

KIRVA

KIRVA DRIO VA'AD SCHEDULE

Day/Time: Thursday Evenings, 6:00-8:15 PM ET/3-5:15 PM PT

Date	Time	Topic
April 16th 2025 (Wed)	6-8:15 PM EST/3-5:15 PM PT	Intro Session Part 1: Hierarchy versus Balance of Care
April 17th 2025	6-8:15 PM EST/3-5:15 PM PT	Intro Session Part 2: Mussar Introduction and Anti-Racist Practice
May 8th 2025	6-8:15 PM EST/3-5:15 PM PT	Middah Session 1: Anavah/Humility and Racist Space Taking
May 22nd 2025	6-7 PM ET/3-4 PM PT	Antiracist Anavah Avodah: Va'ad Practice/Exercise
June 5th 2025	6-8:15 PM EST/3-5:15 PM PT	Middah Session 2: Ometz Lev/Courage and Racist Fear
June 17th 2025 (Tues to accommodate for Juneteenth)	6-7 PM ET/3-4 PM PT	Antiracist Ometz Lev Avodah: Va'ad Practice/Exercise
July 3rd 2025	6-8:15 PM EST/3-5:15 PM PT	Middah Session 3: Ka'as/Savlanut and Racist Stifling of Anger and Impatience
July 17th 2025	6-7 PM ET/3-4 PM PT	Antiracist Ka'as/Savlanut Avodah: Va'ad Practice/Exercise
July 31st 2025	6-7 PM ET/3-4 PM PT	Antiracist Ka'as/Savlanut Avodah Part 2: Va'ad Practice/Exercise
August 14th 2025	6-8:15 PM EST/3-5:15 PM PT	Middah Session 4: Rachamim/Compassion and Racist Animosity
August 28th 2025	6-7 PM ET/3-4 PM PT	Antiracist Rachamim Avodah: Va'ad Practice/Exercise
Sept 11th 2025	6-8:15 PM EST/3-5:15 PM PT	Closing Session: Ratzon/Desire and Course Reflection