



# MONTHLY NEWSLETTER

GROWTH, STRENGTH & JEWISH PRIDE ON CAMPUS

## HIGHLIGHTS OF THE MONTH



Dear Friends,

February at Chabad UCSD was a powerful month of growth, courage, and Jewish pride. Thank you for making these moments possible for our students.

Below are several highlights from the past month, to share with you a glimpse of the impact we were able to be a part of.

Thank you for being a part of the movement, adding more light and kindness in this world.



## WARRIOR TO WARRIOR

This Quarter we launched 'Warrior to Warrior', a six-week course focusing on becoming the best versions of ourselves - all grounded in Torah wisdom. Meeting weekly on campus, students are exploring resilience, emotional strength, and inner clarity through a Jewish lens.

In a time when so many young adults are navigating stress and uncertainty, this class has become a space of empowerment. Watching students discover that our tradition speaks directly to their inner battles has been deeply moving.

Learn more at: [www.JewishTritons.org](http://www.JewishTritons.org)

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## TU B'SHEVAT GRAD EVENT



For Tu B'Shevat, we hosted a special graduate student event featuring a wood-burning art activity.

Students created meaningful designs while reflecting on growth, roots, and how trees and humans have many hidden similarities, teaching us how to become better humans based on the trees and fruits qualities.

We enjoyed a delicious spread with the seven fruits of Israel, one of the highlights of this holiday.

It was a beautiful evening of connection and creativity – planting seeds for deeper community among graduate students.

## ROOTED AND GROWING



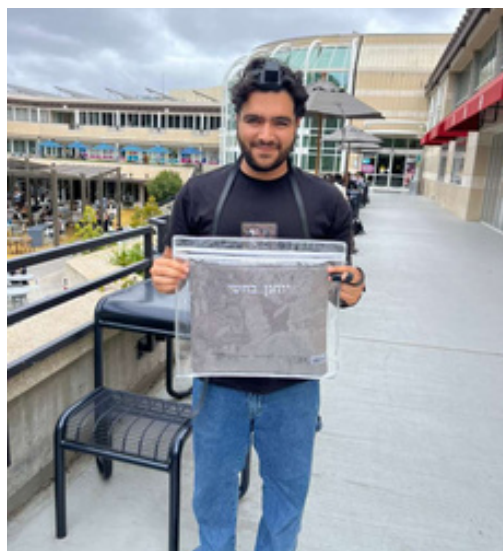
Every class, every Shabbat table, every meaningful conversation is possible because of your partnership. Thank you for investing in Jewish life at UCSD and for helping our students grow strong roots and proud identities.

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## A NEW PAIR OF TEFILLIN – INSPIRED BY SINAI SCHOLARS

After participating in our Sinai Scholars course in the Fall quarter, an 8-week crash course on Judaism, Parsa felt inspired to take the next step in his Jewish journey. This month, he proudly received his very own pair of Tefillin to wrap every day!

Watching him wrap Tefillin for the first time — with confidence and commitment — was a reminder of why we do this work. One class can spark a lifelong connection.



*“Getting involved with Chabad has turned my connection to Judaism from just being family heritage and history to something that is alive and ongoing that I get to practice. In the last year I have learned more about Judaism, and have come to appreciate it far more than I ever imagined I would. Going to Chabad and learning with Rabbi Cunin has not just been fun and a way for me to build a community, it has encouraged me to start wanting to wear my Kippah, and wrap Tefillin everyday for almost two months now!” - Parsa Bakhshi, UCSD ‘28*

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## PERSIAN SHABBAT & COOKING CLUB



Our Persian students led something truly special this month.

Through our cooking club, they prepared beloved family recipes for their friends — dishes passed down through generations. That Thursday night, the kitchen was filled with laughter, stories, and the smells of home.

On Shabbat, over 40 students gathered for a beautiful Persian Shabbat experience. During the meal, several students shared how their families escaped Iran and what Judaism means to them today. It was powerful to see heritage, resilience, and pride expressed so openly.

The atmosphere was warm, emotional, and unforgettable. The aromas that started with Gohndi soup, continued with Ghormeh Sabdi and concluded with Persian tea, truly expressed the nature of Chabad- the Jewish home on campus.

With gratitude,  
*Rabbi Shmulie & Mushka  
Cunin*