Chai Mitzvah is a national program combining informal study, ritual and social action, providing the framework for a meaningful Jewish journey. Think of it as a cross between a chavurah—friendship group—and a book club.

SPRING GROUPS FORMING NOW!!
Contact Jill Maidhof, Jillm@TheJKC.ORG OR 913.327.8077

No Jewish knowledge or level of observance is assumed. Simply join a group of 8-12 people or form a group of your own for:

• Group exploration: meet monthly with a set curriculum addressing critical Jewish issues
• Independent study: choose a topic to explore from a Jewish perspective
• Ritual: choose a ritual or spiritual practice to incorporate into your life
• Social Action: choose a mitzvah to carry out within the Jewish community.
• Share and celebrate!

For Details
Q&A:

How does Chai Mitzvah work?
The program works through groups of 8-12 people who guide and support each other in their journeys.

What if I don’t know much about Judaism?
Jewish knowledge or observance is not assumed; in fact, you don’t need to be Jewish to participate*—this is a program for anyone who is willing to commit to the two components of the Chai Mitzvah program:
• Attend a monthly group learning session using sourcebooks that each of you receive. Much like book clubs, these sessions are opportunities for stimulating yet nonjudgmental discussion.
• Continue building a Jewish life by carrying out items on your individual “Jewish Bucket List” for enhancing mind, body and soul:
  ➢ Pick a subject that interests you and learn about it from a Jewish perspective.
  ➢ Adopt or enhance a Jewish ritual or spiritual practice.
  ➢ Carry out a social action project within the Jewish community.
  ➢ *These can be adapted for non-Jewish participants

What subjects will be discuss during our monthly meetings?
• Adult Rites of Passage
• Tzedakah and Philanthropy
• Individual and Community
• Interpersonal Relationships
• Mindfulness and Conscious Living
• Adding New Insights to the Passover Seder
• Israel and the Jewish Spirit
• Gratitude
• Judaism and the Environment
• Leadership
• Death and Loss
• The Arc of the Holidays

To learn more about Chai Mitzvah, visit www.chaimitzvah.org