

## **What's it like to be Jewish in a post-October 7 World**

### **A Multigenerational Group Discussion**

Since the October 7<sup>th</sup> attacks on Israel, many of us have examined our Jewish identity and our views about Israel. Many of us are wrestling with confusion and conflicted feelings. Many of us don't have a stand or a side; some of us are reluctant to tell others even in our close circles what we really think; and some of us have lost friendships because of our views.

As Jews and longtime group facilitators with experience in conflict mediation and group process, we are interested in delving into tough conversations. We believe we need safe places to be with each other and talk about what's going on for us. We need to give voice to our thoughts and feelings. We need to be heard and witnessed. We need more conversations. We need to come together and keep talking and listening to each other, whether we agree with each other or not.

The grace of being in a safe, supported space is much needed in this time of war, increased division and complexity. Our intent is to have a small, multigenerational group where we can safely work with some of the thoughts and feelings that have emerged particularly since October 7.

If you are interested, contact Claudia Miller ([thelisteningpath@gmail.com](mailto:thelisteningpath@gmail.com)) or Laura Paradise ([lparadise.coach@gmail.com](mailto:lparadise.coach@gmail.com))

**The group will be limited to eight people. We would like to talk to interested people before confirming participation.**

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Tuesdays from 6:30-8:30 pm  
March 12, March 19, March 26 and April 2  
Will be held in Oakland on Grand Ave near the Coffee Mill

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About the facilitators: Claudia Miller is a longtime mediator with deep experience facilitating listening circles, nonviolent communication and Restorative Justice. Laura Paradise is a somatic coach and group facilitator who focuses on embodied awareness and self-esteem.