

Kehilla's Economic Justice Committee's Yom Kippur Workshop 2018

Workshop Title: Self-Care and Social Action in Difficult Times

Presented by the Kehilla Economic Justice Committee and Rabbi David

Workshop Description: Social action and practicing self-care from a Jewish perspective in these difficult times can be an act of 'spiritual resistance.' This interactive workshop will explore how we are taking care of ourselves, what activism we're currently engaged in, and suggestions for political engagement opportunities in advance of the mid-term elections.

Agenda:

3:00

1. Welcome, review agenda and goals, and introduce R. David. (Lisa or Laura)

3:10

2. D'var Torah. What do we take from Judaism, Jewish history, and our own personal histories that spurs us to act in difficult times? What gives us hope? (R. David)

3:25

3. How are we caring for ourselves in ways other than political action? (Karen)

3:35

4. In what political activities have people been engaged in advance of the election? Do you think they will be effective in winning more Democratic seats in Congress? (Lisa, Laura)

3:45

5. Our suggestions for engagement before the election. (Lisa, Laura)

4:00

6. Closing and Adjournment (Ruth)