



Our Spiritual To-Do List Adult Text Study with Rabbi Pollack

Sundays 12:30-1:30pm - begins October 15th

Hybrid: Join us either In-person at Solel or via Zoom

BYOL (Bring your own lunch)

Over 10 sessions we'll be taking a deep dive into a prayer that we recite at the very beginning of each day, "Eilu Devarim – These are the words":

These ten short verses from the Mishnah, written two thousand years ago, are often referred to as the "Rabbinic Ten Commandments". We might think of them as our daily "Spiritual To-Do List", or as author Rabbi Evan Moffic refers to them, as "The Happiness Prayer".

Together we will explore ancient Jewish wisdom to live a more meaningful life.

RSVP to Rabbi Pollack by October 13th

These are the MITZVOT which have no limit. One eats of their fruit at this time, while their full effect is beyond measure:

To honour father and mother

To perform acts of love and kindness

To attend the house of study daily

To welcome the stranger

To visit the sick

To bring marriage partners to the CHUPAH

To accompany the dead to burial

To pray with sincerity

To make peace when there is strife

And the study of TORAH is equal to them all because it leads to them all.