

At Our Congregations...

Nashville's congregations

Here are the websites for all five Nashville Jewish congregations, with information on services, upcoming events and more:

Congregation Beit Tefilah Chabad, www.chabadnashville.com

Congregation Micah, www.congregationmicah.org

Congregation Sherith Israel, www.sherithisrael.com

The Temple – Congregation Ohabai Sholom, www.templenashville.org

West End Synagogue, www.westendsyn.org

The Observer provides congregational listings of events and services as a complimentary service to the community. If your congregation is not listed, it is because we did not receive the information in time to meet our publication deadline. Please give your rabbi, executive director, or synagogue volunteer a gentle nudge.



@ Chabad /Congregation Beit Tefilah

“120 & Beyond: The Jewish Path to a Healthy Life”

Chabad of Nashville is launching a new four-week course, *120 & Beyond: The Jewish Path to a Healthy Life*, exploring how Jewish wisdom and modern science together can help people live longer, healthier, and more purposeful lives.

The series begins Tuesday, October 28, at 7:00 PM via Zoom and continues for four consecutive Tuesdays. It will be taught by Dr. Michael Zemel, Professor Emeritus of Medicine and Nutrition at the University of Tennessee and Chief Scientific Officer of NuSirt Biopharma and Kinexum.

Each session blends cutting-edge medical research with timeless Jewish insights, offering practical strategies for extending one's *healthspan*—the years of life lived in good health.

“Judaism teaches that the body is a vessel for the soul,” said Rabbi Yitzchok Tiechtel of Chabad of Nashville. “This course empowers everyone, at any age, to care for the body as part of their spiritual mission.”

Participants will gain actionable tools for disease prevention, longevity, and well-being rooted in both science and spirituality.

For details or to register, visit chabadnashville.com/tolive or email Rabbi@chabad-nashville.com

Unlocking the Secrets of the Soul: The Kabbalah of Meaning

Chabad of Nashville's six-week series unlocks Jewish wisdom for living a life of purpose and connection

What gives life real meaning? Is it something we find in extraordinary moments—or is it hidden in the rhythm of our everyday lives? This November, Chabad of Nashville invites the community to explore these timeless questions through a fascinating new course, “The Kabbalah of Meaning.”

Beginning Wednesday, November 5, at 7:30 PM, the six-week course, taught by Rabbi Yitzchok Tiechtel, offers a rare opportunity to uncover the secrets of Jewish mysticism and apply them to modern life. Classes will be offered both in person and via Zoom, making it easy for anyone to participate.

“Some questions we answer once in a lifetime,” says Rabbi Tiechtel. “But questions of meaning are worth revisiting again and again. This course helps us discover the depth and purpose hidden in every part of life.”

Developed by the Rohr Jewish Learning Institute (JLI), the world's largest adult-education network in Jewish thought, *The Kabbalah of Meaning* draws from classic mystical teachings to reveal how every experience, our work, relationships, spirituality, and daily routines, forms part of a larger, purposeful design.

Each session blends ancient wisdom with modern insight, offering participants practical tools to live with clarity, balance, and joy. “Life moves fast,” Rabbi Tiechtel adds. “This class gives us the space to slow down, reconnect, and see how it all fits together.”

Open to people of all backgrounds, the course is part of a global learning initiative offered in over 1,600 communities worldwide and may be eligible for continuing education credits for professionals such as doctors, psychologists, social workers, and therapists.

Register for the Kabbalah of Meaning at chabadnashville.com

Fuel Your Week with Soul & Insight — All from Home

Start your Sunday morning with meaning, inspiration, and community.

Join Rabbi Levi Tiechtel every **Sunday at 10:30 AM** for a refreshing dose of Jewish wisdom drawn from the weekly Torah portion, timeless lessons that uplift,

challenge, and empower.

From ancient truths to modern-day relevance, discover how the Parsha speaks to you, right now.

No RSVP, no pressure, just inspiration.

Zoom in from wherever you are.

Email chabadnashville@gmail.com for the link.

Presented by Chabad of Nashville:

Because your week deserves a deeper start.

Two community TGIS Shabbat Dinners This November!

There's nothing like welcoming Shabbat surrounded by friends, joy, and delicious food—and that's exactly what **TGIS** (Thank G-d It's Shabbat) is all about!

Join us for a warm, all-inclusive Shabbat experience filled with traditional dishes, uplifting singing, a heartwarming Chassidic story, and the kind of community connection that makes Friday night feel truly special.

Mark your calendar for two beautiful evenings: Friday, **November 14, Shabbat Chayei Sarah**, and Friday, **November 28, Shabbat Vayeitze**, at **6:30 PM**, at Chabad of Nashville.

Whether you come with friends or on your own, you'll leave feeling full—in every sense of the word. There's no cost to attend, but we'd love to know you're coming!

Kindly RSVP by emailing: chabadnashville@gmail.com

There is a seat waiting for you at our Shabbat table!

Torah & Tea – For Women, By Women

Take a moment for yourself each Shabbat to nourish your soul, your mind, and your spirit.

Torah & Tea is a weekly women's-only Torah study group that gathers every **Shabbat afternoon** following the sit-down lunch at Congregation Beit Tefilah Chabad, at **1:00 PM**.

Led by Rebbetzin Esther Tiechtel, these classes blend timeless Jewish wisdom with a fresh, engaging style, sprinkled with warmth, wit, and heartfelt connection. Together, we'll explore meaningful topics that speak to the modern Jewish woman, drawn from the most enduring source of all: the Torah.

Join a beautiful circle of Nashville women for:

– Inspiring Torah study

– Warm camaraderie

– Hot tea & delicious refreshments

Come as you are, and leave uplifted.

No RSVP necessary—just bring an open heart.

BLT – Bagels, Lox & Tanya (the kosher kind)

Kick off your Sunday with good friends, great food, and soul-stirring wisdom!

Sunday, November 16 • 10:00 AM • Chabad of Nashville

Settle in to a generous spread of **fresh bagels, silky lox, cream cheese, and hot, freshly brewed coffee**—then feed your mind with an uplifting, down-to-earth learning session from the **Holy Book of Tanya** and the timeless **Gates of Trust**.

What to expect

• **Warm community vibe:** Meet new faces, bring a friend, and linger over seconds (and thirds).

• **Accessible learning:** No background needed, Tanya's big ideas about purpose, joy, and the inner self are presented in bite-size, practical takeaways.

• **Real-life tools:** Explore “Gates of Trust” (bitachon) for calm, confidence, and clarity in everyday life.

• **Mind • Body • Soul:** Come hungry, leave inspired.

Who's it for?

Everyone! Whether you're curious, seasoned, or somewhere in between, this is a relaxed, welcoming morning you'll actually look forward to.

RSVP

Help us set the table! Please email rabbi@chabadnashville.com to reserve your spot.

Come for the bagels, stay for the wisdom, **BLT at Chabad of Nashville** is the tastiest way to nourish your **mind, body, and soul**.



@ Micah

Congregation Micah - an inclusive, innovative synagogue exploring and celebrating Jewish life - is committed to building community and repairing the world! We offer creative and diverse ways to live a Jewish life in Tennessee and beyond, using the rich beliefs and practices of Progressive Judaism as our foundation. Visit our 30+ acre campus or access our virtual programs from our website, www.congregationmicah.org. Like us on socials: Facebook, and Instagram @MicahNashville; learn and pray with us in-person, or livestream our service on our website, YouTube, or Facebook. In our tent, there is room for everyone!

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