Learning Opportunities with Rabbi Bergman

October & November 2018

A 3-part Lunchtime Learning series

Thursdays
October 25, November 1 & 8
11:45 a.m.

"The Wildest Thing of All: The Story of Maurice Sendak"

NO CHARGE TO ATTEND
PLEASE RESPOND BY FRIDAY
PRECEDING EACH PROGRAM.

MUSSAR MONDAYS:
A JEWISH MAP TO A MORE MEANINGFUL LIFE

Taught by Rabbi Bergman

Mussar is a unique approach to living a good and meaningful life. It transmits timeless advice for everything from having happy relationships to creating harmonious communities.

Each class is self-contained.
No previous knowledge necessary.

Mondays at 7 p.m.: November 5, December 10, January 14, February 11, April 15 and May 13 at Adat Shalom Synagogue

Meditation & Mindfullness

Sundays,
October 21
November 4 & 18
9:30 a.m.

The class is designed to help individuals find their internal spirituality and realize that Judaism can make them happier. The community is welcome and there is no charge.

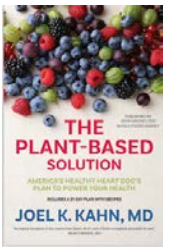
JEWISH BOOK FAIR 2018

Introduced by Rabbi Aaron Bergman

JOEL K. KAHN, MD

November 11, 2018
12:00 p.m.

AUTHOR OF THE PLANT-BASED SOLUTION



With more and more physicians promoting grass-fed beef, free-range eggs, and organic butter as miracle foods, Dr. Joel Kahn wants to set the record straight – eating plants can save your life and the planet, too. He will explore how plant-based eating impacts global warming, the link between vegan diets and sex drive, reversing cancer and autoimmune disease and why plants may hold the key to better aging and more.

Jewish Community Center of Metropolitan Detroit
D.Dan & Betty Kahn Building
Eugene & Marcia Applebaum Jewish Community Campus
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For more information, contact aroisman@jccdet.org 248.432.5658

To RSVP for any of these programs – Contact Sheila Lederman, 248.851.5100 or slederman@adatshalom.org

Questions on any of these programs – Contact Jodi Gross, 248.626.2153 or jgross@adatshalom.org