



Belonging for Every Body: Fat Torah Workshops for Building Inclusive Spiritual Community

Rabbi Minna Bromberg, PhD
fattorah@gmail.com / fattorah.com

About Rabbi Minna Bromberg, PhD:

Founder and president of Fat Torah, Rabbi Minna Bromberg, PhD is passionate about bringing her three decades of experience in fat activism to writing, teaching and change-making at the nexus of Judaism and body liberation. Her forthcoming book is *Belonging for Every Body: a Fat Torah guide to building inclusive spiritual community*. Minna received her doctorate in sociology from Northwestern University, with a dissertation on identity formation in interfaith couples, and was ordained at Hebrew College in 2010. Since then she has led a 250-family Conservative congregation in Reading, PA, released a fifth album of original music, and run the Year-in-Israel program for Hebrew College rabbinical students. In addition to her work with Fat Torah, Minna is a voice teacher who specializes in helping people use their voices in leading prayer. She lives in Jerusalem with her husband, Rabbi Dr. Alan Abrams, and their two children.

About Fat Torah:

Fat Torah is here to smash the idolatry of weight stigma and lead us all from Narrowness to Freedom. We bring together the inner work of tikkun halev (healing the heart) with the social justice of tikkun olam (repairing the world). We provide education, awareness-building, and mentoring for confronting weight stigma and growing communities where every body belongs. We believe that Jewish tradition both calls us to this work and can be deployed for the liberation of all bodies.

Our Offerings

Fat Torah offers a variety of workshops that use joyful, soulful approaches to healing our own hearts and building a just world. We also offer consultation for communities seeking to increase their inclusivity, as well as multi-session classes and group-learning experiences tailored to the needs and desires of your community.

1. The Abundant Divine Image: Learning to See the Holy in Every Body

How does weight stigma block our ability to form relationships with ourselves, with each other, with God? How does it create barriers to making our communities more fully welcoming? What does Torah have to say about all this? In this workshop, we will deepen in our appreciation of just how rich and fat the Torah can be -- nourishing our souls, and helping us find paths to liberation.

2. Fat Torah for Jewish Holidays

Our holidays and observances can cause stigmatizing harm or be sources of liberation, all depending on how we approach them. Fat Torah is here to see where the problems lie and find new ways to make our traditions more inclusive. Here are some examples: Pesach: Leading ourselves from Narrowness to Freedom and reliving the Exodus through body liberation.

Tisha B'Av: Acknowledging the brokenness of our communities that is caused by weight stigma and learning how to heal.

Selihot and High Holy Days: Forgiving our internalized fatphobia and coming home to our truest selves.

Sukkot: Making our sukkot more welcoming and learning about strength through diversity.

Chanukah: Celebrating the miracle of fat as a symbol of our people's endurance.

3. What's Jewish About Fat Activism?

In this session, we will learn more about the Jewish roots, as well as the Jewish future, of the body liberation movement. Together, we will understand the historical events that are key to the history of fat activism and body positivity, and how both Jews and Jewish values have been a crucial part of it.

4. L'Dor v'Dor: Building the Next Generation of Body Love

Participants in this workshop will learn what to say (and what not to say!) to kids and adolescents about their bodies, their size, what they eat, and what they don't. This workshop will help participants understand how they can attend to their own relationships with their bodies, while also helping the next generation build loving, healthy relationships with theirs