Living Well, Dying Well: Jewish Wisdom for a Meaningful Life

Facilitated by Rabbi Marci Bloch, Thursdays 10:00am

Course Description: Join Rabbi Marci Bloch for six engaging sessions exploring how Jewish wisdom can help us live with greater purpose, connection, and gratitude. Through Jewish texts, stories, and conversation, we'll reflect on life's big questions, including meaning, legacy, relationships, and the values we hope to pass on to future generations.

We'll explore the tradition of ethical wills, Jewish perspectives on the afterlife, and resources for navigating loss and life transitions. Together, we'll discover how timeless Jewish teachings can inspire us to live with greater joy, intention, and meaning every day.

Week 1: The Wisdom We Carry: Our Stories, Values, and Life Lessons
What experiences have shaped us, and what wisdom do we hope to pass on? Explore the Jewish tradition of ethical wills through stories, examples, and conversation. We'll reflect on the values, memories, and lessons that make each person's legacy unique.

Week 2: A Gift of Words: Writing Letters, Blessings, and Ethical Wills
Turn your reflections into a meaningful gift for those you love. With gentle writing prompts, we'll begin creating a letter, a collection of memories, or an ethical will expressing our wisdom, hopes, and blessings. No writing experience is needed, and sharing is always optional.

Week 3: Traditions That Hold Us: Jewish Mourning and Comfort
Jewish traditions remind us that we do not have to face loss alone. Explore how rituals such as shiva, Kaddish, and remembrance offer comfort, honor loved ones, and connect us to community. We'll also discuss meaningful ways to support someone who is grieving.

Week 4: Making Room for Hope: Finding Hope and Finding Healing
How do we honor what we miss while remaining open to life? Through Jewish wisdom and conversation, we'll explore the ways memory, relationships, and everyday moments can help us find strength and renewed joy. Together, we'll consider how grief and gratitude can exist side by side.

Week 5: The Soul's Journey: Jewish Perspectives on the Afterlife
What does Judaism teach about what comes after this life? Discover a range of Jewish perspectives on the soul, the world to come, and our continuing connection to those who have died. Bring your curiosity and questions as we make room for faith, mystery, and different understandings.

Week 6: Living with Intention: Choosing Joy, Connection, and Meaning
Our journey concludes by asking: How do we want to live now? Drawing on the themes of the series, we'll explore how gratitude, relationships, forgiveness, and acts of kindness enrich our lives. Each participant will identify meaningful ways to bring more purpose, connection, and joy into the days ahead.

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