

Expand Your Horizons— Learn Something New!

by Deborah Pollack, VP of Adult Learning and Programs

February may be our shortest month, but that's no excuse to miss out on expanding your mind and especially your understanding of all things Judaic. Here's what's going on at TBT this month—bring a friend and join in!

#DoJewish@Home: Jewish Rituals, Practice, and Observances that Will Enrich Family Life, Deepen Family Jewish connections, and Integrate Family Values Into Family Behaviors

Student Rabbi Noah Diamondstein

**Sunday morning, February 3,
9:30–11:00 a.m.**

Every family that has a connection to Judaism, whether all, most, or some of the family members are Jews, has a set of values that guide family life. Sometimes those values are spoken and specific, sometimes they are implicit and very general, but values shape family life. Jewish values are an amazing resource for imbuing a life with Judaism, and Judaism has an entire series of rituals and practices (some daily and some just once or twice a year) that can take those immaterial values and make them tangible! In this class we'll discuss major categories of Jewish ritual and practice, learn where they come from and how to perform them, and make Jewish actions feel doable, customizable, and ready to plug-and-play at home. You get out what you put in! If we take Jewish practice and action seriously, they will meaningfully enrich our lives every single day.

Jewish Literacy

Rabbi Mike Lotker

Tuesdays, 7:00–8:30 p.m.

Jewish Literacy classes touch on most of the areas of concern and interest to adults who wish to explore the holidays, sacred literature, history, spirituality, mysticism, and living a full Jewish life.

Tuition: There is no cost for these classes for members of area synagogues. The suggested donation for non-members deciding to “drop in” on classes is \$10 per session. If these fees are a barrier to anyone's participation, please speak with Rabbi Lotker; nobody will be turned away.

This program is made possible by Temple Beth Torah and the Jewish Federation of Ventura County.

2/5 Midrash, Halacha, Jewish legal codes and issues

2/12 Jewish mysticism: Kabbalah & Zohar

2/19 The Prayerbook

2/26 All of Jewish

Mindful Middot: The Path of Jewish Self-Growth

Rabbi Lisa Hochberg-Miller

**Sunday morning, February 24,
9:30–11:00 a.m.**

Encountering a trait each month, we will read core Jewish texts that help us understand which of our personal traits need growth and/or repair, so that we can be the person we want to be! Using the techniques of Rabbi Israel Salanter, the 19th century rabbi who brought the practice of mussar (mindful self-discipline) into popularity, we will work on our own traits toward self-growth. The discipline of mussar invites us to journal, reflect, pray, and consciously work on qualities such as Equanimity (peace of mind), Anger, Holiness, Feeling Secure, and more.