



Discussion Guide for S1 E1 – Moving Along, Muckily

Guests: Rabbi Sharon Brous, Jonathan Goldstein

Here are some guide questions to help you think about and process the ideas raised in the episode (approximate time in episode in parentheses).

1. Rabbi Leon: “In *Heavyweight*, Jonathan Goldstein takes someone back to the moment everything changed and they try to re-work it, or fix it. If it sounds like the process of *teshuvah* to you, you’re in good company.” (1:13)
 - Discuss this definition of *teshuvah*. How do you understand it? Do you agree with it?
2. Christina [from *Heavyweight*]: “She took something from me that I’ve not been able to get back. ...When I say that out loud it sounds ridiculous. That passion for something. It dashed this huge dream that I had for my life.” (2:17)
 - Why does Christina feel ridiculous saying this out loud? Can you identify with her feeling?
 - Do you think that Christina *really* lost that passion irretrievably? Have you suffered such losses in your life?
3. Christina [from *Heavyweight*]: “For whatever reason I’ve let go of a lot of things that have happened. For whatever reason, this one thing – not letting me play basketball – I’m having such a hard time letting go of that.” (3:29)
 - What are the impediments in letting go of such a hurtful episode in life?
4. Jonathan Goldstein [from *Heavyweight*]: “Knowing this now, I ask Isabelle, would you have done things differently?” Isabelle: “Oh, I wish I had known more about it at the time, but I mean I still have no regrets about it.” (4:40)
 - What does Isabelle mean that she wishes she had known more but she nonetheless has no regrets? Can you identify with her position? Does saying this make her callous?
5. Christina [from *Heavyweight*]: “There were a lot of things she said that were very hurtful to me; she affected me tonight but not in the way she used to. I didn’t get

the fuzzy teddy-bear cuddly thing, and that's ok that I didn't get that, but what I got was her. And it wasn't everything I needed but I feel that that's how she shows love. And it's not with hugs and it's not with 'I love you's' and it's not with praise, necessarily, either. It's in a way that I understand now whereas before I just felt that she just didn't even like me. But now I can see that she loves me in her way, and in the best way she knows how." (7:03)

- What's shifted for Christina? Would you call this shift "resolution"? Do you think she will feel – and act – differently next time she sees Isabelle?
6. Rabbi Sharon Brous: "It's a small story and what I've discovered in my rabbinate is that ... it's really the small stories that end up transforming us and making us into the people we are." (10:31)
- Do you agree with Rabbi Brous' statement?
 - Can you share such a small story in your life?
7. Rabbi Leon: "The big task is ... to bravely revisit [those small moments] and figure out ... what we need to do either in terms of our own inner processes or actually in relationship with someone else to take that moment and turn it into something else because it has other potentialities that weren't realized." (12:49)
- What does Rabbi Leon mean about revisiting a moment and unpacking its other potentialities? Have you had such an experience?
8. Rabbi Sharon Brous: "What happened to Moshe that one day when he went out and saw this act of cruelty? ... He must have seen it thousands of times... But what happened *that* day that when he saw it that it became the thing that changed it forever?"
- Have you had a "Moshe" experience in which you saw something rote and familiar in a totally new light? Can you identify what precipitated this shift in vision or experience?