

REVISED SCHEDULE!



CONGREGATION B'NAI ISRAEL

Adult Education Series with Rabbi Orenstein

February 8th and 15th and March 1st at 7:30pm

"Appetizers to A Feast: Ways in to Jewish Spirituality"

Each session will include lecture, discussion, and an experiential component, so that people of all backgrounds can gain both deeper understanding and a direct experience of Jewish approaches to spirituality. The three sessions will be independent of one another, but also build on one another, making it inviting (but not necessary) to attend the entire series. No previous experience necessary. The three weeks will focus on the three key components of the Jewish faith: God, Torah, and the People of Israel.

FEBRUARY 8th: The focus will be on God. Participants will read and discuss famous encounters with God -- by everyone from the Prophet Ezekiel to Elizabeth Gilbert, author of Eat, Pray, Love. The class will study and "taste" some approaches to connecting with the Divine from the Jewish mystical tradition.

FEBRUARY 15th: This session will focus on the People of Israel. This session will offer Jewish perspectives on cultivating community. What can we learn from the past and from the Jewish spiritual tradition about building community sacred today? What is unique about Jewish community, and what are the spiritual tools that can help Jews to connect with one another, welcome interfaith families, and reach out to other faith communities?

March 1st : The focus will be on the Torah, the Five Books of Moses, as a spiritual resource. Participants will engage in different approaches to using Torah for wisdom, guidance, and prayer. Participants will also have the opportunity to view and read from a Torah scroll and to explore how the design and choreography of the Torah service can affect practitioners spiritually.

OPEN TO ALL CBI MEMBERS AND THE PUBLIC!

Attend one, two, or three sessions!

Classes are held at the temple: 53 Palisade Avenue, Emerson

COST: Free for CBI members

Non-Members: \$10 per session, or \$25 for the series of 3

Checks payable to "Congregation B'nai Israel"

Bring the payment to class or mail to:

Congregation B'nai Israel

P.O. Box 345

Emerson, NJ 07630

RSVP to the temple office: bnaioffice@bisrael.com or 201-265-2272 Additional questions? Contact Rabbi Orenstein at rabbi@bisrael.com