

# ***Releasing our Spiritual Hametz***

1:00p-2:30p Wednesdays preceding Pesach

3, 10, 17, and 24 March

Kathy Englebardt, LCSW-R



The Haggadah commands us that each year we must see ourselves as slaves in Egypt experiencing the freedom of the Exodus. We do this physically before Pesach by ridding our homes, cars, offices, (all of our living spaces) of leavened products: “hametz.” In this way we re-enact our lives as slaves, who fled Egypt with no time to even allow our bread to rise.

## ***But what of our internal Hametz?***

What of the negativity, improper speech, toxic relationships and the mitzrayim - the narrowness - of our spirits? What of the “al cheyts” we confessed at Yom Kippur, thinking that this year we will do better? Fortunately, we are offered another opportunity. In this four-part discussion workshop, we will meet to clarify for ourselves our own personal, spiritual hametz. Through reading biblical and other texts, we will identify the hametz that clutters our daily lives and keeps us enslaved. Using a book written by Kathy Englebardt, LCSW-R, we will read and use included worksheets, and we will dialogue together to experience a new sense of freedom, as we begin this year’s celebration of Passover.

## **Zoom Registration**



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