaning of *menschlikeit*; dyad discussions about why you came to Mensch Day and what you hope to learn.

10:40 – 11:55 am

Mensches in Action – Hear the Call

Stories and thoughts from men about actions taken that reflect some quality of *menschlikeit*, whether through *chesed* (loving-kindness) or *tikkun olam* (social action).

Les Fagen will talk about how he's been able to make meaning late in life out of his parents' Holocaust legacy.

Steven Lewis will share about some major influences in his life — his older sister, his father, and what he learned from having a Stage 4 cancer diagnosis.

Rob Kaim will describe how he and his wife welcomed a young immigrant from Afghanistan into their home and made him part of their family.

Mitch Gordon will share insights into the surprising levels of minutiae that goes into being a *mensch*.

Mark Dinaburg will host and lead the panel discussion.

12:00 – 12:55 pm

Enjoy a Delicious Kosher Lunch

1:00 – 2:15 pm

Mishpacha Discussion Groups

Men will meet in small groups to share stories and feelings about what it means to be a *mensch*, times when we may have “missed the mark,” and how we might guide others to act in a more *menschlich* way.

2:20 – 3:15 pm

Pathways to Mensch-hood

Choose a workshop to enliven and deepen your journey.

Mussar for Mensches with Dan Gelbtuch.

Explore how focusing on soul traits like humility and patience and engaging in practices like journaling, meditation and prayer can deepen one's *menschlikeit*.

Drum Your Prayers with Josef Kottler.

Experience how drumming and chanting prayerful words infused with dynamic rhythms can awaken your *neshama* and energize your journey to *mensch-hood*.

Patriarchs: Models for Menschlikeit? with Rabbi

Natan Margalit. Explore key stories of the Patriarchs through biblio-drama, using our bodies and emotions to access new and relevant insights into our ancestors' characters and choices.

Mind/Body Centering with Ammi Kohn. See how a calm, focused center cultivated through yoga, breathing and meditation can help us reflect, be compassionate, and contemplate what we need to be a *mensch*.

3:20 – 4:00 pm

Closing Circle

More community singing, key takeaways from the day, and a special ceremony acknowledging our commitment to fostering more *menschlikeit* in our lives. Followed by light refreshments.