Expanding, Inspiring, Leading

IJS Impact Report 2022
Participants joined IJS’s Daily Meditation Sit over 40,000 times

IJS’s mailing list grew to over 23,000

105% Increase in major gifts in FY22 from FY21

1,736 Number of people registered for the IJS Shemitah & Antiracism six-month Program

We grew our annual budget from $3M to over $4M

450 Average number of people that IJS’s weekly yoga program reached monthly

Nearly 5,000 People registered for our public programming, including “days of practice” and conversations with leading Jewish thinkers, artists and writers

1,736 Number of people registered for the IJS Shemitah & Antiracism six-month Program

Foundation grants grew 71 percent in FY22 over FY21

Close to 1K learned about Tikkun Middot through IJS’s two Awareness in Action courses

49% Increase in overall IJS fundraising in FY22, compared to FY21

Expanding, Inspiring, Leading
Dear Friends,

As we reflect on the past year, we want to begin by thanking you for joining us on this journey and for being part of our community.

Since the onset of the pandemic, IJS has dramatically expanded its reach and audience. We developed an array of free online resources that have engaged community members over 300,000 times since March 2020. Through partnerships with organizations ranging from the JCC Association to PJ Library, we expanded the audiences we serve and the ways we reach them. And, we are pioneering new research into the spiritual lives of young American Jews that will enable IJS to help address the critical challenges and opportunities they face.

In January 2022, IJS adopted a four-year Strategic Plan which aims to lead the Jewish community in making spiritual practice a vital part of Jewish life. While we aim to continue to serve the community we have developed over many years, we are focused on three programmatic priorities:

- **Diversifying our Audience** to serve teens and young adults, Jews of Color, and the LGBTQ+ community
- **Developing New Leadership** to educate and support leaders, both clergy and beyond
- **Building the Field** of Jewish Spirituality through research and advanced training for a growing cohort of highly skilled instructors

In pursuit of these strategies, we are developing new programs and content, and investing in strategic partnerships that will bring our work to a dramatically expanded audience and move mindful Jewish spiritual practices to the center of Jewish life. This past year, IJS took significant steps towards reaching these ambitious goals. This report tells you about the seeds of our efforts and what we hope to accomplish in the coming years.

Thank you for journeying with us,

Marvin Israelow  
Chair, Board of Directors

Rabbi Josh Feigelson  
President and CEO
IJS Core Programming for the Community

IJS brings meaningful and accessible Jewish spiritual practice into the center of individual and collective Jewish life. In 2022, our free online offerings have included the IJS daily meditation sit, a weekly Jewish Yoga Studio, and Torah Study to Sustain the Soul. In addition, IJS’s tuition based courses reach hundreds of participants:

- **Gift of Awareness** cultivates mindfulness through Jewish meditation.

- **Awareness in Action I** introduces participants to IJS’s mindfulness-based approach to Tikkun Middot, or character development.

- **Awareness in Action II** was offered for the first time this year to provide a deeper dive into the Middot.

- **Prayer Project Intensives** are designed to help participants explore Jewish prayer as a personally meaningful practice.

- **IJS’s Text Study** series offers an opportunity for spiritual growth and development through the contemplative study of Jewish texts.

In addition to these core offerings, IJS will be introducing new opportunities in the coming year. “Awaken: Essential Jewish Mindfulness” is a program in foundational Jewish mindfulness practices. “Shema: The Practice of Sacred Listening” will help participants develop skills in mindful and resilient listening. We are also launching “Yesod,” a year-long, deep dive into Jewish mindfulness meditation practice.

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“**I feel as though in some ways, I have found my “tribe” in the Awareness in Action program and Daily Meditation sits. Modeh Ani.”**

— Awareness in Action participant
While maintaining and expanding offerings to serve people who have been part of our community, IJS is committed to engaging, serving, and welcoming people and communities across the lifespan and among many diverse identities. This past year, IJS introduced programs that specifically sought to engage Jews of Color, members of the LGBTQ+ community, and young adults.

- **Cycles of Rest, Release, and Liberation: Shemitah & Antiracism as Spiritual Practice**, which ran from January to June, reached a broad audience of 1,736 registrants that were significantly more diverse than our historical audience, including a sizable percentage of Jews of Color (JOC) and a markedly younger average participant age. This six-month course, led by Dimensions Educational Consulting CEO Yavilah McCoy, explored the practices of release, restorative justice and repair, transformational changes and new beginnings, and commitment. In addition to these webinars, IJS offered separate caucus groups for both Jews of Color and white-bodied Jews that each met eight times.

- IJS Senior Core Faculty member Rabbi Myriam Klotz facilitated ten 75-minute sessions of a **Queering the Middot Beit Midrash (QMBM)** over a five-month period. (*Middot* are character traits.) In addition to weekly sessions, the sixteen participants met for *hevruta* learning in pairs in between sessions. Building on the *middot* curriculum developed by IJS Core Faculty Member Rabbi Marc Margolius through the *Awareness in Action* course series, the QMBM members studied various *middot* in the curriculum, and brought their lenses to the teachings to better represent their lived experiences. Individual participants volunteered to present a *middah* each session and offered rich insights, queries, and understandings which will both inform a major revision of the curriculum and lay the groundwork for continued projects to better reflect and integrate the experiences of LGBTQ+ Jews in IJS’s work.

“I have done a lot of antiracism/DEI work over the years. This was hands-down the one that most influenced me at a very deep level, challenged me in good ways, and helped me see how my faith tradition could be foundational in integrating antiracism into my Jewish practice. It was very powerful and will stay with me for a long time.” —“Cycles of Rest, Release, and Liberation: Shemitah & Antiracism as Spiritual Practice” participant
Like all of the Institute’s work, IJS’s programming tailored to these and other diverse populations aims to help people develop emotional resilience, community, and a deeper sense of belonging in Jewish life. We plan to continue this outreach in 2023, with Queer Monthly Sits in partnership with Keshet (for LGBTQ+ equality in Jewish life) and with At the Well (organizing Rosh Hodesh experiences for women). IJS is also excited to announce a new partnership with OneTable, which empowers young adults (21–39ish) to find, share, and enjoy Shabbat dinners. IJS’s weekly text study will be shared with One Table’s 85,000+ email list. Finally, IJS is planning to continue our Jews of Color Caucus.

“It wasn’t until attending the daily sit for the past 2 1/2 years, that I discovered the depths of Jewish tradition with its spirituality, wisdom, daily applications, and the sheer joy Judaism embodies. I am deeply grateful to the IJS staff for guiding me to fall in love with Judaism and to manage the overwhelming challenges of our time.” — Bleema Moss
Serving More Leaders

Clergy have always been a cornerstone of IJS’s work. In 2022, IJS offered our two flagship programs for Jewish Clergy: the Clergy Leadership Program (CLP), a cohort- and retreat-based program, and Hevraya, an ongoing community of learning and practice for CLP alumni. These programs provide essential support to the Jewish clergy who serve as our “spiritual first responders.”

As the pandemic has continued to take a toll on clergy and Jewish professional leadership, we are seeing in real time the vital importance of IJS’s work. In a recent survey IJS conducted of Hevraya clergy, two-thirds rated their emotional-mental-spiritual resilience as much higher or above average, as compared with their non-IJS colleagues. The survey highlighted their reliance upon spiritual practices contemplative prayer, the Hevraya network and spiritual direction.

While we continue our commitment to clergy, IJS is exploring ways to reach other types of Jewish spiritual leadership, including educators in a wide range of settings from Hillels to JCCs to day schools, Jewish professional leaders, and spiritual leaders who do not come through traditional ordination channels. In addition, IJS plans to train a new cadre of Jewish meditation teachers and spiritual directors in coming years, as well as support interested Rabbinic interns.

66%

Portion of Hevraya clergy that rated their emotional-mental-spiritual resilience as much higher or above average, as compared with their non-IJS colleagues

“...It feels truly beshert that I joined a Clergy Leadership Program cohort just in time for COVID. The caring, wise, and skilled IJS faculty provided teachings and practices that supported me and my congregation through a tumultuous time. I pray that I will be able to continue to be a part of the IJS community through Hevraya as we continue to breathe and learn, practice and share together.” — Rabbi Ron Muroff, Chisuk Emuna Congregation (Conservative), Harrisburg, PA
A recent study of Americans ages 13–25 found that Jewish young people feel less of a sense of belonging and connection with their tradition than any other religious group. The same study reported that young American Jews feel they are “not flourishing” at the highest rate of any religious group. For all of our communal investment over recent decades in continuity and community, too many American Jews — especially young American Jews—are still suffering emotionally and disconnected Jewishly.

Working to support youth and young adults through Jewish mindfulness and spiritual practice is a key component of our strategic plan. Through a partnership with six organizations — OneTable, Hillel, Moving Traditions, Union of Reform Judaism (URJ), Jewish Education Program (JEP), and Teen Resiliency Collaborative — IJS spearheaded a research effort with Springtide Research Institute, to study the spiritual lives of American Jewish 13–25-year-olds.

One of the most important questions we are looking to understand is: What are the spiritual needs and interests of young Jews today? Where do they seek and find meaning? What contributes to their spiritual flourishing? While Jewish teens and young adults have been surveyed many times in the past, this set of questions is trailblazing as it centers spiritual experience within Jewish social science research. The study includes a survey of over 1,000 Jewish teens and young adults and follow-up focus groups. A full report will be forthcoming in early 2023.

In the coming year, IJS will be disseminating the results of the study and utilizing it, along with our partners, to create new ways to enrich the spiritual lives of young Jews.
## FY22 Financials

### Revenue

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<th>Source</th>
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<tr>
<td>Individuals</td>
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<tr>
<td>Grants</td>
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<td>Program Income</td>
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<td>Government Grants</td>
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<td>Other</td>
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<td><strong>Total Revenue</strong></td>
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### Expenses

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<td>Consultants</td>
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<td>Equipment &amp; Supplies</td>
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<td>Travel &amp; Meetings</td>
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<tr>
<td>Insurance, Fees &amp; Other</td>
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<tr>
<td><strong>Total Expenses:</strong></td>
<td><strong>$3,079,484</strong></td>
</tr>
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_IJS envisions a world in which spiritual practice is a vital part of Jewish life, leading to compassion, justice and peace._

_Our mission is to develop and teach Jewish spiritual practices so that individuals and communities may experience greater awareness, purpose, and interconnection._

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_Expanding, Inspiring, Leading_
IJS Leadership

Officers 2023

Marvin Israelow, Chair
Sue Ellen Corning, Treasurer
Rex Perlmeter, Secretary

Ann Greenstein, Immediate Past Chair
Rabbi Josh Feigelson, President & CEO

Board of Directors

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Monte Dube
Judy Fisher
Ann Greenstein
Marvin Israelow
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Mitchell Shames
Dr. Jonathan M. Silver
Marte V. Singerman, Esq.
Rabbi Jenny Solomon
Dr. Steven Targum
Dorian Goldman, Emerita
Larry Schwartz, Emerita

Advisory Council

The Advisory Council is a diverse group of influential leaders who provide the organization with perspective and expertise and who help IJS develop relationships with partners and supporters in order to advance the Institute’s mission.

Jane Eisner
Rabbi David Ellenson
Sharna Goldseker

Sarah Hurwitz
Rabbi Amichai Lau-Lavie
Dr. Lisa Miller

Abigail Pogrebin
John Ruskay

Wisdom Council

The Wisdom Council is composed of people who, by virtue of their long experience with and personal investment in IJS, have developed an exceptional understanding of the Torah, history, and soul of the Institute. They provide guidance to IJS’s President/CEO, Board and Staff.

Rabbi Nancy Flam
Rabbi Shelia Peltz Weinberg
Larry Schwartz