



\*All meetings  
are held over  
Zoom unless  
otherwise noted.

## MUSSAR FOR MEN

Mussar for Men, facilitated by Rabbi Ori Bergman, will use conversations based on Jewish texts along with contemplative daily practices to set each of us on a personal path towards self-discovery and transformation. This group is designed for men who are parenting young children.

8:00 - 9:30pm

October 5, November 1, December 7, January 4, February 1, March 1, April 5, May 3, & June 7

For more information, contact Rabbi Ori Bergman at [Oribergman@gmail.com](mailto:Oribergman@gmail.com)

## MEN GATHERING

Men Gathering, facilitated by Rob Goldberg, is a monthly opportunity for men ages 30-60 to gather over food and drink for casual conversation about issues and events that matter such as fatherhood, politics, Jewish culture, and anti-Semitism. This group meets in person when possible, in different locations.

8:00 - 9:30pm

October 21, December 2, January 6, March 10, & May 5

For more information, contact Rob Goldberg at [Rob@buffalojewishfederation.org](mailto:Rob@buffalojewishfederation.org)