

BACK BY POPULAR DEMAND!

Seder Nashim

B'NAI DAVID-JUDEA'S WOMEN-ONLY DISCUSSION SERIES,
SEDER NASHIM FOCUSES ON TOPICS THAT TOUCH US AS
MODERN ORTHODOX WOMEN. ALL ADULT WOMEN ARE WELCOME.
EVENTS WILL BE HELD AT PRIVATE HOMES IN THE COMMUNITY.

THE 2023 SEASON

March 18 - 4:30pm

COME TOGETHER: COMMUNAL CONNECTIONS POST-SOCIAL DISTANCING

Our community thrives on connectivity, but COVID's enforced separation fractured and altered the way we live our lives and celebrate our Judaism. How do we consciously and meaningfully reconnect while still accommodating a broad range of comfort levels? What do we hold onto and what do we let go of? How do we address the excitement, fear, joy, and anxiety of this moment? What coping skills – healthy or unhealthy – have brought us through this time? In our first post-pandemic Seder Nashim, let's discuss how we as women are coming back together and what this means for all of us.

April 29 - 4:30pm

GREEN FLAGS / RED FLAGS: NAVIGATING RELATIONSHIPS

What are the signs that it is time to commit? How do you know when it is time to leave? From young adults juggling hook-up culture and external marriage expectations to people later in life weighing when enough is enough or what is actually best for the kids, let's talk about indicators of healthy relationships, relationships that can be adjusted, and relationships that are no longer working. And how do we support our friends, children, and others as they face these life altering decisions?

May 20 - 4:30pm

BRINGING (JEWISH) ABORTION OUT OF THE DARK

Like many subjects pertaining to our reproductive journeys, abortion is something rarely spoken about in our community. But abortion is a very real decision for many women, whether it's due to ectopic pregnancy, miscarriage, or the result of a fetal diagnosis. Judaism provides us a framework and guidance for making these decisions, but now in many places the law of the land conflicts with our halachic realities. How do we wrestle with these decisions with compassion, empathy, and safety both in our country, our Jewish community, and our individual family units? How can we support one another through these gut-wrenching decisions, and be more compassionate as we navigate the reproductive journeys of the women in our community and beyond? Please join us in exploring this topic through the unique lens of personal experiences.

June 3 - 4:30pm

THE DOCTOR WILL NOT SEE YOU NOW: THE MISDIAGNOSIS OF WOMEN

It is a documented reality that women are misdiagnosed more frequently than men, due to cultural norms, lack of research, and implicit bias. Some women spend years shuttling between doctors searching for answers only to find that the disorders other doctors missed or misdiagnosed were potentially life threatening. Why are women so much more vulnerable to misdiagnosis? How can we take control of our healthcare and ensure that our medical needs are being met, especially as we age and our hormones change? How can we ask the right questions, demand thorough responses, and be our own best advocates? Let us share our collective wisdom and insight in offering one another advice and support.

