

# GROWTH THROUGH *change*

with Guest Scholar Dr. Betsy Stone

## SCHOLAR IN RESIDENCE WEEKEND



The last 30 months have been a time of upheaval and disruption. We have lost friends, freedom, and our sense of normalcy. Whether COVID, politics, personal losses, or newfound values, we are all changed. How do we move forward into the next normal? Join Dr. Betsy Stone for a weekend of exploration of what we've lost, what we've gained and who we are.

### FRIDAY, DECEMBER 9 | 7:30pm

#### *Shabbat Evening Service: Growth Through Change.*

The challenges of the past years have stretched us, overwhelmed us, and forced us to change. How do people grow from change and challenge? Are there upsides to challenges? A moderated discussion with Rabbi Knight and Dr. Betsy Stone.

### SATURDAY, DECEMBER 10 | 9:00am

#### *Torah Study: Challenge and Adaptation*

Join us for a special Torah study with Scholar in Residence, Dr. Betsy Stone. Continue the discussion from erev Shabbat in light of the Torah portion. What challenges Jacob? How is he changed and how must he adapt? Does he heal? Do we heal?

### SATURDAY, DECEMBER 10 | 6:30pm

#### *Dinner and Havdalah: Generational Differences and Their Impact*

What are some of the differences between Boomers, Gen-Xers, and Millennials? How might these differences impact their relationships with Judaism and synagogue life? What do leaders need to know as they approach the younger and older generations? All are welcome.

### SUNDAY, DECEMBER 11 | 9:00am

#### *Breakfast and Conversation: Parenting for Growth*

Join with fellow parents for breakfast and conversation with Scholar in Residence, Dr. Betsy Stone. How do we help our children build their best selves? Pundits keep telling us that we and our children are losing out -- whether learning loss or emotional regression. How can we encourage their growth and strengths? This is relevant for parents with children of all ages, preschool through high school.

**DR BETSY STONE:** a retired psychologist, is an engaging speaker whose passion for wellness in the lives of families has brought her invitations to teach throughout North America and Europe. She has worked with the Jewish Education Project on multiple webinars and live teaching opportunities, including trips to Broadway shows, Character Strengths and Bullying. She also leads groups for clergy, as they navigate the complexities of their personal and professional roles.



TEMPLE BETH EL

WWW.TEMPLEBETHEL.ORG