

THE ART AND PRACTICE OF LIVING WONDROUSLY



VALUE

FAITHFULNESS & TRUST

Emunah

The Art and Practice of Living Wondrously is a new Momentum book that invites you to embrace a vibrant and meaningful way of living, one where you greet the world with curiosity, awe, and an openness to the wonder around you. **Living wondrously means infusing your life with vitality, connection, and purpose by uncovering pathways to wisdom and wholeness.** It begins with a shift in perspective, seeing yourself, your relationships, and the world around you with greater depth and intention. Wonder is not far away; it surrounds you, and it resides within you.

As we enter the season of Rosh Hashanah, the Jewish New Year, we are reminded of the Jewish value of Faithfulness & Trust (*Emunah*), a call to renew our trust in ourselves, in others, and in the Source that sustains us. **This time of reflection and renewal invites us to cultivate a sense of wonder and awe as we embrace the possibilities of the year ahead.**

This session offers a glimpse into the book's guiding principles, designed to help you live with greater purpose and intentionality. Together, drawing on social science, contemporary experience, and Jewish teachings, we will explore wisdom from the experts who illuminate the pages of *The Art and Practice of Living Wondrously* to uncover new pathways for personal and spiritual growth rooted in faith, trust, and renewal.



TIMELINE: 90 MIN

BEGIN WITH INTENTION | 5 MIN

LIVING WONDROUSLY AROUND THE ROOM | 30 MIN

ACTION & APPLICATION | 40 MIN

END WITH MEANING | 5 MIN



FACILITATOR PREPARATION

Before leading the session, review the outline thoroughly to familiarize yourself with the flow and activities. Reflect on how the themes of Nurturing Relationships, Navigating Through Challenging Straits, and Being an Agent of Hope connect to your own experiences, the value of Faithfulness & Trust, and the celebration of Rosh Hashanah. Ensure that all materials are ready. Send an email or WhatsApp reminder to participants to bring a journal, either their Trip Journal or another notebook.



WHO LEADS THE SESSION

In this session, participants step into leadership by:

- **Facilitating the Theme Mingle Activity** – Ask for three volunteers to stand at each of the theme stations (*Nurturing Relationships*, *Navigating Through Challenging Straits*, and *Being an Agent of Hope*). Their role is to briefly introduce the theme to those who gather there and encourage meaningful peer-to-peer sharing.
- **Moderating the Group Brainstorm** – Ask a participant in each group to take the lead in organizing the discussion around how their theme can be applied in personal, family, and community settings. They can also be responsible for capturing and summarizing key takeaways for the share-back session.
- **Guiding the Share Back Discussion** – Invite a participant from each theme group to present their group's collective ideas to the full cohort, helping to connect different perspectives and inspire action.

By inviting participants to take on facilitation roles, you are creating shared leadership and modeling the very essence of *living wondrously* — engaging with the world with openness, trust, and intention.



MATERIALS FOR THIS WORKSHOP

- Three large sheets of paper with the Living Wondrously themes written on them in large, clear print
 - Nurturing Relationships
 - Navigating Through Challenging Straits
 - Being an Agent of Hope
- Three bags
- Living Wondrously Wisdom Cards Cut out the cards on pages x-y in this booklet, adding the cards from each of the pages to one of the three bags. You will want to note which bag is for which of the three themes.
- Journals
- Extra pens
- Chart paper
- Markers

PART I

LIVING WONDRIOUSLY AROUND THE ROOM



40 MIN

Introduction

5 MIN

Welcome, everyone. Today, we're going to explore themes of renewal, connection, and hope, ideas that resonate deeply with this time of year as we approach Rosh Hashanah, the Jewish New Year. Rosh Hashanah is a time for reflection and intention-setting, offering us the chance to look back on the year that has passed and forward to the year ahead with curiosity and openness.

We'll also connect to the Jewish value of *Emunah*, which means Faithfulness & Trust. *Emunah* is about trusting in ourselves, in others, and in the bigger picture, a Power greater than ourselves even when life feels uncertain or challenging. This value helps us find strength, purpose, and a sense of wonder in the world around us.

Our session today is inspired by a new Momentum book, *The Art and Practice of Living Wondrously*, which is about embracing a vibrant and meaningful way of living. We'll engage with its themes through interactive activities that invite us to reflect on how we can bring more vitality, connection, and purpose into our lives. Let's get started!

Theme Mingle

10 MIN

Post the three key themes from the book on large pieces of paper around the room.

- Nurturing Relationships
- Navigating Through Challenging Straits
- Being an Agent of Hope

Participants walk around, read the themes, and stand by the one that resonates most with them. At each theme, participants then pair up and share why they chose that theme.

Wisdom Draw

10 MIN

Now, participants will delve deeper into the theme most resonant to them by reflecting on teachings connected to each theme from *Living Wondrously* book experts. Distribute the bag of *Living Wondrously* Wisdom Cards that corresponds to each theme to its respective group. Instruct participants to pass around and "draw wisdom" from the bag - one card each. They should then read and reflect (silent contemplation or journaling) on the wisdom they draw.

Consider:

- *What does this teaching mean to me?*
- *How does it connect to my life right now?*
- *How might I apply this teaching in my own life?*

PART I

LIVING WONDROUSLY AROUND THE ROOM

Group Share

15 MIN

Come back together as a small group.

Each participant will read her teaching aloud and share what it means to her. Encourage active listening and supportive engagement.

PART II

ACTION AND APPLICATION



40 MIN

Help participants turn their reflections into actionable steps and foster a sense of shared commitment to living out the teachings.

Group Brainstorm - Bringing Wisdom to Life

20 MIN

How can we bring the wisdom of living wondrously to life in our communities, families, and daily routines?

Participants return to their theme groups. Each group brainstorms ways they can apply their theme. Distribute chart paper and markers to each group to capture their ideas organized into categories:

- Personal Actions
- Family Practices
- Community Engagement

EXAMPLE PROMPTS

- What's a small, meaningful action you can take tomorrow to embody this theme?
- How can you share these teachings with your family?
- How would your community benefit from these teachings?

After 15 min of brainstorming, each group should spend 5 min choosing one collective idea from each category (personal actions, family practices, and community engagement) to share back with the larger group.

Share Back

15 MIN

Each group has 5 min to share their collective wisdom and action ideas with the larger group.

Individual Commitment

5 MIN

Each participant writes down a personal commitment inspired by the session.

It can be an action idea from the theme they explored, an idea they heard shared by a different theme, or a new idea that inspires them.

What's one action I will commit to taking to live more wondrously?

Encourage participants to be specific and realistic.

BRINGING THE LEARNING HOME



Living wondrously doesn't stop at the end of a session, it's a mindset and practice you can bring into your home and family life, especially during the reflective season of Rosh Hashanah. Share the Living Wondrously themes with your children and invite them to choose one that speaks to them: Nurturing Relationships, Navigating Through Challenging Straits, or Being an Agent of Hope. Together, draw your own "wisdom cards" or create a family Hope Board for the new year. You might also choose one of the actions from the handout to do as a family, whether writing blessings for each other, reaching out to someone in need, or starting a small daily ritual that brings more trust, joy, or intention into your lives. These simple practices help build a shared language of faithfulness and wonder at the new year and beyond.



About Our Content Collaborator

Momentum is committed to making Jewish living and learning accessible for parents in ways that are most relevant to them. Our newest publication, *The Art and Practice of Living Wondrously*, was inspired by past-president of the Momentum board Helen Zalik and her husband, David Zalik, who envisioned an accessible and inspiring gateway to the treasure trove of Jewish wisdom — a book not categorized by traditional themes such as holidays or Torah portions, but by what people care about most in their day-to-day lives. Each chapter explores an aspect of daily life as an invitation for inquiry into living wondrously, providing practical insights and guidance into practices for cultivating awe and well-being. We hope you order your own copy of *The Art and Practice of Living Wondrously* today, and another copy to share with the wondrous people in your life.



To pre-order the book

Living Wondrously Handout

As we prepare for Rosh Hashanah, the Jewish New Year, we are called to reflect on the past year and envision the year ahead with intention. **This is a time to deepen our connection to Jewish values, strengthen our communities, and bring greater Jewish engagement and joy into our lives and the lives of our families.** In the shadow of October 7, we are also reminded of the importance of bringing hope and strength to Israel and our global Jewish family.

This handout offers practical ways to turn the themes of *The Art and Practice of Living Wondrously* into action, aligning them with the spirit of renewal and commitment that Rosh Hashanah inspires. Whether you focus on personal growth, family engagement, or advocacy in your community, these steps are meaningful pathways to living more deeply connected to Jewish life and values.

Nurturing Relationships

Personal Actions: Reflect on a relationship you want to strengthen this year. Write a heartfelt note or schedule a meaningful conversation to reconnect.

Family Practices: Create a new family tradition for Rosh Hashanah, such as a special dish or tableside activity where everyone shares blessings for the new year with one another.

Community Engagement: Reach out to someone in your community who might feel isolated or disconnected and invite them to join you for a holiday meal or celebration.

Navigating Through Challenging Straits

Personal Actions: Take a moment each day during the ten days between Rosh Hashanah and Yom Kippur to reflect on how you can meet challenges with courage and resilience. Identify one step to bring resolution or healing where it's needed.

Family Practices: Share a story from Jewish history or your family's past about overcoming adversity and discuss what it teaches about strength and hope in difficult times.

Community Engagement: Organize or participate in an event to offer support to families in Israel during this challenging period. Educate others about the ongoing situation and how they can help.

Being an Agent of Hope

Personal Actions: Each day between Rosh Hashanah and Yom Kippur, write down one thing you're hopeful for in the new year, focusing on areas of personal growth or contributions to the Jewish community.

Family Practices: Start a family Hope Board for the new year where each member writes their wishes and hopes for themselves, Israel, and the Jewish people.

Community Engagement: Create and distribute a simple Rosh Hashanah care package with symbolic items (e.g., apples, honey, a short reflection or prayer) to friends, neighbors, or community members who might appreciate a gesture of connection and hope during the holiday season.

LIVING WONDROUSLY WISDOM CARDS

18 CARDS TOTAL; 6 FROM EACH SECTION

Nurturing Relationships



1

The goal of raising kids is not to have good kids. The goal of raising kids is to one day have good adults. The goal of family life is not a constantly clean, perfect, quiet house. The goal of family life is to prepare our children for adult life.

- Nili Couzens

2

Through connection we have the power to transform ourselves. Connection is our essence. It is humanity's superpower.

- Hedy Schleifer

3

Friendship and close relationships are where people feel seen, heard, known, and cared for in good times and bad.

- Dr. Orit Kent

4

Friendship is a perfect mirror of the inner life. If you undertake an examination of your friendships, what you will see reflected back is an image of yourself.

- Dr. Alan Morinis

5

It is in the spiritual space of belonging that families thrive, navigating challenges with shared understanding and a deeper sense of unity. Spiritual parenting is not about teaching belief but about cultivating the inner wisdom and the spark of wonder inherent in each child.

- Dr. Lisa Miller

6

Every child wants to know that they mattered in the life of their parent. And every parent wants to feel that they mattered to their child. The Hebrew word for parent, *horim*, shares a root with *morim*, teachers. Parents are our first teachers, imparting values, wisdom, and identity. To care for our parents in their later years is not just an act of kindness but a profound recognition of the impact they have had on shaping who we are. It's a way to close the circle, demonstrating through action the lessons they instilled in us.

- Lori Palatnik

Navigating Through Challenging Straits



1

Pain without purpose is suffering. Pain with purpose is power.

- Rabbi David Aaron

2

The more you accept these waves [of sorrow and grief that come with loss] the better your chance of getting back to shore safely.

- Dr. Arielle Lehmann

3

Flexibility and agility can mean lots of things. It can mean using more morning lists, chore charts, and other means of public accountability. It can mean instituting weekly family meetings to evaluate how well your family is operating. It can mean simply looking at when you eat meals, how you give out allowance, or where you sit during family discussions, and changing things up from time to time. Above all, it means building into your family culture the idea that you are capable of evolution and change.

- Bruce Feiler

4

The key to managing your time effectively is not to prioritize what's on your schedule, but to schedule your priorities.

- Rabbi David Jaffe

5

We must not forget that kids also need practice in preventing and navigating their own mental distress.

- Dr. Deborah Gilboa

6

As you find yourself getting into an argument — be it about politics, a teenager's curfew, or religious practices — it is most important for you, as a parent, colleague, or friend, to try to clarify your intention. Most arguments seem to just happen and, not surprisingly, most arguments end in frustration. In order to help shape our arguments, to make them productive, setting an intention or desired goal is crucially important ... Many arguments can be most satisfying and fruitful when we're in a curiosity mindset with learning as the goal.

- Abi Dauber Sterne

Being an Agent of Hope



1

The Jewish way of studying is to embark on a passionate quest for meaning within text, and this quest applies equally to the study of our own lives. It teaches us to read our lives, too, as sacred text. Once we choose to search for meaning, to begin with gratitude, wonder, and an acknowledgment of our not-knowing, we can begin to experience life as a continuous unfolding of meaning.

- R. Dr. Ariel Burger

2

When you have a sense of meaning, when you have motivation and purpose, you're only too ready to wake up and begin doing — especially in difficult times.

- Sivan Rahav-Meir

3

Leaders who practice sacred listening can work wonders in a boardroom or behind the closed doors of an office, yet we lead in so many other spaces that also require this type of spiritual intention: in family rooms and kitchens, in sanctuaries and soup kitchens, in classrooms and the hallways of power. Just think of all the people in your family and immediate circle who might benefit from being truly heard and seen by you, who would shine because of the light you place on them through your attentiveness.

- Dr. Erica Brown

4

Hope is articulated by the will to lead oneself and others on a path often forsaken: the unwavering belief in our ability to turn the world in which we live into a world in which we believe.

- Dr. Zohar Raviv

5

Small acts, when multiplied by millions of people, can transform the world.

- Dr. Marilyn Paul and David Peter Stroh

6

Anyone can lead if they so choose, and anyone can learn to lead better.... In order to lead people along the path of hope and redemption, each of us must become attuned to the opportunities for repair that lie before us and learn to tell stories that inspire others to join us in this sacred endeavor.

- Dr. Bill Robinson

