

# simple TRUTHS

PIVOTAL JEWISH INSIGHTS FOR CENTERED LIVING

**ROSHCHODESH**  
society  A NEW MONTHLY COURSE FOR WOMEN  
FROM THE ROSH CHODESH SOCIETY



## COURSE RATIONALE

Life is complicated, and, like a ship being tossed about by a raging sea, we often struggle to stay above water amidst the chaos. We constantly wrestle with questions surrounding family, relationships, career, and identity, questions about how to be more successful and fulfilled; how to be happier; how to stay focused on what's important; how to align ourselves with our true values. Yet, in life's turbulent waters, it's easy to lose our sense of direction.

*Simple Truths*, a new seven-part course for women, explores twelve foundational core beliefs and perspectives of Judaism. They are insights that anchor us, empower us, and guide us in times of doubt and uncertainty; that nourish our inner oasis of calm and stability;

that give us the confidence and know-how to navigate life's most difficult challenges.

Leonardo da Vinci once said, "Simplicity is the ultimate form of sophistication." While the beauty of Judaism's "simple truths" lies in their power to simplify our lives, they require us to think deeply about ourselves and our world, to uncover layers of sophistication and nuance, to examine and reexamine our preconceived notions. Throughout the seven lessons of this course, students will delve into these core ideas through hands-on workshops and a kaleidoscope of both ancient and contemporary Jewish texts—from the biblical to Talmudic to Kabbalistic and Chasidic—and leave with transformational, concrete tools for weathering the storms of life.

## LESSON ONE

### CLAIM YOUR INHERITANCE

In a sand-swept Sinai some three-and-a-half millennia ago, the Jewish nation received the Torah from G-d. Ever since, the Jews have passionately dedicated themselves to its study. From eras ancient to modern, countless individuals endured tremendous sacrifices to study Torah, often surrendering their lives in this pursuit.

What exactly is the Torah? Why does Judaism venerate its study above all else? This lesson explores the supreme role of Torah study in Jewish life and clarifies the motivation of Jewish mothers throughout the ages to forgo creature comforts—and much more—to ensure that their offspring are appropriately immersed in this vast ocean of wisdom.

## LESSON TWO

### WHERE PLEASURE MEETS PURPOSE

It is only natural to want to enjoy life's pleasures. At the same time, all the pleasures on earth cannot satisfy our inner craving for deeper meaning and a purpose to our existence. How are we to balance internal tugs toward the carefree and unrestrained with an intimate need to develop a genuine relationship with the Creator? Are these currents not mutually exclusive?

This lesson explores inner conflict and fragmentation, analyzes the extent to which Judaism plays a role in everyday experiences, and draws the secrets of wholesome living from the wellsprings of Jewish wisdom.

## LESSON THREE

### CREATION REVISITED

We are all creators, made in the image of G-d—the ultimate Creator. But is the difference between our ability to create and G-d's merely a quantitative one?

This lesson searches the foundational principles of Jewish thought regarding G-d's creation of the world and unearths ageless methods of reframing our approach to life.

## LESSON FOUR

### THE BEAUTY OF THE STRUGGLE

Imperfection is human. Yet little makes us feel worse than our moral deficiencies. Our less-than-noble thoughts and feelings lead to inner turmoil and lowered self-perception, hampering our motivation to grow and change.

How can we remain motivated toward change and uphold a positive view of ourselves while battling dejection over our constant struggles with our flaws? This lesson explores how we can reframe our deficiencies as inspiring pathways to personal growth, inner joy, and spiritual fulfillment.

## LESSON FIVE

### OVERCOMING LIMITATION

Personal growth and inner change do not come easily. It takes hard work to attain and even harder work to maintain genuine self-transformation. Judaism, however, seems obsessed with constant growth and improvement. Is this expectation realistic?

This lesson explores personal goals and development through the prism of Jewish thought and offers insight into the ability to step steadily forward throughout life while avoiding burnout.

## LESSON SIX

### TO LOVE ANOTHER

The quality of our relationships has a direct impact on our quality of life. But in a world where digital communication and social media are increasingly replacing real-world communication, the capacity to truly connect to others seems more and more like a lost art. How do we cultivate genuine empathy, trust, acceptance, and love in our relationships?

This lesson teaches us how to peel away all of the superficialities that divide us, and we discover what ultimately unites us, allowing us to develop truly deep and fulfilling relationships with others.

## LESSON SEVEN

### JOY REVEALED

If you assumed that Judaism was about being somber and sullen, you have not met the real deal. This lesson demonstrates the extraordinary emphasis that Judaism places on being joyful. It explores the role of happiness for the sake of personal well-being and success, and also for the benefit of those with whom we interact. This cheerful lesson presents a step-by-step journey to achieving happiness based on a deeper appreciation of the purpose of life.



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