



# UPCOMING

## Learning with OWNYOURJUDAISM

28

FEB

Discovering Judaism: A Journey into Faith, Tradition, and Culture

Embark on an exploration of "Discovering Judaism", a welcoming course open to all curious minds from diverse backgrounds to discover the essence of Judaism, and its beliefs, traditions, and cultural richness.

**Classes meet 2x/month, 16 sessions**

**First class: Wednesday, 2/28, 7:30-8:45pm ET**

11

APR

Shabbat and Jewish Holidays: Rediscovering Tradition through Unique Perspectives

Delve into the timeless beauty of Shabbat and Jewish Holidays in this course designed for both seasoned practitioners and newcomers alike, to gain fresh insights into the tradition, significance and joy these sacred moments hold in Jewish life.

**Meet throughout the year before each holiday**

**First class: Thursday, 4/11, 7:30-8:30pm ET**

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FEB

The Audacity of the Rabbis (and How It Saved Judaism)

In this seminar, participants will unravel the journey of an audacious decision that the Rabbis made which changed the course of Jewish history and saved Judaism itself, and how that audacity can inspire us today.

**A SPECIAL ONE-SESSION LESSON**

**Thursday, February 22nd, 7:30-9:00pm ET**

03

MAR

Sacred Dialogues: Exploring Innovative Paths to Connect with the Divine

FEB

Immerse yourself in a transformative symposium on prayer exploration, where participants embark on a creative journey to experiment with novel forms of communication with a higher being and re-imagine how spirituality and connection can be expressed.

**Classes meet 2x/month, 8 sessions**

**First class: Sunday, 3/3, 7:30-8:30pm ET**

24

JAN

MORE COMING

Honoring Narratives: How to Facilitate Mindful Conversations

This workshop offers a powerful and essential approach to creating conscious relationships. Join us in exploring techniques that acknowledge diverse perspectives, creating a space where conversations -- including those about conflict -- are conducted with mindfulness and compassion.

**Contact Rabbi Steigmann to reserve a time for a group, an organization, or a community!**

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JAN

MORE COMING

An Asset-Based Mindset: A Mindful Approach to Cherishing Strengths and Diversity

Explore the transformative power of an Asset-Based Mindset in this Workshop, where participants learn to embrace mindfulness as a key tool for cherishing individual strengths and diversity.

**INSERT DETAILS**

NEW THIS YEAR!

**[CLICK FOR REGISTRATION](#)**

**(SYNAGOGUE DISCOUNT AND BUNDLED PRICING AVAILABLE)**

**QUESTIONS: [MOISHE@OWNYOURJUDAISM.ORG](mailto:MOISHE@OWNYOURJUDAISM.ORG)**