



ADULT LEARNING 5779

Unless otherwise noted, classes and programs take place at 60 Highland Street in West Newton, in the Second Church of Newton and are open to the community.

See www.dorsheitzedek.org for a full schedule of adult learning opportunities or email info@dorsheitzedek.org.



Shabbat and Sustainability: The Radical Practice of Rest *with Rabbi Toba Spitzer and guest teacher Laya Steinberg* Thursday evenings, October 11 through November 8, 7:30-9:00pm

The practice of Shabbat, one of the fundamental pillars of traditional Judaism, can be experienced as oppressively restrictive or radically liberating. What is the meaning of Shabbat, and how do we make it relevant to our lives? How can Shabbat be understood not only as a personal, spiritual experience, but also as a social-political-environmental practice? In this class we will study traditional and modern texts on Shabbat, and explore how we might develop or deepen our own Shabbat practice, as individuals and as a community.

Introduction to Judaism: A Reconstructionist Approach *with Rabbi Adam Lavitt*

20 evening sessions, 7:00-8:30pm, Oct. 22, 2018 - Apr. 2019 | CDT members - \$300; non-members \$350
Location TBD. For more information and to register, go to www.dorsheitzedek.org/adult-education

If you are beginning to explore Jewish life and practice, or seeking to fill the gaps in your Jewish education, this class is for you! Class sessions will address the foundations of Jewish living, key concepts in Judaism, and offer a taste of the wide variety of Jewish texts. For those interested in conversion to Judaism, the class will serve as a useful introduction, and rabbinic support will also be provided. Come join us on a journey towards meaningful engagement in the riches that Jewish tradition has to offer.

Rabbi Adam Lavitt, former Community Educator/Assistant Rabbi at Dorshei Tzedek, is Rabbi and Chaplain at Hebrew SeniorLife, and curriculum writer for Moving Traditions.



Exploring Exodus *with Rev. Alvan Johnson, Rabbi Toba Spitzer and Rabbi Shahar Colt* **(for members of Grant A.M.E. Church and Congregation Dorshei Tzedek)**

Thursday evenings, Jan. 31, Feb. 14 & 28, March 14 & 28, April 11
7:15pm-9:00pm, in West Newton and Roxbury

The story of the Israelites' Exodus from slavery in Egypt is the "master narrative" of the Jewish people, and has inspired African-American struggles for freedom from slavery through the Civil Rights movement. In this class, we will do a close reading of the Biblical book of Exodus and examine commentaries from the Jewish tradition, Black liberation theology, and contemporary authors. We will learn not only from the text but from one another, as we wrestle together with timeless questions of oppression and resistance, the burdens of leadership and the challenges of becoming free.

Pre-registration required: please contact Dorshei Tzedek at officeassistant@dorsheitzedek.org. Class size will be limited; we ask that participants make a commitment to attend all of the classes.



Practicing Hope: A Mussar Class *with Rabbi Shahar Colt and Mimi Micner* Tuesday Evenings: April 2, 9, 16, 30, 7:30-9:00pm

It is easy to look around us and feel despair at all the brokenness in our world. But to keep living, hope is essential. Where does this hope come from, and what is it really? Mussar is a Jewish framework for developing specific personal qualities. In this class we will study mussar to explore and practice some Jewish techniques for managing despair and cultivating hope.



Each class will include some learning of Jewish texts as well as conversation, reflection and practice activities to try between sessions.

Mimi Micner is a fifth year Rabbinical Student at Hebrew College in Newton. She has taught mussar in multiple contexts, including at Brown Hillel and Shir Tikva in Winchester. While in rabbinical school she has served as the Advocacy and Campaigns Specialist at Keshet, and was a Fellow with T'ruah: The Rabbinic Call for Human Rights.

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60 Highland Street, West Newton, MA 02465
617-965-0330 | www.dorsheitzedek.org | info@dorsheitzedek.org



ONGOING PROGRAMS 5779

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Mindful Mornings

Thursday mornings, 8:30-9:15am

This weekly gathering combines guided and silent meditation to develop our capacity for mindful awareness, and to help us cultivate qualities of patience, gratitude, and compassion. On the first Thursday of each month, Karen Arnold will lead a meditation based on the weekly Torah portion. Rabbi Toba Spitzer will offer a teaching and instruction for meditation on the second Thursday of each month. At other sessions, Carole Slipowitz, Laya Steinberg, and other CDT members will facilitate the meditation. All are welcome, whether experienced in meditation or not.

No need to make a weekly commitment; join us when you're able! For more information, please contact mindful-mornings@dorsheitzedek.org.

Exploring the Bible

with Dr. Sanford Goldfless

Meets weekly through May, at participants' homes
(\$15 per session - fee can be reduced to whatever is comfortable for you)

In this class we get familiar with the Jewish Bible (the Tanach or Torah, Prophets, and Writings) by reading it in English and discussing large parts of it together. We often look at the biblical text from a historical perspective, and we always pay attention to the literary features of the text that are essential for conveying its meaning. We also enjoy conversation about the course of Jewish history and culture through the ages.

The class is very low key and interactive and is open to all Dorshei Tzedek members and their friends.

For more information, contact: Stan Fleischman at stanfma@gmail.com



Shabbat Morning Torah Study

with Rabbi Toba Spitzer

Saturdays, 8:45-9:40am

Each month before the Shabbat morning service, we will explore *parshat hashavua*, the weekly Torah portion, through the lens of commentaries both traditional and contemporary.

No prior experience in Torah study is necessary. Bring your own beverage!

October 6
November 10
December 8

January 12
February 9
March 9

April 6
May 11
June 1

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