



The Ira and Diana Riklis Seminary  
**Midreshet Torat Chessed**

MTC Course Descriptions  
Fall 2025

# Chumash/Nach

## **Analyze This! Chumash B'iyun**

Rabbi Michael Sunshine

In this amazing text- and discussion-based class, we will utilize the incredible analytical methodology of both the early and late Tanach scholars (including Midrashim, Rashi, Ibn Ezra, the Rashbam, the Ramban, Rabbeinu Bachaye, the Radak, Cassuto, and Nechama Leibowitz) who argued and fought to clarify the pshat, develop drash, and unleash the beauty of our sacred Torah by tearing apart and analyzing the language of the Chumash. Fasten your seat belts and tighten your thinking caps as we're going for a ride! Topics will include: Distinguishing between human and Divine justice? The intersection of history, the present, and the future? Can you bargain with Gd? Sin and long-delayed punishment. Is zealotry good or bad? The heart of Machaneh Yisrael? Birkat Kohanim - is the blessing from the kohanim or from Gd? Moshe's sin: Really?! He couldn't enter Eretz Yisrael?! Turning sin into kedusha.

## **Bringing the Torah to life**

Lauren Freedman

A lot of the time in life we turn to the modern world to see what love means, faith means, friendship, forgiveness, relationships, what it is to be a strong person and so on. More than often we forget to turn to the Torah to delve into the true answers of what it is to have a loving relationship, be a person of strength, and so on. In this class we will focus on a number of topics but through a Torah lens! One that will help us "Bring the Torah to life" in our lives! When taking a Torah approach it has the ability to give us a clearer answer in this confusing world. We will learn from Yaakov and Rachel what it is to have true love. We will learn from Moshe Rabbanu what it is to have true humility and good character. We will take many Poskim and commentaries to understand further concepts. The same way you would watch Tiktok to learn a new style, we will be delving into the Torah to get our answers!!!

## **Chumash: From Ancient Revelation to Modern Relevance**

Rav Boruch Boudilovsky

This course will enable students to leave seminary with a special gift: Your very own handwritten notebook with a beautiful and fascinating idea for every Parsha. Starting with the beginning of the Torah, we will present a new idea for every Parsha in Chumash culminating with a Siyum on the Torah. The course will empower students with a thorough view of Chumash, inspiring and

thoughtful ideas, and a beautiful written source for students to go back to and draw upon for many years.

## **Famous Jewish Prophecies**

Estee Lightstone

Have you ever wondered- what are the most famous stories in Nach? What is the deeper meaning behind them? In this course we will be exploring famous Nevuot throughout Nach. We will be discussing the stories of Eliyahu HaNavi, Daniel, Zecharia, Gog U'magog and other well-known prophecies. These stories are the ones that are often quoted in other places and used as examples and lessons for our lives. I'd like to think of them as the "must-know" stories from Nach. Nevuot that were chosen to be written in Tanach are the ones we need to learn from! We will focus 2-3 classes on each story, learn it well, and apply the lessons to our everyday lives and then move on to the next story. It will be an exploration of Hashem's relationship to His prophets and to us as we embark on this journey of great stories from Nach.

## **Jewish Beginnings**

Rav Aharon Ross

The more we study the start of a story, the more all of it makes sense. Our collective story as Jews traces its way back 4,000 years to Avraham Avinu and Sara Imenu in the ancient metropolis of Ur Kasdim. After testing them throughout their many journeys, God chose Avraham and Sara to be the foundation of the Jewish People. Their beliefs, values and decisions therefore represent the DNA of who we are. Through studying the Torah's description of the journeys of Avraham and Sarah, the insightfulness of the midrashim, the commentary of Rashi, and our own questions, we will bring the Tanach to life, strengthen our own foundations as Jews in the modern world, and learn how we can be the carriers of the torch that was lit 4,000 years ago.

## **Nach Bekiyut**

Alexis Levy

Whether you have a background in Navi or not this course provides a fun overview of some of the most interesting and exciting stories in Tanach. Over the course of the year, we will cover all of Neviim Rishonim – the books of Yehoshua, Shoftim, Shmuel and Melachim. We will join the Jewish people as they enter the Land of Israel, conquer the land and try to fulfil the national dream. We will experience the euphoria surrounding the building of the Beit HaMikdash and feel the pain of its destruction. As we journey through these books of Tanach, we will experience the hopes, disappointments, dreams and challenges of our nation in its quest to build a homeland of physical

and spiritual success. The aim is to cover approximately 5 perakim in each class so, while being fast-paced, the students gain familiarity with the stories, places and personalities of our history.

## **Parshat Hashavua**

Rav Yonaton Hirschhorn

The parsha of the week is NOT a story of the past! It's a story of a relationship man and G-d. We're all in some sort of relationship with G-d. The parsha of the week can give us the guidance we need to build that relationship. There's no better way to end the week or prepare for Shabbat than through a powerful message from the Torah!

## **Sefer Mishlei**

Rav Michael Sunshine

Why is common sense not (always) so common? Mishlei/Proverbs was written by Shlomo Hamelech, blessed by Hashem with wisdom. We will explore the wisdom of the wisest person to ever live through his words, understanding each proverb on its topical level and moving into deeper meanings of each line to see the greatness and potential of the human mind and character.

## **The Chassidic Parsha (Night Seder)**

Rav Yehoshua Felberg

This course will focus on chassidic teachings about the parsha of the week through the lens of Rav Steinsaltz's essays on the weekly Torah portion. The course explores morality, enhancing day to day life with the light of Torah, and how to make the weekly Torah portion relevant to our lives.

## **Tehillim Treasures**

Rav Tuvia Aronson

What is the secret? How is Tehillim so evocative? We may at times find ourselves overwhelmed, confused, anxious or distraught. In other moments we are profoundly reflective, grateful, renewed, and happy. For millennia, Jews (and a large part of humankind) have turned to Tehillim to express the wide range of communal and personal experiences. We will explore the awesome power of Tehillim as an authentic journey from despair to self-esteem and growth; The Five books of Tehillim (is there a thematic structure?); The Ten modes of praise; Nature in Tehillim etc. We will also learn in depth select chapters relating to the holidays, tefillot, holiday celebrations, distress, war, thanksgiving, recovery from illness, morality, Beit Hamikdash etc.

# Women in Tanach

Ellie Ausubel

Your DNA is what makes you, you. But we are more than just our biological DNA. The Jewish neshama has unique spiritual DNA that has been passed down to us from our avot and imahaot. To understand who I am and what I can become, I need to understand who I come from. In this course, we will open our Tanach and learn their stories – among them Sarah, Rachel, Tamar, Miriam, Bat Paroh, B'not Tzafchad, Rachav, Avigayil, Rut. How do I access the spiritual DNA that they have passed down to me? Some of these figures we've been hearing about since we were in kindergarden. Do we still look at them from that six year old perspective? Re-examine these personalities with a more sophisticated lens. What were their trials and what brought them to triumph?

# Halacha

## **Be Halachic**

Shira Melamed

We will continue our study of Pninei Halacha, written by Rav Eliezer Melamed. Rav Melamed, in his unique style, defines each Halacha in an approachable manner while explaining the depth and meaning behind the mitzvah as well. His sefer is both informative and inspiring. This semester, amongst the topics we will study will be Tzaar Baalei Chaim, Rosh Chodesh, Purim, and Eretz Yisrael.

## **Ben Adam L'Chaveiro**

Ellie Ausubel

Have you ever met someone who has a sort of inner glow that shines? How do we become more like that? Well, who we are is largely defined by how we talk to and interact with others- those in our inner circle and those in our outer circle. We will explore questions like: Do I have to get along with everyone? When should I give the benefit of the doubt? How do I balance being honest and being sensitive? How can I forgive if I'm still hurt? How do I respect my parents and live my own life? Find out how Halacha and our sources guide us through these questions and many more as we learn about key mitzvot that build character and develop our inner moral compass.

## **Hilchot Kashrut**

Rav Michael Sunshine

In this class we will be delving into the laws of kashrut. We will be learning their origins and how to implement them into our everyday lives so we can be halachic abiding Jews.

## **Hilchot Shabbat**

Rav Tuvia Aronson

Shabbat is the gift HaShem gave us! But without knowing what to do, how will we be able to truly experience it? "Hilchot Shabbat", the word 'halacha' comes from the word 'journey' and so 'Hilchot Shabbat' means the "journey through" Shabbat, the guide to the secret of Shabbat! Let's dive into the text, learn the Halacha as it unfolded through the generations and experience what quality time with HaShem looks like today.

## **Hilchot Brachot**

Rav Avram Block

The course will look at brachot (blessings) in the various contexts of Jewish Law in which they apply. There will be a focus on ways in which all blessings are related to one another and share common themes as well as the ways in which the different categories, and, the different applications within those categories reflect the differences between various brachot.

## **Jewish Lifecycles**

Alexis Levy

The aim of the course is to add meaning to the major life-cycle events and ceremonies in Judaism. Why do we perform Brit Milah when a boy is eight-days old? What is Pidyon Haben and why is it only for boys? Why do boys have a Bar Mitzvah at 13 but girls have a Bat Mitzvah at 12? Why does the kalla walk round the chatan seven times? What is actually written in the Ketuba? What are the stages of Jewish mourning? Through an analysis of a wide variety of sources, we will explore the Biblical sources, reasons, halachot and minhagim of the highlights of Jewish life from birth to death. Sources will be handed out for each topic.

## **Meaning in Mitzvot**

Rav Tuvia Aronson

In this course we will explore how we can find delicious meaning in Mitzvot in general and specific particular mitzvot. We will explore the psycho-spiritual ideas related to daily Jewish life (including relevant Holidays) based on both classical sources (Aggada and Midrash), Medieval (e.g. Rambam, Sefer HaChinukh, Maharal), Chassidic sources (e.g. Likutei Halakhot, Bnei Yisaschar, Lubavitcher Rebbe and Slonimer Rebbe amongst many others obm), and modern thinkers (e.g. HaRav Kook, Rav Soloveitchik, plus a plethora of contemporary). We will explore the ideas that make keeping Halakha more than a list of "must do's and do-nots", but rather a living expression of our faith and values.

## **Olam H'Teffila**

Rav Yehoshua Felberg

Tefilla is one of the most frequent mitzvot we perform, and yet, it is one of the least understood. In this course students will learn about the halachic basis of tefilla, is it rabbinic or from the Torah? Other topics we will cover will include how many daily prayers must a woman pray, why do we stand still during the amidah, can we write our own prayers or do we have to follow the established nusach, how high does a mechitza need to be, should we say hallel on Yom Ha'atzmaut

and Yom Yerushalyim, is it still correct to recite prayers of mourning over Jerusalem on Tisha B'Av and what (if any) are the major differences in the halachot of prayer when comparing Ashkenazi and Sephardi Jewish communities. Through learning about the halachic foundations of prayer we will add meaning and understanding to our tefillot and nurture our connection to our creator. We will look at a variety of sources from across the breadth of rabbinic literature including the Talmud, Rishonim and Acharonim. Source sheets will be handed out for each topic.

## **Ripped from the Headlines**

Rav Effie Kleinberg

To provide a Torah perspective on current events in the news. Each class will look at an issue unfolding in the media that countries and societies are grappling with today, and through text-based learning, will provide a framework of how Jewish law and Jewish thought help us navigate our lives through the lens of Judaism. A few of the questions that may be explored: Should I give up my privacy (i.e. government tracing programs) for public health? What are the ethics of protesting? What is Judaism's view on racism? Is it a requirement to vote in the election? Should police departments be defunded? Must health workers/teachers risk their own health to go into work? Zoom Ethics: May I join a call without actually participating? How should hospitals structure their triage procedures when resources are running low? How much risk is one allowed to take under Jewish law.

# Jewish History

## **Holocaust to Redemption**

Rav Effie Kleinberg

This course will blend together history, Jewish thought, and contemporary perspectives as we attempt to grasp the enormity of the Shoah and its impact on the Jewish people and the world. Some questions that will be grappled with and presented include: Where was God? Where was man? How does the media and the film industry portray the Holocaust today? How is the concept of "Never Again" being challenged in our day and age? What is our responsibility in the 21st century vis-a-vis memory and dwindling eye witness accounts? Through Jewish text, film, poetry, stories, Holocaust writings & Responsa, this course engages students in a deep experiential analysis of the Shoah.

## **The History and Philosophy of Zionism Part 1**

Rav Avram Block

In-depth study of the history and philosophy of the modern Zionist movement beginning in the 2nd Temple period and ending with the founding of the State of Israel in 1948. There will be a special focus on the main personalities involved as well as the ways in which the Zionist movement has related to and interacted with religious faith and observance.

# Talmud

## **Talmud – Masechet Brachot**

Rav Aharon Ross

Talmud Study is the intellectual and spiritual endeavour to connect to Hashem's Torah by rigorously trying to understand how we should understand and apply the words of the Torah to our lives. We will study sections from the Babylonian Talmud, combining hevruta learning with a classic shiur format.

# Hashkafa/Jewish Thought

## **13 Petalled Rose - Rav Steinsaltz on Spirituality**

Rav Yehoshua Felberg

Rav Adin Even Yisrael (Steinsaltz) DBM was a giant of Jewish thought in the 20th and 21st century. His classic work on Jewish mysticism, the Thirteen Petalled Rose, is an essential study for anyone who wishes to understand the importance of Kaballah and Jewish mysticism in our lives and in this world. In this course we will study the original text together. We will use it as a tool to better understand the secret world of spirituality that sits just beyond the veil of physicality. We will explore how best to tap into it, connect with it, and, please G-d, use it to enhance our own growth and connection with our Creator.

## **13 Principles of Faith**

Alexis Levy

This course will use the Rambam's 13 Principles of Faith as a framework for discussing many fundamental topics in Jewish Philosophy. Some examples of questions we will discuss are: What does it mean that G-d exists? Can I prove G-d's existence? What is the source of faith? If G-d is One, why does He have so many names? Why does the Torah use physical descriptions of G-d if He has no body? How do we serve G-d? How does prayer work? Why do we no longer have prophecy? How do we know the Torah came from G-d? What is the source of the Oral Law? If G-d knows everything, how do we also have free choice? Who is Mashiach? What is Olam Haba? What will happen at the revival of the dead? Students will be encouraged to question and analyse, while practically developing their own religious viewpoint and beliefs.

## **Aliyah L'Regel: Journey Through The Chagim**

Rav Effie Kleinberg

In this class, we'll prepare for each chag in the weeks leading up to it by exploring its central themes and deeper meanings through the writings of great Jewish thinkers. What does it mean to truly fix our past on Yom Kippur? What does freedom really look like—beyond leaving Egypt? Why did Hashem choose the Jewish people, and what does that choice demand of us today? How do we hold the joy of Yom HaAtzmaut alongside the pain of Yom HaZikaron? Together, we'll engage in

text-based learning that brings each chag to life—not just as a date on the calendar, but as a personal and national journey.

## **Dawn of Redemption (Night Seder)**

Rav Michael Sunshine

Explore the State of Israel as more than just Zionism as a state for the Jews, but as a fulfillment of the prophecies of Redemption of the Jewish people, even in the face of challenges and doubt.

## **Derech Hashem**

Rav Yehoshua Felberg

Who is God? What is the purpose of creation? Does Man have free will? What exactly is prayer, how can my words affect the Creator? These are just a few of the philosophical questions the Ramchal (Rav Moshe Chaim Luzzato) addresses in his book, "Derech HaShem", The Way of God. It has been said that the Ramchal had the most profound understanding of Judaism that any human being could attain. Throughout this class we will have the privilege of learning from his wisdom, enabling us to have a deeper, more profound and holistic understanding of the world we live in, Judaism, and HaShem.

## **Getting to Know Your Soul- Bilvavi**

Lauren Freedman

In this class we will be learning the book "Getting to know your soul (yourself)" by the Bilvavi. This book is the book that influenced me the most during my year in MTC as a student and I feel it is so important to learn! Before even thinking about how you want to present yourself on the outside you must work on the inside! You are a soul, your body is just the clothes. First in order to grow as a person, Torah Jew - you need to develop yourself internally as a soul, because this is the true essence of who you are. Your entire goodness. The goal is by doing this you truly will be growing in the direction you want to, but in a way that will stick, because it comes from the true you. This class will be a Chabruah (group) based class, everyone should have a book and we will be learning together BH. May we all gain a deeper understanding of who we are.

## **Jewish Love language**

Ellie Ausubel

We all crave belonging. This is why relationships are such an important aspect of life. Our neshama also craves belonging... to belong to God. Discover some of the best relationship advice

and how that can also help us deepen our relationship with Hashem. Upon this foundation, we will look to the wisdom of the Torah for a healthy and balanced outlook on sexuality. In short, we will learn from human relationships how to love God; and we will learn from God how to love and be loved.

## **Mastering our World of Thought**

Rav Aharon Ross

Practices such as mindfulness and meditation have a central role within Judaism helping to master our internal world of thoughts in an increasingly frantic world. Together, we will learn and discuss a series of rich teachings from across Jewish wisdom including Tanach, Talmud, Tefilla and Philosophy which explore the tools Judaism has offered for thousands of years to help master our world of inner thoughts, towards living a calmer, happier, more fulfilled life. A weekly mindfulness workshop will help students learn these tools first hand.

## **Mesilat Yescharim**

Shira Melamed

In this course we study one of the most well-known writings of the Ramchal, Mesilat Yescharim. A classic in the world of Jewish mussar, Mesilat Yescharim explores the fundamentals of the Jewish personality, with a focus on self-improvement through working on one's middot and character traits in order improve one's relationship with man and G-d. The class is text based with much room for student's perspectives.

## **Mitzvot for Millennials**

Rav Yanaton Hirschhorn

The Torah gives us 613 mitzvot (plus the rabbinic "updates," like a never-ending notification badge) — but let's be real: we don't feel all 613 equally. Why do some mitzvot light us up (Shabbat meals! Chanukah candles! Helping a friend move!) While others feel confusing, guilt-inducing, or easy to snooze? Are there built-in categories that shape how we relate — Bein Adam LaMakom vs Bein Adam Lechavero, Chukim we don't "get" vs Mishpatim that make intuitive sense, Eidot that tell our story vs guardrails we keep bumping into? How normal is it to bond with certain mitzvot and basically ghost others (spoiler: very normal) — and what does that pattern reveal about our spiritual wiring? If your inner millennial keeps asking, "What's in it for me?" what happens when we flip the question to, "Who do I become through this mitzvah?" Can mapping our "mitzvah love languages" help us move from obligation fatigue to personal connection, and from spiritual FOMO to intentional growth? Not all mitzvot are created equal in how they feel — yet each one can

unlock a different facet of your relationship with Hashem, with people, and with your own emerging self. Join us to explore why some mitzvot stick, why others slip, and how to build a more real, resilient, and you-shaped connection across the mitzvah spectrum.

## **Netiv HaTzniut – Maharal**

Rav Yonaton Hirschhorn

Tzniut has the negative connotation to it, what not to do, what not to wear. But tzniut is all about who to be! And why that's the attribute HaShem crowns himself with. come explore what modesty is in a way that will make you rethink modestly from the core. You'll no long feel tzniut is something in forced upon you. Gain the knowledge of who to be! Light years before the conversation of what or what not to wear.

## **Rabbi Nachman – Life Advice**

Rav Yonaton Hirschhorn

"That was a-ma-zing!" You just heard an amazing class, and you are feeling so inspired, but as you think further, you realize you don't really know how to apply and bring about this fleeting spark of inspiration into your daily life. If only we could get some practical advice on how to do this, how to turn inspiration into actuality and uplift our life! Sound familiar? Lucky for us, Rav Nachman of Breslov composed a whole sefer of practical advice on how to live an inspired life, how to build those moments of inspiration and connection into our everyday routine! In this class, we will cover focal topics of a Jew's life, including emunah, prayer, fixing our midot, achieving happiness, and much, much more!

## **Reclaiming Dignity**

Shira Melamed

Reclaiming Dignity, explores the multifaceted concept of dignity through an in-depth analysis of the book of the same name. Students will engage with the text to understand modesty not merely as an external code of dress, but as an internal and holistic principle that fosters self-respect, personal boundaries, and a sense of inherent worth. The curriculum examines the historical, cultural, and psychological dimensions of modesty and dignity, encouraging students to reflect on how these principles apply to their own lives and interactions. Through critical discussions and an in-class evaluation, the course aims to equip students with the tools to cultivate and reclaim their dignity in a contemporary world.

## **Reimagining the Familiar – Exploring the Jewish calendar through Jewish Thought**

Rav Boruch Boudilovsky

The Jewish calendar profoundly shapes our Jewish lives, culture, faith, and identity. However, its familiar presence and continuous routine can lead to inspirational fatigue and indifference towards the Jewish calendar's teachings. Yet these very teachings embody some of the most important, relevant, and deepest Jewish ideas. Using a broad range of classical and contemporary texts, this course will revisit themes highlighted by the Jewish calendar thereby revealing new ideas and generating a fresh and exciting intellectual appreciation of the Jewish annual experience.

The process of learning unique to this course, makes it immensely satisfying and rewarding to any student with an appetite for sophisticated, creative, relevant, empowering, challenging, inspiring, and informative, learning.

## **Tanya Chabura**

Rav Tuvia Aronson

This course offers a transformative journey through the teachings of the Tanya, blending Chassidic spiritual wisdom with the emotional and existential challenges of modern life. Exploring the soul's inner dynamics, the quiet battles of the mind, and the deeper call to purpose, we'll unpack Tanya's revolutionary insights into identity, struggle, and connection to HaShem. From the soul's divine spark to the psychology of thought, emotion, and motivation, each unit dives into core concepts like the Benoni, mindful struggle, joy as resilience, and presence in daily life. Through deep discussion and personal reflection, students will discover how Tanya serves not only as a guide to spiritual growth—but as a living, soul-centered path for real life.

## **Tefilah - Talking to our Creator**

Esther Farkovits

In this course, we will explore and define parts of Shacharit as a journey, a journey that will hopefully carry us up the "ladder of tefillah" into a state of awe and love for HaShem. We will try to become aware of the gift called tefillah and to understand how to use this gift and to begin appreciating its beauty and meaning. We will also discuss, and try to resolve, some philosophical questions regarding tefillah, such as "why can't I just speak to Hashem in my own words?" or "Why pray when I don't understand what I'm saying...?". Ultimately, this is all for the grand purpose of forming a real and consistent relationship with our Creator through the act of tefillah. We will start with the Modeh Ani and continue on with the brachot. Our goal is then to move on to Shema and finally the Shmona Esrei prayers.

## **The Reasons Why**

Estee Lightstone

There are so many things in our daily lives that we've been doing for so long but we don't always know why! Let's make our daily routines more meaningful by learning the reasons behind them. Some topics we will explore are- Washing hands, davening, saying brachot, benching, and more!

## **The World of Chasidic Thought**

Esther Farkovits

Our class will be exploring the birth and growth of the movement called Chassidut. We will study the history, texts and deep teachings of our Chassidic masters. We will speak about leaders such as the Ba'al Shem Tov, Rabbi Nachman of Bresslov, The Ba'al Hatanya and so many more. The Chassidic spirit seems to have the power to draw the Jewish soul closer to G-d. I hope we can get there together.

## **Living Emunah**

Lani Margolias

- Imagine starting every day with a smile.
- Imagine dealing with challenges in school and at home, instead of worrying about them.
- Imagine being happy. Really happy.

It can happen. The secret is Emunah!

Emunah is the belief that Hashem is involved in all aspects of our lives, that He loves us and that He knows what's best for us. This course will teach you how Emunah can change and enrich your life. How you can find the good in everything and everyone-including yourself!

## **Tomer Devorah: 13 Attributes of G-d**

Rav Michael Sunshine

The great Kabbaliat of Tzfat, Rav Moshe Cordovero (The Ramak) saw in the Torah a path to illuminate and sanctify the human soul. There is a simple premise in Judaism that we are commanded to emulate Gd: and you shall walk in Gd's ways. The question arises, then, how do we do that? The first thing, the Tomer Devorah says, is that we need to know something about Gd. By learning about Gd, and understanding His ways, we, as the Tomer Devorah explains will enable us to act Gdly and unleash a greater flow of Gd's energy into the world. The great Kabbaliat of Tzfat,

Rav Moshe Cordovero (The Ramak) enlightens us on how to elevate our earthly existence by, none other than, acting like Gd.

## **Woman to Woman: Creating a new YOU -Today!**

Lani Margolias

The course is filled with practical advice, the wisdom of our Sages and classic stories.

We will delve into topics such as Communication, Chessed, Prayer, Happiness, the Ideal Home,

Keep Growing, Appreciation, Modesty-our Crown, Priorities and Faithfulness.

Through our learning we will gain tools to strive for greatness, to develop our inner strengths and create the kind of home that is the goal of every Jewish woman, wife and mother.

# Other

## **Growth Through Kindness** (for all students)

Sara Dinershtain

This course will accompany and provide a framework for the afternoon “Field Work” that our students do each afternoon with the children of Bet Elazraki. Firstly, it will give the students an opportunity to process their work with the children and to share any challenges, frustrations, and highlights- and to think about this work within their own lives and experiences. Secondly, they will learn important foundational concepts in Jewish thought regarding the world of interpersonal relations and understanding themselves - to arm them with the skills and knowledge to excel in their work with the children and grow as Jews in the process.

## **Ulpan (Hebrew Language)**

Sara Dinershtain

This course will help our students attain a greater proficiency in the Hebrew language- through work on Hebrew grammar, discussions in Hebrew, and a curriculum geared towards improving their Hebrew within the context of the Children’s Home. In addition to the classroom hours, students will also gain “clinical” experience speaking Hebrew through their volunteer work every afternoon with Israeli children from Bet Elazraki Children’s Home. The classroom content and discussions will correspond directly with the volunteer work that the students will be doing and experiencing.

# Lunchtime Classes

## **Alei Shur – Step by Step Personal Growth**

Alexis Levy - Sunday

Have you always wanted to work on certain character traits, but not sure how? Are you looking for a practical step-by-step guide to becoming the best version of yourself? If the answer is yes, then your sefer is the Alei Shur. We will be focussing on the second volume of Rav Wolbe's sefer, following his guidance to personal growth. This class offers an opportunity to learn together and apply his wisdom to our lives. We will dive into character traits such as modesty, kindness, patience, truth and respect, discuss their challenges and bring practical advice into our busy and stressful lives.

## **Introduction to Kabbalah**

Rav Yonatan - Monday

When someone hears the word kabbalah, they usually have one of two reactions. "Cool! Tell me more" or "Kabbalah... Meh, I'm not in to that stuff". The mystical unknown, is both intriguing and scary at the same time. Which reaction comes more natural to you? Regardless of the answer kabbalah is something someone needs to be ready to learn. But to learn kabbalah is, that one should do regardless of their initial reaction. Do you want to know why that was your reaction? Do you want to know why people are afraid of kabbalah? Do you want to know why people are drawn to the mysticism of it? Come to this class!

There's a whole world within the world of Torah that is hidden from the naked eye. Come peek through the looking glass.

## **Ulpan**

Madrichot – Tuesday

This course will help our students attain a greater proficiency in the Hebrew language- through work on Hebrew grammar, discussions in Hebrew, and a curriculum geared towards improving their Hebrew within the context of the Children's Home. In addition to the classroom hours, students will also gain "clinical" experience speaking Hebrew through their volunteer work every afternoon with Israeli children from Bet Elazraki Children's Home. The classroom content and discussions will correspond directly with the volunteer work that the students will be doing and experiencing.

## **Brachot - Before, After and In Between**

Shira – Wednesday

In this course we will delve into the deeper meaning of Hilchot Brachot. Using Halachos of Brachos as a guide, we will learn why we say brachot, and how they influence us to be better when they are a part of our daily lives. We will learn the practical halachos as well. We will learn what bracha we say on what, when we say them, how to say them and when we should not.

## **Simchat Hanefesh**

Rav Ross - Thursday

How can I boost the happiness I experience each day? If I feel desensitized, are there techniques for enhancing appreciation? What are the Jewish formulas for living with greater joy? This year is about growing in Torah, thriving in character, and also flourishing in happiness! Join the happiness chabura for a weekly work-out of uplifting discussion plus useful & practical ideas. As Rabbi Zelig Pliskin insists, "Happiness is a skill that can be learned."