

Practicing Equanimity - A Mussar Study

Sunday, November 10, 2024 - 10:00 am

Presented by Rabbi Robin Foonberg

Executive Director, Jewish Educators Assembly
Education Specialist, United Synagogue for Conservative Judaism

Join Rabbi Robin for inspiration and learning through the discipline of Mussar. How can we remain calm, level, and balanced as we deal with every day interactions? We will discuss the spiritual character trait of menuchat ha'nefesh, equanimity. For our mental, physical, and spiritual health, practicing equanimity and understanding it's nuances is so important. It is vital that we "rise above the good and the bad" to approach situations in a healthier way. Let's explore this important life skill and set ourselves on a path of equanimity for a healthier future.

Rabbi Robin Foonberg

Rabbi Robin Foonberg began her career in Jewish education in 1994. Since that time, she has accomplished a Master's Degree in Jewish Education from Spertus Institute of Jewish Studies in Chicago and was ordained from the Academy for Jewish Religion/CA. She has worked at two Reform synagogues as teacher, Assistant Director, and Family Educator and spent seven years as the Judaic Studies Director at Morasha Jewish Day School. For the past twelve years, Robin was the Director of Education at Congregation B'nai Israel, a Conservative synagogue in Orange County, CA. She served three years as president of the Jewish Educators Assembly and is now the Executive Director, and also serves as the Education Consultant for USCJ.

Catered Brunch at 10:00am (\$18)

Presentation at 10:30am

Sponsored by Adult Ed

Temple Beth David, 6100 Hefley St. Westminster

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