



בית מדרש Learning Lab • Beit Midrash RESILIENCE

How do we find healing and strength amidst brokenness? This year long program will explore how the lessons of the past, the wisdom of science, and the richness of Jewish tradition can help us cultivate hope and endurance even in these most difficult of times.

MIND:

Staying Power: Lessons from Ancient Judaism on the Art of Resilience

Dr. Steven Weitzman, Director of the Herbert D. Katz Center for Advanced Jewish Studies at the University of Pennsylvania.

Sunday October 25, 6:30-8:00 PM

BODY:

Join us for a speaker and bagel brunch (we supply the bagel but brunch is at your house) where we will explore the emotional effects of stress and resilience.

Date and speaker tba

SPIRIT:

As individuals encounter life's inevitable hardships and sorrow, where do we find comfort and healing?

Rabbi Bradley Shavit Artson, Dean of the Ziegler School of Rabbinic Studies at the American Jewish University.

Wednesday, April 21, 8:15-9:30 PM

Session links can be found in the TIC emails.

Additional learning opportunities
on the theme of Resilience

***Iron Sharpens Iron: Or, Twenty Four Difficulties Meet
Twenty Four Solutions with Rabbi Avi Strausberg (Hadar)***

Sunday November 8, 8:15 – 9:15 PM

Learning in chevruta (in partnership with another person).

***Out of the Ruins: Jewish Wisdom on Resilience
with Rabbi Avi Strausberg (Hadar)***

Four-session course to be studied together in small groups chevruta style. We'll look to our own tradition, focusing on narratives from the Torah as well as the events of Jewish history to mine our texts for wisdom on resilience.