



# COURAGEOUS LIBERATION

How to successfully stick with your New Year's Resolutions

**WHEN:** 6:30-8:30pm on Wednesday, January 16, 2019

(Doors open at 6pm)

**WHERE:** Makor: The Center for Spiritual Judaism

109 East 39<sup>th</sup> Street (betw Lexington/Park Aves), New York, NY

The New Year gives us an opportunity to step into something new and courageous. But studies show that **80% of people fail** their New Year's resolutions after just 6 weeks.

How can you better anchor the positive change you want to see in your life?

**All it takes are three easy steps.** Jewish tradition and the story of the Song at the Sea this time of year gives us a bold model for stepping forward and sticking to those promises you've made.

**Nina Kaufman** leads this multi-faceted and interactive workshop involving storytelling, Torah reading, and affirmative prayer. Participants will **learn the three steps** to affirmative prayer—“God Is. Me Too! Let's Co-Create”—and have an opportunity to find the language that speaks to them most. You'll walk away with a **powerful vision for yourself** and the year to come.

**Cathy Nolan** will provide a visual feast with her real-time graphic illustrations during the workshop.

*Join Us!*



RSVP to 212-682-2626  
or [CFAJevents@gmail.com](mailto:CFAJevents@gmail.com)

Suggested Donation: \$10.00