



Hasidic Spirituality with Jonah Gelfand

[Course Syllabus](#)

[What is Havruta Learning?](#)

Session 1: The Joyous Revolution (3/12)

- [What is Havruta Learning?](#)
- [Havruta Sources](#)
- OPTIONAL Further Learning:
 - [Interesting Source from Baal Shem Tov](#)
 - Podcast on the Ba'al Shem Tov: [Part 1](#), [Part 2](#)
- *Spiritual Home Work*: Notice a small joy every day this week.

Session 2: Divinity in All Things (3/19)

- [Havruta Sources](#)
- [Group Mind Meld](#)
- [Class Sources](#)
- OPTIONAL Further Learning:
 - [The Tisch with Rabbi Dena Weiss](#) (Ep 1 of 6 exploring the Meor Enayim)
- *Spiritual Home Work*: Identify one point this week where you felt holiness, outside of formal religious practice.

Session 3: Descent for the Sake of Ascent (3/26)

- [Havruta Sources](#)
- [Clean Source and Degel's "Translation"](#)
- *Spiritual Homework*: Celebrate Passover in whatever way you do!

Pesach Break

Session 4 (4/16): Serving Through the Physical World

- [Havurta Materials](#)

Session 5 (4/23): Eating Meditations

- OPTIONAL Further Learning:
 - [Nancy Flam "How Hasidic Wisdom Can Elevate Mealtime"](#)



Session 6 (4/30): Spontaneity vs Commandments

- OPTIONAL Further Learning:
 - [Jonah Mac Gelfand, "The Hasidim, Halakha, and Us: A Review of Ariel Evan Mayse's Laws of the Spirit \(2024\)"](#)
 - [Ariel Evan Mayse discussing his book on New Books In Jewish Studies Podcast](#)

Session 7 (5/7)- Flex Class

Session 8 (5/14)- Shavuot

Shavuot