

The Essentials

A Guide to Jewish Life and Living

WEEK 1: G-d, Torah and the Jews

WEEK 2: Shabbat – An Island in Time

WEEK 3: Kosher – A Diet for the Soul

WEEK 4: Holiday and Holy Day –
The Jewish Calendar

WEEK 5: Prayer - Is Anyone Listening?

WEEK 6: From Baby Naming to Chupah –
The Jewish Lifecycles

WEEK 7: Sexuality and Intimacy –
The Sanctity of Marriage

WEEK 8: Mitzvot – The Building Blocks
of a Jewish Home

The Essentials

Food for body, mind and soul



Eight Classes on Jewish Life and Living

Join us for a monthly lunch and learn that will cover the foundations of Jewish life.

Blending the spiritual and the practical, "The Essentials" will deepen your knowledge and appreciation of Judaism and whet your appetite for continued growth and study in pursuit of your heritage.

For reservation or more information please email info@jewishpudong.com or call 5878-2008

With

**Rabbi Avraham
Greenberg**

The second Tuesday
of every month
begins on **November 10**

12:30 -1:30 PM

At the Bristol Associates
Shanghai Offices
1518 Minsheng Road,
Building A, Floor 10,
Room # 1004.

Lunch will
be served



Chabad Jewish Center of Pudong

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