



SUNDAY MORNING ADULT LEARNING

Join us on these Sunday mornings for programs led by Rabbi Toba Spitzer, Rabbi Shahar Colt, and members of the CDT community. Adult and teens, CDT members and the general public welcome!

When: Sundays, 10:45am-12:00pm
**Where: Jewish Community Day School (JCDS),
57 Stanley Street in Watertown, MA**

Childcare available for younger kids.

See www.dorsheitzedek.org for a full schedule of adult learning opportunities, email info@dorsheitzedek.org or call 617-965-0330.

Turn & Return: The Season of Teshuvah

Sunday, September 24, 2017

with Rabbis Toba Spitzer & Shahar Colt

All are invited to learn with Rabbi Toba or Rabbi Shahar on this Sunday in between Rosh Hashanah and Yom Kippur, as we explore themes of "return" and the work of the *Aseret Yamei Teshuvah*, the "Ten Days of Turning/Repentance." How can we make Yom Kippur a meaningful experience? What exactly are we "turning" or "returning" to?

Lessons on Immigration: Lillian Wald

Sunday, October 29, 2017

with Marjorie Feld

Lillian D. Wald (1867-1940) championed the rights of immigrants and women, workers and African Americans. She left her comfortable, wealthy upbringing in order to live among the industrial, immigrant poor of New York's Lower East Side in 1893, founding Henry Street Settlement House and the Visiting Nurse Service of New York in order to improve the lives of her neighbors. Throughout her career, Wald spoke to diverse audiences about the crucial importance of face-to-face encounters with people of different classes, races, religions, and nationalities. Join Prof. Marjorie N. Feld as she tells stories of Wald drawn from her book, *Lillian D. Wald: A Biography*, focusing especially on what Wald's lessons about immigration can teach us in our contemporary political climate.

Chanukah for Grown-Ups

December 10, 2017

with Rabbi Toba Spitzer

The ever-evolving Festival of Lights has had many meanings over the centuries, from ancient origins in pagan solstice festivals to spiritual celebration of light to nationalistic affirmation of Jewish power. How might Chanukah speak to us today, in a world - and at a time of year - when a bit of light and hope is much needed?

Mindful Parenting

December 17, 2017

with Carla Naumberg

Parenting can really push our buttons. But what if there was a way to make those buttons a little smaller and less sensitive, a little less likely to set off a four-alarm freak out each time our children poke at them? What if we could just freak out a little less and have a little more fun with our kids? Mindfulness, or the ability to notice the present moment with kindness and curiosity, can help us do just that. In this casual and interactive talk, Carla will introduce the ideas and practices of mindfulness and mindful parenting.

Carla Naumberg, PhD, is a clinical social worker, writer, and speaker. She is the author of Ready, Set, Breathe: Practicing Mindfulness with Your Children for Fewer Meltdowns and a More Peaceful Family (New Harbinger, 2015) and Parenting in the Present Moment: How to Stay Focused on What Really Matters (Parallax, 2014).

Engage your mind, nourish your soul