

COME THROUGH THE CANOPY OF LEAVES

Come to a Place

of PEACE *of* REST *of* SERENITY

A place where you can

~ **open your mind** ~

LEARN – PRAY – SHARE

Where you can feel relaxed

and let your creativity unleash

Your Soul Speak

An environment where you can breathe differently

Come to a place where you can

EXPAND YOUR HORIZONS

change your focus **RE-ENERGIZE**

~ **FEEL SPIRITUALLY ENRICHED** ~

Socialize Laugh Celebrate Taste Discuss

CHABAD OF NASHVILLE - JUDAISM DONE JOYFULLY

THE PROGRAMS AND ACTIVITIES
OF CHABAD OF NASHVILLE
ARE INSPIRED AND GUIDED
BY THE TEACHINGS OF THE
LUBAVITCHER REBBE.



PROGRAM GUIDE DIRECTORY

CONGREGATION BEIT TEFILAH CHABAD

T.G.I.S. Celebrations....4
Shabbat Kiddush Buffet....4
Bar/Bat Mitzvah Lessons....4
Friday Night Live....5
Yartzeit Memorial Wall....5
Shabbat Services....5
CKids Nashville....5
Bagels, Lox, Tefillin....6

HOLIDAYS AT CHABAD

Chanukah Programming....7
Purim Programming....8
Passover Programming....9
Lag B'Omer & Shavuot....10

HEBREW SCHOOL

Vivacious Values....11
Aleph Champ Hebrew Reading Program....11
Hebrew School Events....11

YOUTH & TEEN PROGRAMS

Mommy & Me....12
CKids Nashville....5
Camp Gan Israel....12
The Friendship Circle....21
Cteen Shabbaton....22

SPECIAL EVENTS

6....Mega Challah Bake
13....Weekend of Inspiration & Comedy
with Rabbi Perelmuter
14....Weekend of Music & Melody with
Rabbi New
15....Chassidic Pop Art Exhibition

WOMEN

16....Rosh Chodesh Society
17....Torah & Tea
17....Fusion Yoga Class
18....Mikvah Mei Chaya

LEARNING CENTER

19....Education Opportunities
20....Torah Studies Class
21....Think Jewish Course
17....Torah & Tea

SPECIAL PROGRAMS & SERVICES

17....Chabad Challah
22....New York Weekend Shabbaton
23....Cteen NYC Weekend

Genesis Campus for Jewish Life
Chabad of Nashville
95 Bellevue Road
Nashville, TN | 37221

office tel | 615-646-5750
office e-mail | chabادنashvilleoffice@gmail.com
web | chabادنashville.com
facebook | Chabad of Nashville
Camp Gan Izzy Nashville

Sign up for your weekly e-torah, and receive an inspirational thought together with upcoming events. Email chabادنashville@gmail.com.

WARM. COMFORTABLE. APPROACHABLE. GENESIS CAMPUS FOR JEWISH LIFE

The Genesis Campus for Jewish Life serves as a Jewish educational and spiritual lighthouse for hundreds of Jewish Families in the Nashville area, offering many educational, religious, and social opportunities for all age groups within the community. The Center provides a comfortable, non-judgmental atmosphere that meets every individual at their level of observance.

Welcome to
the Chabad
of Nashville
Genesis Campus
for Jewish Life!



As you will
see from this
program guide

— our beautiful Center offers a wide variety of programs and services for every member of the family. For starters, we offer a Hebrew School, a Camp Gan Israel summer camp, and Adult Education programs. Moreover, there is a comprehensive Judaic library, community holiday parties, a beautiful spa-like Mikvah, and of course, full synagogue services. There is so much more — including a spacious ballroom available

for your celebrations. We invite you to call for a tour or participate in any of our classes, programs, or services.

Once you're here, we hope you'll agree that there is something special about the atmosphere that we've worked as a community to create. It's a place that you can immediately call your own.

Please take the time to review this program guide for the Jewish Year of 5775 with all the information that it includes. Should you have any questions, please feel free to call us at (615) 646-5750 or visit our website at chabادنashville.com.

Warmest regards,
Rabbi Yitzchok & Esther Tiechtel



CONGREGATION BEIT TEFILAH CHABAD

is a comfortable meeting place for the social, religious, and educational events in your life. It is a place where every Jewish man, woman, and child can experience Judaism in a welcoming, meaningful, and enjoyable atmosphere. The synagogue is available and accessible to every individual, regardless of background or level of observance.

T.G.I.S. CELEBRATION



Thank G-d It's Shabbat! Start your weekend off with good friends, great conversation, and

excellent kosher cuisine, all seasoned with just the right amount of Shabbat spirit. TGIS takes place the Second and fourth Friday of every month, always at 6:30 PM. Join us for the TGIS Shabbat Dinners as a guest of Chabad.

To host a TGIS in honor of a birthday, anniversary or Yahrzeit, kindly call the Chabad office at (615) 646-5750.

BAR/BAT MITZVAH

Give your children the Bar/Bat Mitzvah they deserve. Prepare your children for this important event with our comprehensive Bar/Bat Mitzvah lessons. Give them a celebration they will remember in our beautiful Sanctuary and Social Hall. Call the Rabbi today at (615) 646-5750.



SHABBAT KIDDUSH BUFFET

An important part of our community is the weekly Kiddush Luncheon that follows the Shabbat morning services. It is where friendships are created and nurtured, and we celebrate each other's happy occasions and life cycle events.

Come by for Shabbos lunch and enjoy a hot n' spicy cholent and delicious buffet made by our very own kosher cuisine chefs. Noon.

To host a Shabbat Kiddush Buffet please call (615) 646-5750.

S'TORAH TELLING

Shabbat morning service is one filled with learning and inspiration. Listen to the Rabbi tell the Story of the weekly Torah portion, and share a short sermonette between each Aliya, which is both spiritual and connected to the current events with a timely message. The service begins at 9:30 AM, and the Torah reading is at 10:30 AM, which is followed by Mussaf and the weekly Shabbat Kiddush Buffet.



YAHRTZEIT MEMORIAL WALL

Memory is especially powerful when the past can be an inspiration. When we remember them in our physical life, their life is not just a passive memory, but becomes active and their light eternal. For those who have passed on, they merit the continuous impact in both the physical world and the spiritual world-to-come. Dedicating a plaque in memory of a loved one on the Memorial Wall is an appropriate and respectful way to honor their memory.

To dedicate a gold plaque on the memorial board with the names of your loved engraved on it is \$500.

SHABBAT SERVICES

Our Shabbat Services are traditional and are conducted in a joyous, casual, atmosphere. Children are included and always welcome. Many of those who attend cannot read Hebrew, yet everyone feels at home. The prayer book is Hebrew/English, and various English readings are included in the service. Song and commentary add meaning to the prayers and bring serenity.

FNL - FRIDAY NIGHT LIVE!

FNL is our bi-weekly Friday Night Live service. At FNL, the Rabbi sings from his heart as the congregants join in with spirit and Kavanah. FNL takes place the first and third Shabbat of each month, and begins 18 minutes after the Shabbat candle lighting.



CKIDS NASHVILLE

CKids is a fun Jewish club for children ages 3-12. We meet on Shabbat morning in the Zamir Playroom from 10:45 AM - 11:45 AM. CKids interactive education and social curricula give children enthusiasm for and commitment to the eternal chain of Torah-true values, while giving them a sense of belonging.

With a variety of multisensory lesson styles to engage the entire group, CKids has games, puppet shows, dialogue, songs, and spirited fun based on the Parsha of the week. Each child receives Torah points weekly as a member of CKids Nashville. Come and join the fun!



KOSHER BLT

BAGELS, LOX & TEFILLIN - Food for the Body & Food for the Soul

Enjoy a delicious BLT – Jewish style, that is!!! Join us the first Sunday of every month, 8:30 AM, for Bagels, Lox & Tefillin! Sunday Morning Tefillin, is followed by a delicious breakfast of fresh brewed coffee, bagels, and lox. This is the place to talk about “stuff” or discuss some Jewish law with the Rabbi. Children are welcome to join their dads.



MEGA CHALLAH BAKE

Join women from across Nashville for an evening of unity and inspiration, as we knead and braid delicious challah to adorn our Shabbat tables. Learn the secret to making great Challah, create your own, and share the gift of Challah, warmth and great taste with others.

SUNDAY, NOVEMBER 16, 2014
CHESHVAN 23, 5775 4:00 - 5:30 PM

RSVP to chabadnashville.com

Take home your own challahs and a custom Mega-Challah-Bake apron gift. Couvert: \$18 online ~ \$20 at door ~ This event is for women and girls 12 years and older.



PREDATORS HOCKEY GAME

Chabad of Nashville and the Nashville Predators invite you to the “Predators Jewish Heritage Night,” as the Predators take on the Boston Bruins.

TUESDAY, DECEMBER 16, 7:00 PM
at the Bridgestone Arena

Nashville will celebrate Jewish Heritage night with the Predators, as the Menorah will be lit in a special ceremony, and all 17,000 fans will sing along, as Chanukah melodies will play from the jumbo-tron.

RIVERFRONT PARK MENORAH LIGHTING

Join us at the Nashville Riverfront Menorah, together with members of the Metro Council, dignitaries, and representatives of the Nashville’s business community, as we honor Mayor Karl Dean with lighting the Riverfront Menorah, and hear the mayor share his Chanukah Message with the citizens of Nashville.

Chanukah Gelt, Dreidels and doughnuts will be distributed to all participants.

The Riverfront Menorah Lighting will take place at the Riverfront Park, Broadway and First Ave.

Go to chabadnashville.com for time and date.

TENNESSEE STATE CAPITOL MENORAH LIGHTING

You are invited to an Historic celebration “Chanukah at the Tennessee State Capitol” for the lighting of the Menorah.

Celebrate the festival of Lights with the lighting of the tallest Menorah in Tennessee with Politicians and dignitaries, and leadership from the Nashville community

- ~ The event will include the historic lighting of Tennessee’s Tallest Menorah
- ~ Chanukah Party with live music
- ~ Dreidels, Chanukah Gelt and Donuts
- ~ Hot Cider
- ~ Surprise performance

DECEMBER 17
4:30 PM

Corner of Charlotte
and Sixth Ave.



PURIM FAMILY CELEBRATION



Bring the entire family to...

Listen to the Megillah while enjoying a multimedia presentation on the story of Purim.

Win Prizes in Our Free Raffle. Children come in costume and enjoy delicious treats and refreshments.

WEDNESDAY, MARCH 4, 6:15PM

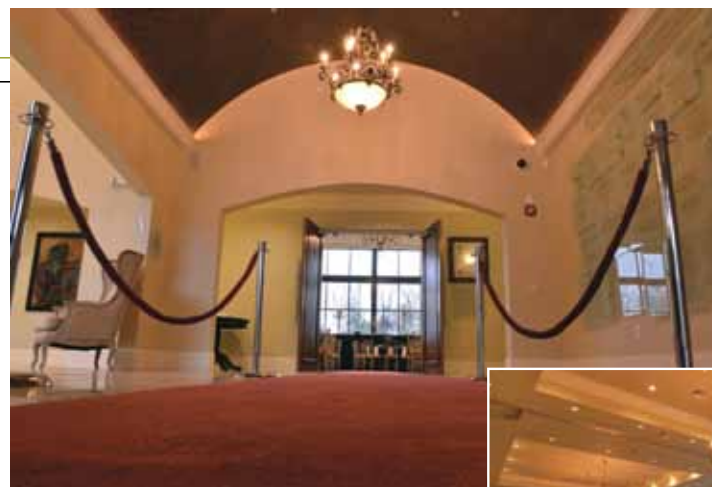


HAMENTASH BAKE!

Strawberry, raspberry or chocolate fudge?

Bring your baking smarts and come whip up a batch of Triangle-shaped Hamantaschen

12:00 PM, SUNDAY, MARCH 1



TWO COMMUNITY PASSOVERS SEDERS

A FAMILY FRIENDLY PASSOVER SEDER
FRIDAY, APRIL 3 | 6:45 PM

A CHASSIDIC SEDER FOR THE INQUISITIVE MIND
SATURDAY, APRIL 4 | 7:45 PM

Chabad of Nashville invites you to our 16th annual Community Passover Seder at the Bernard Ballroom of the Genesis Campus for Jewish Life. Rabbi Yitzchok and Esther Tiechtel will lead a most memorable Passover Seder, one that is engaging, thought provoking and fun for everyone. The Passover Seder will also be integrated with Chassidic tales and Jewish humor.

The atmosphere is warm. A festive holiday dinner, catered by one of Nashville's premiere chefs, will be prepared with elegance and class. Enjoy the Holiday of Freedom at a Seder experience you will remember for a lifetime!

To RSVP go to www.chabadnashville.com

Sell your chametz online

Remember to fill out the online form to sell your chametz for Passover, enabling a true matzah-only zone in your life!
chabadnashville.com



Order Shmurah Matzah

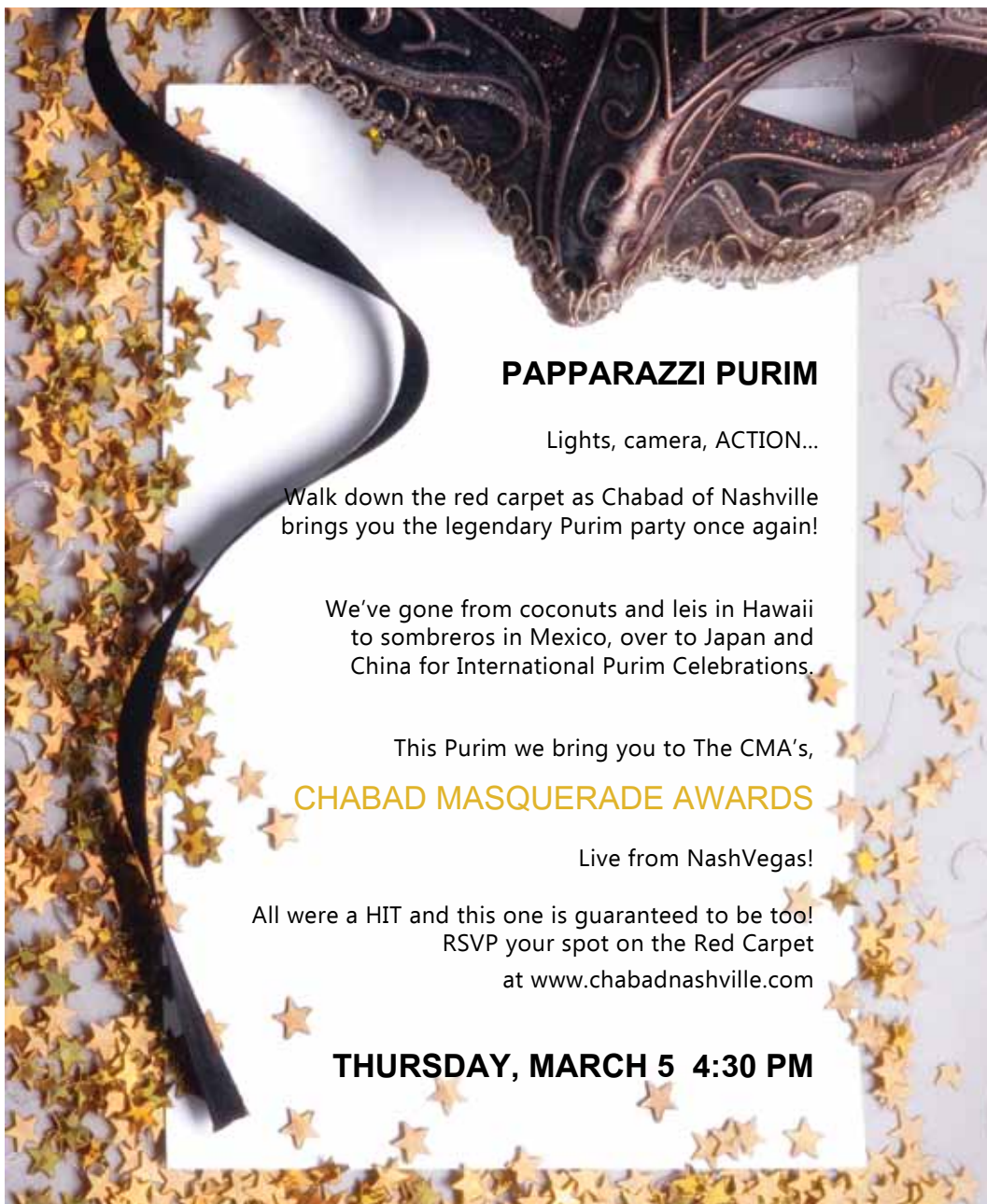
Call the Rabbi at 615-646-5750 to order the traditional round hand-made Shmurah Matzah for your Passover Seder.

Moshiach Seudah

SHABBAT, APRIL 11
6:30 PM



Bring your family and join us for this 300 year old tradition. Instituted by Rabbi Israel Baal Shem Tov, the traditional "Moshiach's meal" on the last day of Passover includes the eating of Matzah. The Rebbes of Chabad added the custom of drinking four cups of wine, as we do during the Seder.



PAPPARAZZI PURIM

Lights, camera, ACTION...

Walk down the red carpet as Chabad of Nashville brings you the legendary Purim party once again!

We've gone from coconuts and leis in Hawaii to sombreros in Mexico, over to Japan and China for International Purim Celebrations.

This Purim we bring you to The CMA's,

CHABAD MASQUERADE AWARDS

Live from NashVegas!

All were a HIT and this one is guaranteed to be too! RSVP your spot on the Red Carpet at www.chabadnashville.com

THURSDAY, MARCH 5 4:30 PM

LAG B'OMER BONFIRE & BBQ

Join us for a delightful evening together with family and friends, as we celebrate the Lag B'Omer Koshers BBQ & Bonfire

THURSDAY, MAY 7, 6:00 PM

Delicious food from the Kosher Grill - Hot Dogs, hamburgers, baked beans, cotton candy, popcorn, and an array of Southern Dishes prepared by Chef Joe.

Join the DRUM CIRCLE for a fun filled interactive session of rhythm-based music, as we dance around the large Lag B'Omer Bonfire.



THE TEN COMMANDMENTS ICE CREAM PARTY

Come and Join us at Chabad for our 16th annual Shavuot Celebration at the Ten Commandments Ice Cream Party and Dairy Dinner Buffet.

SUNDAY, MAY 24, 5:00 PM

3,327 Years ago the Jews received the Ten Commandments at Mt. Sinai. Every year, on that very day, is the holiday of Shavuot, and we listen to the reading of the Ten Commandments. It is a Deja vu experience.

Following the reading of the Ten Commandments from the Torah, we will celebrate with a special Shavuot Buffet Dinner complete with:

- Assortment of Ice Creams and Toppings
- Cheese and Potato Blintzes
- Pastas
- Pizza
- Delicious cheese cakes and a smorgasbord of dairy delights



HEBREW SCHOOL

At the CHS, Chabad of Nashville Hebrew School, we make Judaism fun and meaningful. Children actually look forward to Hebrew School. They learn to read Hebrew, study Hebrew Language, Jewish History, holidays, and traditions. They enjoy song, arts & crafts, holiday baking, and hands-on workshops. We are proud of our solid curriculum and dedicated staff of teachers who keep the children motivated and enthusiastic.

Your children will love the all new monthly program with its special "Vivacious Values." This fun-filled program focuses the students on a different Jewish value each month, along with special projects and activities.. Notes brought from home describing a student's positive actions relating to the value of the month will go up on our hand-painted mural of the world!

Ages 4-13 Sundays 10:00 AM - 12:00 PM

To enroll your children in CHS, a Hebrew School they will love, call Esther Tiechtel at (615) 480 4225



ALEPH CHAMP

Hebrew reading is a priority in our Hebrew School. Our Hebrew reading program is called the Aleph Champ Program. Modeled after the karate/ Martial Arts motivational system, the Aleph Champ motivates and inspires children to climb the ranks and become black belt Aleph Champions.

BAR & BAT MITZVAHS

Give your children the Bar/Bat mitzvah they will treasure! Prepare your children for this important milestone with our comprehensive Bar and Bat Mitzvah lessons.

FAMILY PROGRAMS

Sunday, October 12
Special Sukkot Program

Sunday, December 21
CHS Chanukah Party

Sunday, March 1
CHS Purim Party

Friday, April 3
Family Passover Seder

Sunday, May 7
Award Ceremony at Bonfire

Sunday, May 24
Shavuot Ice Cream Party



CAMP GAN ISRAEL

KIDS LOVE US, PARENTS TRUST US

Camp Gan Israel of Chabad of Nashville...the ultimate summer camp experience!

We Pride Ourselves On Our Exceptional Staff!

Our counselors are responsible, warm and care for each child as an individual. Each counselor is a role model for her campers, creating friendships that last forever. Their love for the children is surpassed only by the children's love for them.

Campers will share a deep sense of pride and love for Judaism because of the weekly Judaic theme taught through the week. Exciting activities, stories, songs, games and contests are conducted in a joyous, non-judgmental environment. A weekly Shabbat party, Challah baking and beautiful Judaic projects are all part of the unique Gan Israel experience, in which all children enjoy a shared Jewish spirit.



Camp Gan Israel will be offering three one-week sessions, from June 29, - July 17, 2015.

To register your child for CGI Nashville go to chabadnashville.com to receive the early bird rate.



SHABBATON WITH VISITING SCHOLAR-IN-RESIDENCE

RABBI ABBA PERLMUTER

FRIDAY & SATURDAY, JANUARY 9 - 10

Friday, January 9

Lecture will follow dinner and Shabbat dinner:

MARRIAGE, KIDS, CAREER AND HAPPINESS-CAN I HAVE IT ALL?

Shabbat, January 10

Lecture will follow the Shabbat morning service and lunch:

THE POWER OF JEWISH STORIES

Saturday Night, January 10, 7:00 PM

An evening of good Jewish comedy:

LAUGHTER THE BEST JEWISH MEDICINE

Rabbi Abba Perelmuter is a world-renowned speaker, historian, comedian, and teacher. Rabbi Perelmuter is founder and spiritual leader of Shul by the Shore in Long Beach, CA, a shul noted for its warm and inclusive atmosphere.



- *Spend quality time with your little one in a stimulating and wholesome setting
- *Babies & their Moms are welcome to join
- *Creative Music and Movement
- * Jewish Songs and Themes
- * Sensory Stimulation
- * Free play
- * Socialize with other Moms in a nurturing environment

Second and fourth Sunday of every month, beginning on Nov. 9, 2014, 11:00 AM - 12:00 PM

The Zamir Playroom at Chabad

This program is made possible by a grant from the the Jewish Federation of Nashville and Middle Tennessee.



NASHVILLE SHABBATON WITH VISITING SINGING RABBI-ON-TOUR RABBI RUVI NEW

FRIDAY & SATURDAY, FEBRUARY 27 - 28



Friday, February 27

Lecture will follow dinner and Shabbat dinner:

THE SPIRITUAL UNDERPINNINGS OF TERRORISM

Terrorism is ostensibly anything but spiritual. Seen through the lenses of Kabbalah all phenomena has a spiritual root source - terror included. Discover the spiritual roots of terror and what we can do about it.

Shabbat, February 28

Lecture will follow the Shabbat morning service and lunch:

A FARBRENGEN, QUEST FOR LIVING ON THE DEEP SIDE OF LIFE

Experience a dose of Chassidic Nosh for the soul.

Saturday Night, February 28, 7:00 PM

EVENING OF STORY AND SONG

Dedicated to the life and teachings of the Rebbe.

Australian-born Rabbi Ruvi New is the director of Chabad of East Boca in Boca Raton, Florida, and a popular lecturer on Kabbalah and it's contemporary applications. He is the publisher and editor of Inside Out Magazine, a national publication dedicated to contemporary Jewish thought.

This program is made possible by a grant from the the Jewish Federation of Nashville and Middle Tennessee.



CHASIDIC POP ART OPENING EVENING AND EXHIBITION



Chabad of Nashville presents:

CHASSIDIC POP ART FEATURING YITZCHOK MOULLY THE POP ART RABBI AND A COLLECTION OF HIS WORKS

Meet the artist and browse through his gallery while sampling fine kosher wines

SUNDAY, DECEMBER 7, 2014
Show opening and artist presentation at 3:00 PM

40% percent of all sales will be donated to Chabad of Nashville (Mouly's work has been featured in galleries throughout the USA, Canada and Australia)

This program is made possible by a grant from the the Jewish Federation of Nashville and Middle Tennessee.





ROSH CHODESH SOCIETY NEW MONTHLY COURSE FOR WOMEN

SOULMATES | Nov 12 | Dec 10 | Jan 14 | Feb 18 | March 11 | April 15 | May 13 |

Jewish Secrets to Meaningful Relationships

Romantics of all ages have waxed poetic on the notion of "soulmates," seeking to grasp what makes true love last. Whether you are currently married, considering someday tying the knot, or simply seek to better understand the spiritual root of love and marriage, Soulmates is a seven-session course that will forever change how you think about love, in all its beauty and complexity.

1 Two Halves, One Whole: The Cosmic Root of Love
Is love as simple as mutual chemistry, or is there something more than the force of attraction that connects two people? Is marriage really necessary, if we can reap its benefits without entering into a life-long commitment?

2 Behind Closed Doors: Judaism's View of Intimacy
Is intimacy holy? Profane? Mundane? Holy, but only as a means to procreation? What does Judaism have to say? This lesson taps into Judaism's vast reservoir of wisdom, both practical and kabbalistic, on a topic your Hebrew school teacher likely never broached.

3 Beloved Friends: Synergizing and Sanctifying Love and Desire
How can one relationship give us the comforting security we crave from commitment as well as the spark of novelty and mystique that fuels desire? The mitzvah of taharat hamishpachah, or "family purity," has long been shrouded in mystery and misconception. Yet these laws may just hold the secret to synchronizing--and sanctifying.

4 Respecting Your Other Half: Navigating Gender Differences
Let's face it: men and women are different. In this lesson, we explore the Torah's perspective on what a wife really needs, what a husband really needs, and how to cultivate true respect for one's spouse.

5 Becoming a Better Half: Jewish Insights into Preserving Marital Harmony
When negative emotions escalate in the heat of the moment, how can we control our reaction? Jewish text and tradition is rich with effective tools, tips, and meditations to let our "humanness" shine and turn the rough patches of our marriage into catalysts for becoming a better half.

6 Reservations for Two: Defining Marriage's Boundaries
The question of where lines should be drawn sparks heated debate. Judaism shows us not only how to thwart temptations that threaten our marriage from the outside, but how to enhance it from within by expanding the exclusivity of our relationship.

7 Happily Ever After? The Challenge of Divorce, and What it Teaches About Marriage
"Happily ever after" is not the case for many marriages today. While Jewish law allows room for divorce, it also likens it to the tragedy of an amputation. How far must one go, must one tolerate, to make a marriage work? This lesson gives us insight into the sensitive issue of divorce, and how to cultivate peace in our lives.

Wednesday evenings, 7:00 - 8:30 PM
\$55 | Includes textbook and all seven classes
Register at chabadnashville.com
Click on Rosh Chodesh Society icon.
Facilitator | Esther Tiechtel
Location | Private homes

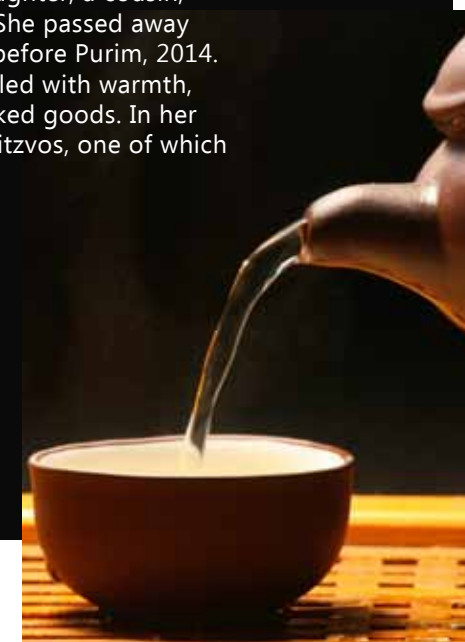
TORAH & TEA

Join together with fellow Jewish women in Nashville for an inspiring Torah study, warm camaraderie, hot tea, and delicious refreshments.

This program is dedicated to the memory of Rashi Minkowicz. Rashi was a young mother of eight, with a youngest child of two and an oldest of fourteen. She was a wife, a sister, a daughter, a cousin, a best friend, a Rebbetzin, and countless more. She passed away suddenly at the young age of thirty-seven, just before Purim, 2014. Rashi was famous for her Torah & Tea classes filled with warmth, learning, discussion, and of course, delicious baked goods. In her honor & memory, thousands are taking upon mitzvos, one of which is the start of "Torah & Tea" classes worldwide.

You are invited to join us for Torah & Tea, a new weekly women's discussion

TUESDAY, 7:30 - 8:30 PM
Taught by Tzivia Tiechtel
In the Sonnenberg Cafe



FUSION

Re-Energize your week with invigorating Yoga Strength & Stretching for women, led by phenomenal coach Emma Cribb. Fused with a soulful meditation on Torah thought by Rebbitzin Esther Tiechtel

TUESDAYS, 8:30 -- 9:30 AM

Come along, bring a friend. All are welcome to this wonderful rejuvenation for body and soul.

Only \$10 a class, on-site babysitter included!



CHABAD CHALLAH



Delicious Kosher Challah, Baked Goods and Custom Cakes

By Melissa Sostrin of Sweets Melissa and Sons, locally baked exclusively for you in the home kitchen of Genesis Campus for Jewish Life.

Kosher & Parve under the Supervision of Chabad of Nashville. Order your Challah today!

To order your challah or baked goods, go to chabadnashville.com or email Melissa at chabadchallah@gmail.com

MIKVAH MEI CHAYA: A SPA FOR THE BODY AND SOUL

For thousands of years, the Mikvah has been the foundation of life for the Jewish community. Today you can experience the beauty of this tradition in the comfort of a state of the art, timelessly decorated Mikvah spa.

Mikvah Mei Chaya invites you to experience the wonders of a luxurious spa atmosphere. Enjoy this haven where you relax your mind, renew your body and refresh your spirit in our gorgeous state-of-the-art facility. Our Mikvah combines pristine beauty with innate spirituality, allowing for an experience that is relaxing, rejuvenating, and uplifting.



Experience the beauty of this special Mitzvah in the privacy and intimacy of a tastefully decorated Mikvah. Our Mikvah is flawlessly maintained, fully equipped, and beautifully appointed to make your visit a pleasurable one. To make an appointment please call (615) 601-1895



MODERN HEBREW LANGUAGE COURSE

For students with little or no background in Hebrew language, we offer a preparatory course - learn basic Hebrew to get you started in the wonderful world of the language of our people! From simple root words to learning how to conjugate your speech, you will no longer feel left in the dark when approaching text in Hebrew! Feel at home in your prayer book and converse with excellent Israeli language coaches and flip on a language light switch in this exciting new venture. Call for course dates.



LUNCH N' LEARN ONE ON ONE STUDY WITH THE RABBI

Lunch and Learn is a great opportunity for professionals with busy schedules to learn about Judaism. Rabbi Tiechtel can arrange a time to meet with you in your office, giving you a chance to explore concepts, talk, and ask questions. Enjoy a great discussion and a boost of Jewish knowledge. To set up a meeting, please call our office: 615.646.5750



SHARE JUDAISM

Holiday coming up and you're out of dreidels? Call us for a burst of inspiration on how to bring the joys of Judaism to your kid's class, to your breakroom at work, or to your colleagues. Chabad is always there with myriads of holiday tidbits, treats, and insights.



TORAH STUDIES
SEASON ONE 5775


MONDAY EVENINGS
7:30 - 8:30 PM

Taught by Rebbitzin Esther
in the Oak Library
Textbook - \$25




1 OCTOBER 19
THE MYSTICISM OF MEAT-EATERS
Were Humans Meant to Eat Meat?

Some argue that humans are more herbivore-like than carnivorous. Are we meat-eaters? Should we be? This class probes differences between humans and animals as well as Judaism's care and concern for the well-being of animals.



6 NOVEMBER 23
BORN TO TRY
Why We Must Never Give Up

Some people just have it made: They're naturally smart, funny, wealthy, and good-looking. But for those who don't have that head start in life, is there a way to catch up? An unorthodox analysis of Jewish history tells us that there is always hope.




2 OCTOBER 26
NAME CHANGERS ARE GAME CHANGERS
How Our Names Shape Our Lives

Did you know that your name is what makes you who you are? Through its letters, we get the strength and the ability to fulfill our destiny. Learn what your name says about you and how you can harness the power of a Jewish name.




7 NOVEMBER 30
BAR MITZVAH LESSONS
What We Can Learn From Three Bar Mitzvahs in History

It's time to bring back meaning to the Bar Mitzvah spectacle. This important day is about more than having the biggest band or the quirkiest twist. By looking at the Bar Mitzvah celebrations of the ancient past, this class tells us what it means to become a man.




3 NOVEMBER 2
TAKING ONE FOR THE TEAM
Why Lot's Daughters Admitted Their Incest

Why did Lot's daughters advertise their immoral conduct? And why is there a custom to read this story every week? Find out in this class about stunning selflessness and messianic anticipation.



8 DECEMBER 7
BRAGGING IS BEAUTIFUL
When and Why It's Okay to Boast

Welcome to today's Klein Lecture hosted in the Lefkowitz Hall of the Goldstein Building. That's a phrase you might hear in any Jewish center, and it seems to drip with ostentatiousness. This class shows that it's not only OK to let others know about your achievements; it's also the best thing you can do.




4 NOVEMBER 9
KNOW THYSELF
Self-Awareness Is the Genesis of All Healing

On the outside everything seems normal, but deep beneath the surface lie fears, anxieties, and desires. We can usually get along just fine keeping our subconscious at bay, until we can't anymore. How do we root out these hidden skeletons?



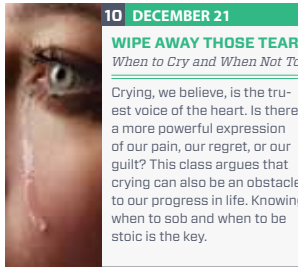
9 DECEMBER 14
THE SOCIAL ANIMAL
Why We Live the Way We Do

Why do you pay taxes and not steal? Because you have to or because it's the right thing? This question lies at the heart of the concept of "community." Like it or not, we share this earth together. Let's make the most of it.



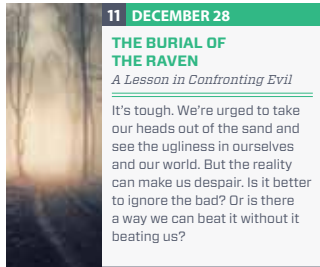
5 NOVEMBER 16
THE ENTITLEMENT DISEASE
The Challenge of Generation I

Nobody likes a narcissist. This class looks at biblical examples of narcissism to teach us how to recognize narcissistic patterns within ourselves, how to root them out, and how to avoid falling into this devilish trap.



10 DECEMBER 21
WIPE AWAY THOSE TEARS
When to Cry and When Not To

Crying, we believe, is the truest voice of the heart. Is there a more powerful expression of our pain, our regret, or our guilt? This class argues that crying can also be an obstacle to our progress in life. Knowing when to sob and when to be stoic is the key.



11 DECEMBER 28
THE BURIAL OF THE RAVEN
A Lesson in Confronting Evil

It's tough. We're urged to take our heads out of the sand and see the ugliness in ourselves and our world. But the reality can make us despair. Is it better to ignore the bad? Or is there a way we can beat it without it beating us?

"THINK JEWISH" FALL SESSION

SOUL QUEST
THE JOURNEY THROUGH LIFE, DEATH, AND BEYOND

WEDNESDAYS AT 7:30 PM
NOV. 5, 12 & 19

Like many people, you've probably wondered: Does Judaism believe in the soul? The Afterlife? Heaven and Hell? Reincarnation? If they exist, and what are they like? In this course, you will get the answers from classic Jewish sources, about some of life's - and death's - most important questions. Learn where you come from, where loved ones are to be found, and how the before and after is all about the here and now.

Join us for a fascinating and inspiring three part series based on the teachings of Jewish mysticism and Kabbalah.

"THINK JEWISH" WINTER SESSION

THE KABBALAH OF PARENTING

WEDNESDAYS AT 7:30 PM
JAN. 21 & 28, FEB. 4 & 11

As parents, we worry about the well-being of our kids; about their future, and about our role in shaping it. How do we keep them safe, while encouraging their independence? When should we motivate them by incentive, and when by establishing firm consequences? And how do we build their self-esteem to prepare them mentally and emotionally for the long road ahead?

In The Kabbalah of Parenting, we scale the challenges that face us as parents and explore timeless insights from Jewish wisdom to instill values, foster independence, and ensure the long-term success and emotional well-being of our children. Taught by Rabbi.



TEEN TIME: GREAT PARTIES, GREAT FOOD, GREAT EXPERIENCES

THE FRIENDSHIP CIRCLE

Friendship Circle of Nashville is a non-profit organization on a mission to provide every child with special needs with support, friendship and love.

Volunteers: Through the Friendship Circle Teen Volunteer Club, remarkable bonds are forged between the children with special needs and their new friends. A volunteer's commitment and willingness to give of their time reminds us that today's teens are caring, compassionate, and dedicated to making a difference in every child they encounter.

Volunteer at Friendship Circle and make a difference in the life of a child with special needs, create an inclusive community and improve yourself! FC Volunteer Club will meet up once a month at Chabad at Sunday Circle programs.

- Why Should I Join?*
- A fun and exciting way of giving back to the community.
 - Fulfill your school's community service requirement.
 - To gain a broader understanding about children with special needs and their disabilities.
 - To make a difference in a child's life by becoming their best friend.
 - Participate in exclusive volunteer only special events!
 - Candid talk and eye-opening Jewish learning



NEW YORK! NEW YORK!

A weekend Shabbaton to see Jewish New York

Join us for a most uplifting and inspiring trip as we spend the Shabbat in Crown Heights, and experience the warmth and embrace of the Jewish community in NY.

- Spend some meaningful time at the Ohel, the Rebbe's resting place
 - Check out Lubavitch World Headquarters
 - Watch a scribe put together a pair of Tefillin
 - Visit the Hand Made Matzah bakery
 - Experience the lower east side of Manhattan
- Take a walk in Times Square and enjoy some of New York's finest Kosher restaurants

MLK WEEKEND, JANUARY 16-19

For more info. or to register
please call the Chabad office at 615-646-5750

CTEEN SHABBATON

Trip to New York
FEBRUARY 27 – MARCH 2 2015



Join with hundreds of teens from across North America for an incredible weekend experience in the Big Apple!

Enjoy Manhattan, Friday Night Dinner, Canal Street, NY Pizza, the Tefillin Factory and the Subway Tour!
This is a weekend experience you will not forget!

Imagine...

The perfect place for your next event –
The Ballroom at Chabad of Nashville



Panoramic views of the mountains and beautiful nature in the foothills of the Warner Parks, a spectacular 4,000 square foot ballroom with carpet and hardwood flooring, soaring windows 18 feet high, and a majestic Jerusalem like lobby, are just a few of the ways that set us apart.

So whether you're planning a grand gala, or an intimate affair, whether it is a business event / conference, or a family brunch or dinner, come and experience the Ballroom at Chabad for yourself.

To reserve the ballroom for your personal event call, (615) 646-5750.
More information can be found at www.chabadnashville.com.



Chabad of Nashville
95 Bellevue Road
Nashville, TN 37221

NON-PROFIT ORG.
US POSTAGE
PAID
Nashville, TN
Permit No. 4169

THE PROGRAMS IN THIS CATALOG ARE SPONSORED BY:

Genesis Diamonds

