

April 2017



**Monday,
April 3rd
12-1pm**



Lunch & Learn with Nancy Kaffer and Stephen Henderson

We're delighted to host Scripps Howard Award winners and *Detroit Free Press* journalists, Stephen Henderson and Nancy Kaffer to speak about post-election issues, especially the attacks on the free press and media. Kosher vegetarian lunch provided.

**Wednesday,
April 5th
7-8:30pm**



Chocolate Tasting and Appreciation with Bon Bon Bon

Taste a variety of fair-trade chocolates from around the world and learn about the differences in chocolate production with the owner and founder of Bon Bon Bon, Alexandra Clark.

**Tuesday,
April 11th
7-10pm**



Annual Second Night Seder

Come gather with friends and neighbors to remember and celebrate the exodus from Egypt and the beginning of our journey from slavery to freedom. Attendance at the Seder is limited to the first 70 people who reserve seats and we expect to sell out again this year. The deadline for submitting reservations is Wednesday, April 5, so please don't delay. The cost is \$25 per person. You may call our synagogue office to make your reservation using your credit card, or visit our website to download the invitation and RSVP form or to reserve and pay via our online PayPal link. We look forward to sharing with you!

**Saturday,
April 15th
10:30-11:45am**



Detroit ShabbAsana Yoga with Emilie Kahn

From Habitual Bondage to Freedom with Bhandas - Embodying Passover

In celebration of the Passover holiday we will explore moving from a physical place of constriction to one of expansion. As Pharaoh witnessed the ten plagues, we read over and over that his "heart is hardened," indicating that his obstinacy becomes habitual. Day to day, as we sit and move with postures of leaning over computers, desks, and steering wheels, we create the habitual shapes of hunched shoulders, slumped chests, and "closed" hearts. Join us for an extended yoga class exploring poses that support opening our hearts and accessing the spaciousness we all have in our shoulders and chests. This class is suitable for all levels, and will embrace the Passover holiday - challenging you to release habits that are no longer serving you by offering a counteracting movement to the habitual way we often move through the world.

**Sunday,
April 23rd
10am-12pm**



Gen S: Where Social Meets Service III

Join us for our 3rd Gen S event! We will be meeting at the synagogue to make hygiene packages to donate to Cass Community Social Services. The Detroit-based agency works across the city in areas of concentrated poverty providing programs for food, health, housing and jobs. Join us after for a delicious bagels and lox brunch! RSVP is required by emailing vsitron@downtownsynagogue.org or by clicking "going" to the event on Facebook. This program is powered by PresenTense.

All events are held at the synagogue, free (except seder), and open to the community. Donations welcome.

Isaac Agree Downtown Synagogue

1457 Griswold St., Detroit downtownsynagogue.org 313.962.4047