

Tisha B'Av

A Free Day of Learning | July 30

- 12:00 pm* Why Commemorate Tisha B'Av? Does It Have Any Resonance For Us Today?—A Guided Text Learning
– *Dr. Sandra Lilienthal*
- 12:30 pm Reading Of The Book Of Lamentations With The Traditional Trope – *Rudy Stoler + Cantor Andrea Shupack*
- 1:00 pm "How the Temple Walls Were Built." Telling the Tale, Discussion, and Creations – *Cherie Karo Schwartz*
- 1:30 pm A Guided Tour of the Temples We Mourn – *Prof. Everett Fox*
- 2:30 pm What is Mussar and What Makes the Pursuit of Character Development Jewish – *Rabbi Ira Stone*
- 3:30 pm Bringing Honor to Others Through the Middah of Savlanout/Patience – *Nancy Axelrod*
- Hesed (Lovingkindness) – *Rabbi Ira Stone*
- Menuchat Ha-Nefesh: Strengthening your Ability to Stay Balanced in a Chaotic World – *Sonia Voynow*
- Silence and Mindful Speech – *Carol Daniels*
- 4:30 pm Jewish Unity is Really Possible! – *Rabbi Jessica Mates + Rabbi Josh Broide*
- 5:30 pm Kinnot—Mourning Poetry Then and Now – *Marty Herskovitz*

[Click here to register](#)

SUMMER OF NEWCAJE

*All times are EDT