



## Hasidic Spirituality with Jonah Gelfand

[Course Syllabus](#)

[What is Hevruta Learning?](#)

### Session 1: The Joyous Revolution (3/12)

- [What is Hevruta Learning?](#)
- [Hevruta 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)

- [Hevruta Sources](#)
- [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)

- [Hevruta 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

- [Hevruta Materials](#)
- OPTIONAL Further Learning
  - ["What Does Gashmius Mean" from Gashmius Magazine](#)
  - The intro from [Lexi Kohanski, "Hallel for Bottom Surgery" from Gashmius Magazine](#)



- *Spiritual Homework*: See what it feels like to go into one of your activities this week – whether that be eating, drinking, talking, doing dishes, etc– with the intention that it is as a way to serve the Divine.

### **Session 5 (4/23): Eating Meditations**

- [Hevruta Material](#)
- OPTIONAL Further Learning:
  - [Nancy Flam, “How Hasidic Wisdom Can Elevate Mealtime”](#)
- *Spiritual Homework*: Pick one meal this week and try to focus in on the *hiyyut* in the food.

### **Session 6 (4/30): Spontaneity vs Commandments**

- [Hevruta Material](#)
- 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\*](#)
- *Spiritual Home Work*: When a strong emotion comes up in the next week, pause and craft a “container” to be able to channel it. That can be anything –journaling, exercising, making a meal– as long as you are consciously engaging with that emotion and not sidestepping it.

### **Session 7 (5/7)- Neo-Hasidism**

- [Hevruta Material](#)
- OPTIONAL Further Learning:
  - Background/Historical Info:
    - [What is Hasidism? What is neo-Hasidism?](#), Gashmius Magazine
    - Ariel Evan Mayse, [The Development of Neo-Hasidism: Echoes and Repercussions Part I](#)
    - Jericho Vincent, [Feminism and Neo-Hasidism](#)
  - Examples of a neo-hasidic reading:
    - [Transfeminist Neochassidus with the \*Em HaBanim: The Woman Inside You\*](#)

### **Session 8 (5/14)- Shavuot**



- [Hevruta Materials](#)
- [Power Point Slides](#)

[Compiled source sheets](#)

**Shavuot**