

Session 01: Why Learn? On the Power and Practice of Learning

Is it important to make time for learning? Are there differences between academic learning, Jewish learning and life learning? How do we see ourselves as learners, and what do we need to get the most out of our respective learning environments? What motivated you to be a part of this fellowship, where one of the only prerequisites is a desire to learn Jewish sources, learn about yourself, and your peers?

Session 02: The Sabbath: How Do I Practice Rest?

How might we interact with the idea of a Sabbath as college students? Is Shabbat, as a time of rest, inherently counter-cultural? Or could it support us holistically in our modern lifestyles and pursuits? How can the essence of Shabbat help us create a “rest practice” in our modern lives?

Session 03: How Do I Navigate Friendship, Honesty, and Betrayal?

What are the challenges and opportunities of a deep friendship? What are necessary qualities in a good friend, and what qualities do you want to emulate as a good friend? What are the disqualifying qualities in a good friend? What role does honesty play in friendship?

Session 04: Where Can I Find The Opportunities of Vulnerability and Impermanence?

What is the difference between being at home and having a home in the world? Where do you feel most at home? How do you define home at various stages in your life? Is it important to have a home? What opportunities for personal growth do we encounter when we embrace vulnerability and impermanence as a natural part of life?

Session 05: How Do I Show Up For Community in Challenging Times?

Why might we want to seek public or communal support during challenging times? How might Jewish tradition and ritual help to strengthen my skills as a support person?

Session 06: How Do We Disagree?

How do we disagree and engage in conflict? Can conflict be productive? What is the role of healthy vs. unhealthy disagreement and how do we engage in it rather than withdraw from it? Can disagreement serve as a critical part of uncovering truth?

Session 07: God?

How have my beliefs about God evolved over time? What life experiences have shaped those beliefs? What are some different ways people talk about or conceive of God, and how do those frames shape the meaning we make? Can I make meaning of something I can't see, feel, or touch? How is doubt, questioning, or even rejection of God a meaningful part of Jewish tradition?

Session 08: How Do I Build Intentional Relationships?

In a world where the nature of connection is changing, what practices or values can help us create authentic and supportive relationships? How can we intentionally choose to surround ourselves with relationships that nurture us, in all their forms? How do we build relationships (of any kind) that reflect our values and needs? How do we find meaning and connection in relationships that aren't romantic? What barriers – internal or external – might keep us from seeking or sustaining the relationships we want, and how can we address them? How do we recognize and cultivate intimacy, trust, and care in all types of relationships?