

Kirva and TischPDX Hybrid Va'ad Cohort SCHEDULE

Day/Time: Monthly on Thursday Afternoons, 3-5:15 PM PST and Tuesday evenings 6:30-8pm

Date	Time	Topic
Feb 4, 2025	3-5:15 PM PT Online	Intro Session Part 1: Hierarchy versus Balance of Care
Feb 6, 2025	3-5:15 PM PT Online	Intro Session Part 2: Mussar Introduction and Anti-Racist Practice
Feb 18, 2025	6:30-8PM PT Location TBD	Antiracist Balance of Care Avodah: Va'ad Practice/Exercise
March 6th, 2025	3-5:15 PM PT	Middah Session 1: Anavah/Humility and Racist Space Taking
March 18th, 2025	6:30-8PM PT Eastside Jewish Commons	Antiracist Anavah Avodah: Va'ad Practice/Exercise
April 3, 2025	3-5:15 PM PT	Middah Session 2: Ometz Lev/Courage and Racist Fear
April 15, 2025	6:30-8PM PT Eastside Jewish Commons	Antiracist Ometz Lev Avodah: Va'ad Practice/Exercise
May 1st, 2025	3-5:15 PM PT	Middah Session 3: Ka'as/Savlanut and Racist Stifling of Anger and Impatience
May 20, 2025	6:30-8PM PT Eastside Jewish Commons	Antiracist Ka'as/Savlanut Avodah: Va'ad Practice/Exercise
May 29, 2025	3-5:15 PM PT	Middah Session 4: Rachamim/Compassion and Racist Animosity
June 17, 2025	6:30-8PM PT Eastside Jewish Commons	Antiracist Rachamim Avodah: Va'ad Practice/Exercise
June 26th, 2025	3-5:15 PM PT	Closing Session: Ratzon/Desire and Course Reflection

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