

# THE SACRED VESSEL: JEWISH PRINCIPLES OF SPIRITUAL GROWTH

A Master Class for Teachers of Spiritual Growth sponsored by

The Center for Spiritual Growth of Congregation BJBE

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## Syllabus:

August 23 (Elul): The Sacred Vessel: *m'chakel chaiyim b' chesed*

September 27 (Tshrei): Willingness: *ratzon*

October 25 (Cheshvan): God Talk: *shema y'srael*

November 22 (Kislev): Prayer as Dialogue and Metaphor: *melech ha'olam*

December 27 (Tevet): TBA

January 24 (Shevat): a. Attributes: *middot* - faith

February 28 (Adar): b. Attributes: *middot* -- courage

March 28 (Adar II): TBA

May 2 (Nisan): c. Attributes: *middot* -- wisdom

May 23 (Iyaar): d. Attributes: *middot* - humility

**Who:** This class is designed for teachers of spiritual growth. Such as: CSA core team, Religious School and Hebrew School teachers, principals and curriculum developers, YG directors, congregants who teach yoga, meditation, and other venues for spiritual growth and spiritual growth teachers outside of BJBE, teachers in the public arena.

**Prerequisites:** Must be a teacher, educator, director, or instructor of religious or spiritual practice. Knowledge of Hebrew and Jewish texts an asset but not required.

**Format:** class will run for two hours (7-9pm) and have four elements:

1. **Gathering and intentional eating:** each session we will learn the blessing and eat the foods that are thematically tied to the Hebrew month. Students will take a month, research the themes and bring healthy foods to represent theme along with written explanation
2. **Centering:** there will a short silent meditation led by various participants.
3. **Study:** The majority of the time will be learning from Jewish texts and concepts that ground us in principles for spiritual growth.
4. **Reflection:** The class ends with personal reflection, journaling, and sketching curriculum that the teachers can use in their own teaching.

Teacher: Rabbi Karyn Kedar

Cost: BJBE members: free.

Guests to BJBE: \$10 per class, \$80 for the series