

INTRODUCTION TO JUDAISM 5780 NOV 3, 2019

Temple Sinai, S. Burlington, VT Rabbi David Edleson

ASSIGNMENTS WEEK 1

What is Judaism? Who are the Jewish people?

READ:

- **HURWITZ** – Introduction pp ix-xxxi; Chapter 1 pp 3-28
- **HONORING TRADITION** – pp 5-18; 35-46
- **GENESIS 1:1 – 4:26**

LISTEN:

- **PEOPLE OF POD: Sept 19, 2019**
Minutes 10:12 – 25:45 (Interview with Sarah Hurwitz)
<https://soundcloud.com/peopleofthepod/israeli-election-results-sarah-hurwitz-on-her-new-book-antisemitism-in-ny-2>

DO:

- In Judaism, rest is not simply “not doing anything” but a purposeful, conscious positive action and commandment. This week, in order to get a personal sense of that, I want you to take five minutes, sometime around sunset this Friday evening. Quiet your surroundings, turn off the phone, the TV, the stove. Light a candle if that reels right. Mostly simply deliberately stop doing things, breathe and “rest on purpose.” Then, write in your journal about what deliberate rest might reflect about human nature in Judaism.