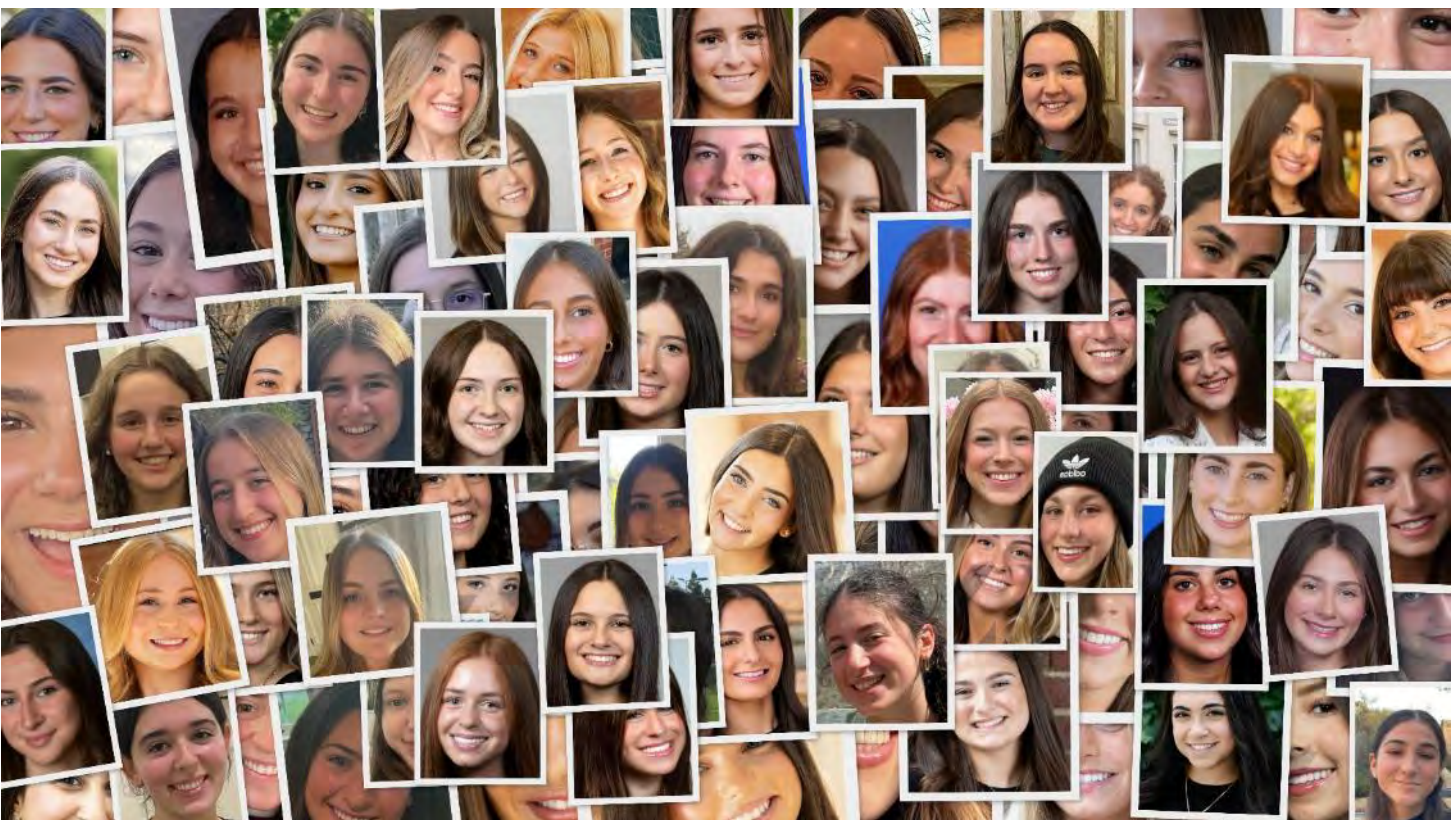




MORE CHOICES

160
COURSES!

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KEDMA VOLUNTEER PROGRAM AT MIDRESHET MORIAH EMPOWERING EACH STUDENT TO GIVE BACK IN A MEANINGFUL WAY

VOLUNTEERING WITH KIDS

KFARYELADIM DAVID

BASIC HEBREW PREFERRED VOLUNTEER WEEKLY WITH KIDS FROM AT RISK HOMES. RUN AFTER-SCHOOL ACTIVITY. KFARYELADIM IS LOOKING FOR VOLUNTEERS WHO CAN LEAD AFTER SCHOOL ACTIVITIES SUCH AS ART PROJECTS, ZUMBA, OR SPORTS CLINICS. DEVELOP BIG SISTER/LITTLE SISTER RELATIONSHIPS. LOCATION: BUCHARIM (GEULA) AND RAMAT SHILOMO, TIME: 3-4:30 PM

AFIKIM

BASIC HEBREW PREFERRED VOLUNTEER WITH KIDS AT MOADONİYOT — SPECIAL AFTER SCHOOL PROGRAMS FOR KIDS FROM AT-RISK HOMES. HELP RUN ACTIVITIES AND HELP WITH HOMEWORK. DEVELOP BIG SISTER/LITTLE SISTER RELATIONSHIPS. LOCATION: PISCAT ZEEV, TIMES: 3-4:30 PM

FAMILIES IN THE NEIGHBORHOOD

HELP FAMILIES IN THE NEIGHBORHOOD WHO ARE STRUGGLING WITH CHILDCARE. TAKE KIDS TO THE PARK, PLAY, AND HELP WITH HOMEWORK. LOCATION: NEIGHBORHOODS SURROUNDING MIDRESHET MORIAH. TIMES WILL VARY BASED ON FAMILY

VOLUNTEERING WITH THE ELDERLY

VISITING ELDERLY RESIDENTS IN THE NEIGHBORHOOD

CONNECT WITH ELDERLY WHO ARE MOSTLY HOME-BOUND WHO LIVE IN THE NEIGHBORHOOD. LOCATION: KATAMON/GERMAN COLONY/BAKA. TIMES WILL VARY BASED ON ELDERLY TO BE VISITED.

VOLUNTEER WITH SPECIAL NEEDS

SHALVA

VOLUNTEER AT ONE OF THE PREMIER CENTERS IN ISRAEL FOR INDIVIDUALS WITH SPECIAL NEEDS. VOLUNTEER AT THE SHALVA TZAHARON (AFTER SCHOOL CENTER) WITH BABIES AND LITTLE KIDS. LOCATION: 1 SHALVA ROAD (NEAR SHAAREITZEDEK), TIMES: ANYTIME BETWEEN 1:30-6 PM (DIFFERENT PROGRAMS TAKE PLACE AT DIFFERENT TIMES)

FRIENDSHIP CIRCLE

VISIT A FAMILY AND SPEND TIME WITH THEIR SPECIAL NEEDS CHILD OR THE SIBLINGS OF THE SPECIAL NEEDS CHILD. THIS IS A GREAT OPPORTUNITY TO DEVELOP A RELATIONSHIP WITH A CHILD AND HIS/HER FAMILY. LOCATION: NEIGHBORHOODS THROUGHOUT JERUSALEM. TIME: ANYTIME AFTER 3PM. TIMES WILL VARY DEPENDING ON THE FAMILY

ADI

VOLUNTEER WITH CHILDREN AND YOUNG ADULTS WHO ARE BOTH PHYSICALLY AND MENTALLY DISABLED. HELP IN THE CLASSROOM AND CONNECT WITH THESE INDIVIDUALS WHILE ASSISTING THEIR TEACHERS AND THERAPISTS. LOCATION: ENTRANCE TO JERUSALEM (BEHIND THE HATZALAH BUILDING) TIME: APPROXIMATELY 1.5-2 HOURS IN THE WINDOW BETWEEN 1:15-6PM

YACHAD

VOLUNTEER WITH INDIVIDUALS WITH SPECIAL NEEDS AT THE YACHAD CENTER ON EMEK REFAIM. JOIN GROUP ACTIVITIES AND BE INVOLVED IN ONE ON ONE PROGRAMMING. LOCATION: EMEK REFAIM, TIME: 2 PM-4 PM

FEEDING THE HUNGRY

TACHLIT

HELP FEED THE POOR AND FOOD INSECURE IN ONE OF ISRAEL'S POOREST CITIES. PACK PRODUCE AND DRY GOODS THAT ARE DELIVERED TO THE NEEDY. LOCATION: GIVAT SHAUL, TIMES: 3-4PM

HINEINI SOUP KITCHEN

HELP FEED JERUSALEM'S HUNGRY BY VOLUNTEERING AT A SOUP KITCHEN IN THE CENTER OF THE CITY. GIVE OUT FOOD, PACK FOOD PACKAGES, AND CLEAN UP. LOCATION: SHLOMITZION HAMALKAH STREET. TIMES: MUST ARRIVE BY 1 PM. THE SOUP KITCHEN CLOSSES AROUND 2:30/3PM.



SUSTAINABILITY AND ECOLOGY IN JERUSALEM

COMMUNAL GARDEN

VOLUNTEER AT ONE OF JERUSALEM'S LARGEST COMMUNAL GARDENS IN BEIT HAKEREM. HELP MAKE JERUSALEM BEAUTIFUL AND SUSTAINABLE BY HELPING GARDEN, COMPOSTING, PLANTING, AND OVERALL HELPING TO MAINTAIN THE GARDEN. CONNECT WITH ISRAELI FAMILIES WHO LIVE IN BEIT HAKEREM WHO WILL BE VOLUNTEERING AT THE GARDEN ON WEDNESDAY AFTERNOONS AND JOIN COMMUNAL PROGRAMS. LOCATION: BEIT HAKEREM, TIME: 3:30 - 5PM

JERUSALEM BOTANICAL GARDEN

VOLUNTEER IN THE NURSERY OF ONE OF ISRAEL'S MOST BEAUTIFUL BOTANICAL GARDENS. VOLUNTEERING WILL INCLUDE WEEDING, CLEAN UP, AND ORGANIZATION. LOCATION: GIVAT MORDECHAI, TIMES: 1:30 - 3 PM

HELP THE SICK

SHAAREITZEDEK

BASIC HEBREW REQUIRED (1) MEDICAL REQUIREMENTS: VACCINATION LIST WILL BE SENT OUT AT THE BEGINNING OF SEPTEMBER (2) VOLUNTEER IN DIFFERENT DEPARTMENTS IN THE HOSPITAL (LIKELY NOT CHILDREN AND BABIES) — E.G. RADIOLOGY, INTERNAL MEDICINE. VOLUNTEERING WILL INCLUDE HELPING NURSES, RUNNING ERRANDS, DELIVERING FOOD AND TRANSFERRING PATIENTS. LOCATION: SHMUEL BAYIT STREET, GIVAT MORDECHAI, ANY TIME BETWEEN 2-6 PM

DARCHEI MIRIAM — VISITING THE SICK

(1) MEDICAL REQUIREMENTS: VACCINATION LIST WILL BE SENT OUT AT THE BEGINNING OF SEPTEMBER (2) GIVE OUT CAKES WHILE VISITING THE SICK AT SHAAREITZEDEK AND HADASSAH EIN KEREM. LOCATION: SHAAREITZEDEK OR HADASSAH EIN KEREM HOSPITALS. TIMES: ANY TIME BETWEEN 2-6PM (TIMES MAY VARY BASED ON LOCATION)

GIFT OF LIFE

SET UP AND RUN A GIFT OF LIFE STAND ON EMEK REFAIM AND OTHER CENTRAL LOCATIONS IN JERUSALEM. GIVE OUT INFORMATION ABOUT THE GIFT OF LIFE AND SWAB PEOPLE FOR THEIR REGISTRY. BE A PART OF THEIR LIFE SAVING MOVEMENT! LOCATION: EMEK REFAIM, TIMES: ANY TIME BETWEEN 3:30 - 5PM



LONE SOLDIERS AND BNOT SHERUT

THE BASE

HELP SUPPORT LONE SOLDIERS AND LONE BNOT SHERUT BY VOLUNTEERING AT THE BASE! A CENTER WHERE LONE SOLDIERS AND LONE BNOT SHERUT CAN GO FOR SHABBAT, HOLIDAYS AND TO RECHARGE. HELP MAKE THE BASE FEEL LIKE HOME BY BAKING WEEKLY AND DECORATING THE SPACE BEFORE HOLIDAYS. LOCATION: RIGHT OUTSIDE THE SHUK, TIMES: 2:30 - 4 PM

JERUSALEM MUNICIPALITY

IRIYA OLIM DEPARTMENT

ASSIST THE OLIM DEPARTMENT AT THE JERUSALEM MUNICIPALITY. HELP NEW IMMIGRANTS BY VISITING COMMUNITIES THROUGHOUT JERUSALEM AND HIGHLIGHTING THEM ON THE IRIYA WEBSITE. THIS PLACEMENT IS IDEAL FOR STUDENTS WHO ARE INTERESTED IN EXPLORING JERUSALEM AND ENJOY TAKING PICTURES!

LOCATION: KORESH 7, TIME: VARIABLE AFTERNOON HOURS ON WEDNESDAYS BEGINNING AT 1:15 PM

HOLOCAUST

THE CELLAR

VOLUNTEER AT THE OLDEST HOLOCAUST MUSEUM IN JERUSALEM. HELP GIVE TOURS AND UPDATE THEIR DATABASE OF MONUMENTS IN EUROPE. LOCATION: OLD CITY, TIMES: 2 - 3:30 PM



KEDMA.ORG



/KEDMAIL



@KEDMAISRAEL



The “Rakezet” at Midreshet Moriah: *Your Personal Faculty Mentor...*

The year in Israel is a time of intense personal reflection, and it's important to have someone you can always turn to who knows you and has time for you. At Midreshet Moriah, your “Rakezet” will be your personal faculty mentor, meeting with you one-on-one every week throughout the entire year. You get to use this time however you prefer: learning with your Rakezet any topic you choose; reflecting on a personal topic of concern to you; and much more. You'll spend Shabbat at your Rakezet's home too!



HOW TO REGISTER

Registration Timeline:

- We email you a username and password. You log in to make sure they work.
- We send you our registration FAQ
- You receive this semester's amazing course catalog... which you are currently reading!
- You receive this semester's schedule so you can see days & times & plan your schedule.
- Registration! Select your courses & weekly "Rakezet" meeting

Steps in the Process:

Our registration system already emailed you a username and password. If you've changed your email address from what you used for your seminary application, please immediately email our secretary, Liana, at info@midreshetmoriah.org to notify her, since **the email address we have for you** is where we'll be sending your username and password. Many of you were using a school email for college applications and may now be using a different email, so please let us know ASAP. If you didn't receive an email with a username and password, first check your spam folder; if it's not there, email Liana at info@midreshetmoriah.org and she will have one sent to you.

Once you receive your username and password, please **immediately test** that your login works by logging in at www.midmorechoices.com/students and logging in. We're asking you to test your login info right away so that by the time registration officially opens, we will have solved any problems so you can register. Bookmark that website now on your phone – you'll use it all year to make all changes to your schedule. While you're there, please update your personal info.

Your first step in registering is to browse through this **amazing** catalog, reading the course descriptions, circling everything that looks interesting, and being wowed by all of the incredible learning being offered this semester, including many new courses. We don't say "More Choices" for nothing!

A Little Friendly Advice:

- **Carefully read the course descriptions in the catalog; don't just go by the course names!** This will save you from signing up for the wrong courses just because the names sounded interesting.
- **Don't register with friends or have an alumna make your schedule:** Your schedule reflects you unique goals and needs. Make sure to choose what's right for you. Registering along with others a) will not produce the right schedule for you and b) will get in the way of your branching out and making new friends... Don't be the girl who wakes up in December and realizes she's different from her friends and needs her own unique schedule!
- **Timing:** A few days after receiving this catalog, you'll receive the schedule to see what day and time each course meets, and you'll start to make your schedule. Remember to check on the schedule whether your courses meet once, twice, or four times a week.
- **Having trouble deciding between conflicting courses?** Just choose one of them for now and make a note to yourself to try the other course too. Once you've tried both, you'll decide which course is best for you. You'll have all the way until after Sukkot to make switches as often as you like until you get it perfect.
- **CnC's:** Make sure to sign up for the number of "CnC" periods ("Chavrutot & Chaburot," see the section in this catalog all about it) that makes sense for you – enough time to do prep work for your shiurim, **review what you're learning** in your courses, do a few "chaburot" with teachers, and your own independent projects, like parshah. And **make a plan** for what to do in each of your CnC periods so you don't just space out... The maximum number of CnC's without special permission is 8. (Note that all CnC's are independent of one another – for example, registering for the CnC at 11am on Sunday does not automatically register you for the CnC at

11am on Tuesday. You need to register for each CnC individually.)

- “Late CnC” at 9:30pm is for the “shtark” and the night owls. Same with Mishmar, Thu nights 9:30 with food! If you’re stepping off the plane ready to “shteig,” this is where you’ll connect with other girls like you! (CnC’s nightly at 7:30pm and 8:30pm are just for Shana Bet in Fall.)
- Look carefully at your balance of Tanach, Halachah, and Emunah to make sure it’s what you want.
- **Load up:** At first, you might want to take more than the minimum of 37 hours so that you can try out more courses; then, once you’ve decided which courses to keep, you can drop down to fewer hours and schedule some breaks so you don’t burn out.
- **Rough draft:** Think of your initial schedule as just your “rough draft” of what to try out first. You can log in and make changes every night! Naturally, you don’t know the teachers yet, and your goals for the year are still developing. So when learning begins, come with an open mind and **make switches**. Sometimes girls are just afraid of changing their schedule, even when they realize it’s not what they want. Make sure that doesn’t happen to you: **Make changes until you’re happy!** Come to Rav Eitan or Bracha anytime to get advice, we’d love to help you.
- **Your goals:** Make sure to put together a schedule which will enable you to achieve the most you can this year. Think frequently about whether to change your schedule as your goals and learning level change.
- **Tefilah and Parshah:** This is *the* year to work on your tefilah and your basic knowledge of what’s in the Torah. It’s not an official requirement, but our advice is that **everyone should take at least one tefilah course** which helps you understand what you’re saying and connect with it, **and at least one parshah course** so that you gain greater familiarity with the Torah (and have a Devar Torah for when you go places for Shabbat and they ask you for one!). Many girls take more than one of each.

Requirements:

- Required hours:
 - 1st hour of every day (10am Sun, 9am M-Th)
 - Nights 7:30 – 9:20 (Monday nights free!)

- You need a total of 37 hours...
 - ...8 hrs of which need to be afternoon hours
 - ...and something each afternoon
- Required courses:
 - Hilchot Shabbat (R. Lerner, R. Rafi or R. Eitan)
 - Shiur Klali, Monday @ 4pm

Registration Day:

Once registration begins online, you have 48 hours to log in and select your courses. (**Students who are not financially clear will not be able to register** – please contact Ruthie now at office@midreshetmoriah.org to clear up any remaining financial issues.) Log in, click “Register for Courses,” and select your courses!

“Rakezet” meeting: When you finish choosing your courses on midmorechoices, go back to the “Main Page” and click “Reserve Rakezet Slot.” On that tab, you will see the “Rakezet meeting slots” which are open for you. This is the time you’ll meet one-on-one every week with your Rakezet (Faculty Mentor) to learn or schmooze. Each Rakezet will be making available a number of these time slots, and the earlier you register, the more choice of slots you’ll have. Slots which are already taken by other students will be invisible to you; slots which are still open but which conflict with your schedule will appear in grey so that you can decide whether to go back and change your schedule in order to accommodate a Rakezet slot you prefer. Working your Rakezet meeting into your schedule may mean making some changes to your schedule – yet another reason to consider your schedule just a “rough draft.”

Make Changes Until You’re Happy:

Midmorechoices will open each night for you to change your schedule freely as often as you like (no changes during the day). Until then, you’ll be trying out classes all day. So your registration is actually just a “rough draft” to work on for the first few weeks until you get it the way you want it. Tried a class and it’s not for you? Just log in and switch. Have a schedule problem and not sure what to do? Come see Rav Eitan or Bracha and we’ll sit down to solve it together!

Class of 5786 is gonna rock!

THIS YEAR IS GOING TO BE...

A - M - A - Z - I - N - G!

CAN’T WAIT!

TIP: We do Chumash differently from what you've done before. Try it out!



How to Think Like the Mefarshim

RAV EITAN AVINER

Why do we need commentaries on the Torah – wasn't the explanation for everything given to Moshe at Har Sinai? Where did the commentators get their interpretations from? How could it be that all of a sudden, one of them comes along with a new 'peshat'? And if it was the true 'peshat', then why did no one offer it during the hundreds or thousands of years before? Join us to explore the great biblical commentators over the generations, from Rashi to Rav Hirsch and from Baghdad to Volozhin, we'll unravel who these giants were and what made them and their commentaries unique. We'll see the broader picture of the times they lived through, as well as the movements they struggled with and against. We'll also uncover how all of this influenced their writings and philosophies, and discover the timeless wisdom within them that continues to resonate.

Women in the Torah

ORIT REITER

What is the significance for women today in the very odd way Chava was created? How can we justify Sarah's harsh treatment of Hagar? How can we understand Leah's accusing Rachel of stealing her husband – wasn't it Rachel who gave Yaakov to Leah in the first place?! Tamar impersonates a prostitute

to do the mitzvah of "yibum" – but since we're not exactly supposed to follow her example, what can we learn from her? Why does Batya, the non-Jewish daughter of an evil dictator, get to name and raise Moshe Rabbeinu? As Jewish



women, we carry the spiritual DNA of our ancestors. The strength and wisdom of the women in Tanach exist within each of us. We just have to uncover it. What lessons can we draw from women in our Torah, and what can we learn about ourselves along the way? We'll look at the Imahot, Dina, Tamar, Batya, Miriam and more! Join us to learn about ourselves as we learn about the women in Torah.

Untold Stories of the Avot and Imahot

RAV EFRONI SCHLESINGER

We may feel like we know Sarah Imeinu pretty well, but actually, the Torah tells very few stories about her, and she has barely any dialogue. Why don't we hear more? If everything we've heard about Eisav is true, how could Yitzchak have favored him over Ya'akov? How can Ya'akov justify tricking his own father and stealing a berachah? The Torah



covers over two thousand years of history, but the Chumash only teaches us about a handful of leaders, a couple of their stories, and a tiny fraction of the details. There's so much information that we're missing! Through a close reading of the text, important insights of Chazal, and some illuminating



midrashim, we'll paint a picture of what was going on in the lives of our ancestors behind the scenes.

From Adam to Avraham

RAV EITAN MAYER

We've all learned Bereishit before, but you've never learned it this way! We're taught that there is both *peshat* and *derash* – but nearly everything we learned in school is *derash*! An entire "hidden" Torah remains to be discovered in *peshat*...

- Why does the Torah tell two versions of the creation story – and how can they conflict?!
- Why does the Torah tell the whole story of the Tower of Babel and the punishment suffered by those who built it, but never tells us what they did wrong! There's more to the story in *peshat*...
- Since Adam sinned and No'ach failed as well, why not create Avraham as the first man to begin with?
- The Torah tells us clearly that No'ach was chosen for his righteousness. So why was Avraham chosen, and why doesn't the Torah tell us?
- If Yishmael was so obviously evil, how could Avraham be so blind as to want him to be his successor? There's more to the story in *peshat*...

In this textual shiur, designed for the student who loves mind-blowing surprises and thinking, we will meet the hidden Torah of *peshat*. Join us for an exploration which will forever change how you look at the Torah and make clear that "*peshat*" means anything but "the simple meaning"!

Yosef and His Brothers

VICTORIA BERMAN

Yosef and his brothers weren't exactly on good terms; utter hatred and blind jealousy is more like it,

and Ya'akov Avinu knew that very well. So how can we understand why Yaakov sent Yosef out to the fields to spy on his brothers? Is it any wonder that Yosef never came home? We think of Yehuda as a tzadik, but how do we fit that with the fact that he turned his back on his family, married a Canaanite woman (our sworn enemy), and didn't return for decades? What does it really mean to be a leader? How can we learn from Yosef how to resist assimilation – will your grandchildren be Jewish? Will mine? What effects does our stay in Egypt still have on us to this day? As we look at questions like these, we'll be learning how the story of Yosef can help us become the best versions of ourselves, enhance our relationships, and help us best face our challenges.



Life of Moshe Rabbeinu

RAV EITAN MAYER / SHANA BET

Do you love Moshe Rabbeinu? We all *know* Moshe Rabbeinu, we all respect him, we all appreciate him, but do we *love* him to the degree that every year, when we read on Simchat Torah of his death, we have tears in our eyes? In this course, we will accompany Moshe Rabbeinu scene-by-scene, from his watery cradle to Pharaoh's castle, from slavery to Sinai, from the Mishkan to the Egel, through all of his triumphs and every frustrating rebellion – and we will learn to love our greatest teacher like never before. We will begin with Moshe Rabbeinu's unusual personality: He seems to be constantly interfering with other people and getting himself into trouble, first with the two fighting Jews, and later





with the shepherds harassing Yitro's daughters. Why can't he just mind his own business? Why are these stories so crucial that they are the only stories told about Moshe until age 80? Hashem argues with Moshe at great length to force him to go back to Egypt and save his people. But why does Hashem need Moshe anyway, since the real power behind the plagues is Hashem? What makes Moshe Rabbeinu the right leader to take the nation out of slavery and to deliver the Torah? We will analyze many sections in which Moshe Rabbeinu appears in the Torah, taking a fresh "*peshat*" perspective in order to deeply understand the background and personality of the greatest leader in Jewish history. What emerges – as always happens when we learn *peshat* instead of *derash* – is a Moshe Rabbeinu who reveals dimensions entirely hidden to us before.

Sefer BeMidbar: Grow Up!

SEPHA KIRSHBLUM

Let's face it: When we think of Bnei Yisrael in the desert, we often think, "constant complainers." Many of us complain a lot too – how can we stay focused on the great things ahead for us and not get bogged down in negativity and anxiety? How do we explain why the same people who witnessed the greatest open miracles in history – the plagues, the splitting sea, seeing God Himself at Sinai, collecting their daily meals straight from the sky – found themselves constantly questioning whether Hashem was with them, and how can we ourselves stay

inspired in our own lives? Watching Bnei Yisrael try to transition from taking orders as slaves to deciding everything for themselves as free people, how do we successfully make that same transition in our own lives, from the dependency of childhood to the



autonomy of being adults? We can all see how the fear of change and of the unknown stopped Bnei Yisrael in their tracks, but how do we avoid the same fate ourselves? Join us for a journey to independence and adulthood, personally and as a nation.

Chidushei: Your Own Torah Insights

RAV ARI SHVAT

Ready to be mind-blown? Yosef's brothers DIDN'T sell him as a slave! What?! This is the claim of Rashbam, AKA Rashi's grandson. But how could this be true – what exactly does the Torah tell us? And if it is true, how would that totally transform the second half of Sefer Bereshit? What is the one secret key which explains the thirty-one (!) differences between the Torah's two versions of the Ten Commandments? If Hashem split the Red Sea for Moshe and then the Jordan River for Yehoshua, why did He do it so differently? Since the 1800's, archaeologists have been digging up ancient civilizations and deciphering everything – how does this change our understanding of



the Torah? How do computers enable us to suggest new understandings of the most difficult pesukim in the Torah, as well as prove the Torah's truth? How does our return to Israel in modern times provide new Torah interpretations, based on our renewed experience of politics, the military and the Land which were missing for 2,000 years? This fun and exciting new course offers great life-lasting tools for enjoying and preparing your own Divrei Torah, perushim, and even articles, to add a new level and pleasure to your own learning!"

Matan Torah Today

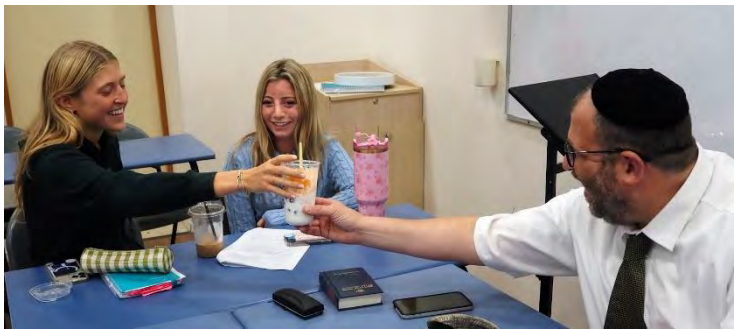
MICHAL PORATH-ZIBMAN / SHANA BET

One of the most extraordinary events that ever happened to the Jewish people was the experience



of *Matan Torah* and receiving the *Aseret Ha-Dibberot*. The Torah provides great detail about the events leading up to the actual revelation. In addition to the commandments themselves, how can the lessons of that back story apply to us today? How do we understand

the first of the Ten Commandments, “I am Hashem, your God” – is it a command, or just an introduction to the commands? How can God command us not to be jealous? While it’s certainly important not to “bear false witness,” why is it such a significant part of our core value system that it should make the ultimate “top ten” list of mitzvot? Through the eyes of classic *parshanim*, Chasidic Rebbes, and other commentators, we will dive into a textual journey that will enrich our own life experiences and *avodat Hashem*.



TIP: every single *parshah* course is completely different. Many girls take two!



Parshah in 3-D

RAV NOAM LAWEE

Each week, we'll look at the parshah in "3-D," thinking about 1) mefarshim, 2) halachah, and 3) the spiritual.



Sounds abstract? Here's a great example: "Be holy!", Hashem commands us. Sounds great. We're down! But how exactly do we achieve that? Here's where it gets... interesting? Messy? Rashi says holiness means just avoiding

averot. Ramban disagrees and says holiness means going beyond the letter of the law. The *peshat* makes it sound like holiness kind of includes *everything*, and is actually our whole national mission. Then Rav Kook says it's not a *mission*, it's an *automatic* inborn identity, it's who we *already are*. But Rav Shimon Shkop says holiness means specifically chesed, selfless acts of giving. So who's right? How can the same pasuk mean such different things? Bottom line, how do we achieve holiness? That's the puzzle—and the beauty. By learning to hold different perspectives together, we will discover that Torah is not a flat statement, but a symphony of voices. Each interpretation shines light on a different layer of our relationship with Hashem, showing us how Torah can shape not only our behavior, but also our thinking, our emotions, our identity, and our will to live for others. This shiur is not about collecting commentaries—it's about entering the conversation, wrestling with the contradictions, and emerging with a deeper, more vibrant appreciation of Torah as it speaks to our minds, hearts, and souls.

Pumped-Up Parshah

R. YAAKOV FARATCI

What if, instead of just "learning the parshah," you could learn fascinating ideas that turn our past into your path for a more successful and fulfilling spiritual

life? How can you turn "history" into "your story"? What if you could experience the simchah and excitement of a tisch every week? Join us as we share ideas that bring the parshah to life and help develop a more meaningful,



practical, applicable relationship with Torah that you can bring with you wherever you go for the rest of your life. We'll explore deep parshah ideas found in Jewish Thought, Chasidut, Kabbalah, Parshanut, stories in Jewish history, and much more! Each Torah idea will be followed by a song that contains within it a unique energy to help elevate your Thursday night into Erev Shabbos!

Parshah Insights

RAV JASON KNAPEL

We are the people of the "Book," but so many of us have never really gone through the "Book." Now is our chance! In this course, we will prepare the parshah together, reading, thinking and questioning so that we can understand what the Torah is telling us. Along the way, we will





develop skills in creating Divrei Torah, which will come in handy for Shabbat during the year and beyond.

Peshat in the Parshah

RAV EITAN MAYER



Ready for something really eye-opening? Join us for a very different point of view on the parshah than what you've heard so far. Why was Adam's one and only test connected specifically to fruit? Why was Avraham's first test connected to leaving his land? Why does the Torah tell us scandalous stories like Yehuda's mistaking Tamar for a prostitute? What *really* happened between Dina and Shechem? Why did Hashem need to take Moshe by surprise, jumping out at him from behind a burning bush like some kind of prank? What is the real (but secret!) function of the Aron in the Mishkan? If the nations of Canaan were so strong, how did Moshe Rabbeinu fail to anticipate that the spies would return with such a frightening (and honest!) report? Each week, we will creatively develop a theme from a "*peshat*" perspective and take it to unexpected places. Leave

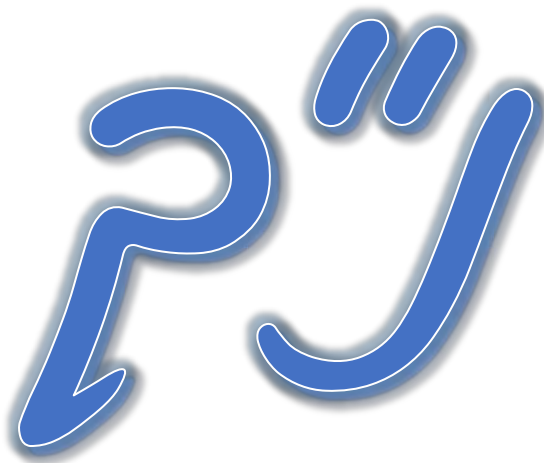
your preconceptions at the door and prepare to expand your perspective on characters you thought you knew!

Halachah in the Parshah

RAV YITZ LERNER

See how the weekly parshah jumps off the page and into real life! Each week, we'll uncover fun and fascinating halachot that come straight from the Torah we're reading that week in shul (even in Sefer Bereishit, which doesn't officially have mitzvot). Examples: In Ki Tavo (first week): What can the mitzvah of bikurim teach us about the way we make berachot today? In Bereishit (after Sukkot): what can the story of Creation reveal about hilchot Shabbat? Parshat Va-Yera: What does Avraham's meal with the angels tell us about the laws of meat and milk? Va-Yeitzei: How does Yaakov's neder (vow) to Hashem after his ladder dream (remember, the one with the angels going up and down) shed light on the halachot of promises? With stories, discussions, and plenty of real-life examples, this course will make halachah feel exciting, relevant, and alive — showing how the Torah is truly our guidebook for everyday life.





Yonah & Yehoshua: Run or Rise?

RAV JOSH BOSBOOM

We know the story of Yonah: A prophet absurdly runs from Hashem, a storm rages, a giant fish swallows him whole. Yonah is all of our story – because who hasn't wanted to run, from responsibility, from change, from the parts of ourselves we don't want to face? Run we may, but Yonah teaches us that running doesn't work. No matter how far we go, Hashem awaits our return; and perhaps that's why we read it on Yom Kippur. On the holiest day of the year, when we stand exposed before Hashem, Yonah forces us to ask: What am I avoiding? Where am I hiding? What is Hashem asking of me that I keep running from, even though I know I need to face it? Now look at Yehoshua. For forty years, the dream of Eretz Yisrael was just that: a dream. We wandered the desert, waiting for the promise to come true. Moshe was gone. No more manna falling from the sky. Suddenly it was Yehoshua's job to lead and the nation's job to step up. The land was waiting—but so were battles, doubts, and the terrifying responsibility of finally growing up. Yehoshua isn't just about ancient conquests—it's about that moment when the training wheels come off and the future is in your

hands. When Hashem places something sacred in front of you—your mission, your calling, your piece of the Land—will you have the strength to take it? Two stories. Two choices. Run, like Yonah. Or rise, like Yehoshua. Which one will you choose?

Navi: Our Past is Our Future

RAV AZ THAU

While none were perfect, what made some Jewish leaders succeed overall (ex: David) and others fail (ex: Sha'ul) in guiding Am Yisrael? The Jewish people struggled with avodah zarah (idol worship) for 900 years (!), from the Golden Calf disaster all the way through the destruction of the Beit Ha-Mikdash – but why was worshipping sticks and stones so tempting, and what can we learn from it today about the things we admire and desire? How do the kings, conflicts, and religious leaders (like nevi'im) of Tanach reflect not just ancient history, but the eternal challenges of Am Yisrael even today? What does it actually mean that Hashem's presence "rested" in the Beit Ha-Mikdash, and since that spot remains holy even today, what changed when it was lost? Join us to see how these supposedly "ancient" stories are not at all in the past -- they are actually our present and future.



TIP: "Late CnC" at 9:30pm is for the "shtark" and the night owls.



David's Demons

SEPHA KIRSHBLUM / SHANA BET

How could Hashem command David Ha-Melech to fight many battles, but then deny him the opportunity to build the Beit Ha-Mikdash because he had spilled so much blood?! How could someone so close to Hashem, the spiritual giant who wrote Tehilim, fall so far in the story of Batsheva? And perhaps most troubling—how could Hashem forgive him afterward? How do we understand why Hashem “fired” Sha’ul as king for minor missteps, but kept David in his position despite apparent murder and adultery? In this course, we will explore the life of David Ha-Melech through some of his most challenging moments—his request to build the Beit Ha-Mikdash, his sin with Batsheva, the tragedy of Amnon and Tamar, and the rebellion of his son Avshalom. Together, we’ll uncover how David faced failure, heartbreak, and betrayal while maintaining a deep connection to Hashem. We will explore themes of teshuvah, leadership, humility, and spiritual resilience, learning how greatness is not about perfection, but about the courage to return, rebuild, and keep moving forward.

Eliyahu Ha-Navi: Prophet of Fire

NEIMA NOVETSKY

Everyone knows Eliyahu Ha-Navi—he shows up at every brit, visits each of our Seders, and is expected to announce when Mashiach is on his way. He saves the oppressed and consoles the needy. What a loving, positive, kindly person! But take another look, because in Tanach, Eliyahu is fiery, harsh, uncompromising, truly scary—more “angry loner prophet” than “warm friendly rabbi.” So how



did he become the hero of Jewish legends, defender of the poor, and eternal comforter of Am Yisrael? Why, according to some, does he get to live forever? In this course, we’ll meet both Eliyahu—the fierce navi of Tanach and the compassionate Eliyahu of Midrash, and explore what his story says about the role of a prophet, the struggle between passion and compassion, and how we wrestle with contradictions in our spiritual heroes.

The Megilot: Kohelet + Eichah

RAV JOSH BOSBOOM

There’s no gentle way to say this: In time, no one will remember you. In just a few hundred years, every trace of your life—your name, your struggles, your achievements—will be gone. Everything you built will crumble, everything you achieved will fade, and



the world will move on without you. Kohelet doesn’t soften the blow. “Havel havalim, ha-kol havel,” everything is fleeting. It’s a brutal thought: If nothing lasts, then why live at all? Why throw yourself into work, love, family, or dreams, if none of it will endure? Kohelet drags you into that despair, forcing you to wrestle with the terrifying possibility that life has no lasting meaning. But Kohelet doesn’t leave you there. Woven into its raw honesty are sparks of something else: Finding joy in each moment, holiness in the everyday, and glimpses of a deeper purpose that isn’t erased by time. Between despair and hope, Kohelet dares you to find a way of living that matters—not forever in history books, but forever in the eyes of Hashem.

TIP: Your schedule reflects your unique goals and needs. Make sure to choose what’s right for you.

The Manual of Love: Shir Ha-Shirim

RAV JONNY FRIEDMAN

On the kind-of-scandalous surface, Shir Ha-Shirim reads like a collection of love letters from a man to



his beloved and from her back to him – stuff that was meant to be personal and private. Since the time of Chazal, people have wondered what it's doing in Tanach at all. But join us to take a completely different perspective! We will use Tanach's Book of Love to develop and

nurture loving relationships on three essential levels: bein adam la-atzmo, bein adam la-chaveiro, and bein adam la-Makom (within ourselves, between ourselves and other people, and between us and Hashem). First, Shir Ha-Shirim will provide us with a profound basis for growth through self-discovery, self-reflection and self-awareness. Next, it will guide us toward achieving kindness, compassion, and empathy towards others, creating harmonious and fulfilling connections between us and our friends and loved ones. Finally, we will use Shir Ha-Shirim to explore the intimate connection between us and God, the ways in which emunah, bitachon, tefilah, yearning and passion can deepen our relationship with Hashem. Whether you are seeking personal growth, healthier relationships with others or a closer connection with Hashem, this course offers valuable and practical lessons for you!

Sefer Mishlei: Perek 1-11

RAV RAFI ROSENBLUM

Mishlei is unique among the 24 books of Tanach in that the majority of its *pesukim*, rather than being



individual pieces of a larger story or halachic section, are actually self-contained observations on life or pieces of advice all on their own. This means that the sefer is jam-packed with meaning, with every single *pasuk* its own new world of ideas and reflections. It also means *Mishlei* can be a challenging *sefer*, since every *pasuk* stands on its

own and requires analysis. Perhaps this should come as no surprise in *Mishlei*, since it was written by Shlomo Ha-Melech, the smartest person ever. Join us to increase your “wisdom quotient” and improve your character, exploring the messages that Shlomo is hinting to us across the centuries.

The Wisdom of Mishlei

BRACHA KROHN / SHANA BET

A special hour focusing on the wisdom in *Sefer Mishlei*, topic by topic. Each week, we will learn *pesukim* relating to a theme and discuss that issue's relevance in our lives, looking at classic and contemporary sources. Shlomo ha-Melech's insight will blow you away!



Tehilim's Greatest Hits

MICHAL PORAT-ZIBMAN

Sefer Tehilim is the sefer that is the most closely integrated into our daily lives, since much of what we say when davening is actually from Tehilim. David Ha-Melech's poetic masterpiece enables us to express ourselves to God at our lowest moments, at



our greatest moments, at moments of gratitude and at moments of intense seeking. Join us on this journey to learn select chapters of this timeless classic that will enhance not only our routine tefilot, but also those spontaneous moments where we feel a desire (or a desire for a desire) to call out to God and to connect with Him.

TOPICS IN TANACH

Navi: Our Past is Our Future

RAV AZ THAU

While none were perfect, what made some Jewish leaders succeed overall (ex: David) and others fail



(ex: Sha'ul) in guiding Am Yisrael? The Jewish people struggled with avodah zarah (idol worship) for 900 years (!), from the Golden Calf disaster all the way through the destruction of the Beit Ha-Mikdash – but why was worshipping sticks and stones so

tempting, and what can we learn from it today about the things we admire and desire? How do the kings, conflicts, and religious leaders (like nevi'im) of Tanach reflect not just ancient history, but the eternal challenges of Am Yisrael even today? What does it actually mean that Hashem's presence "rested" in the Beit Ha-Mikdash, and since that spot remains holy even today, what changed when it was lost? Join us to see how these supposedly "ancient" stories are not at all in the past -- they are actually our present and future.

Life Hacks from Tanach

NEIMA NOVETSKY

What does it take to stand up for your beliefs when the whole world disagrees? (Avraham) Can you really



forgive everything, or are some things beyond repair? (Yosef and his brothers.) How do you keep going when no one will listen to you? (Yirmiyahu) What tips can our Imahot provide regarding the need for honest communication

to create healthy relationships? The stories of Tanach are packed with the ultimate life hacks! Each week we'll dive into a different narrative and uncover what advice it can offer to help us become better people. Together, we'll explore how Tanach's greatest figures (and sometimes, lesser-known figures) faced the same struggles we do—and discover the hacks they left for us.

Tefilah Role Models in Tanach

SARALA KILIMNICK

Know someone going through a tough time having children? Sarah Imeinu has been there. You've got

some real family drama going on? Rochel Imeinu can relate. Feeling down and unsure of your purpose in this world? Shlomo Ha-Melech felt the same way in Sefer Kohelet. Everyone has personal struggles, and it's natural that these experiences can make



us feel far from Hashem. Some of us struggle with our interpersonal relationships, others to find clarity, yet others have complicated situations when it comes to shidduchim or parnasah or health, the list goes on and on. In this course, we will take our struggles to the Tanach, where the Avot and Imahot not only model midot and mitzvot, but also invite us into their most personal struggles and hardships, and most importantly, share with us how they reacted to those hard times and used them to build even deeper relationships with Hashem. Join us to take our understanding of these characters to the next level, as we gain tools to tackle our personal struggles using inspiration from stories from throughout Tanach and follow in the footsteps of our role models to bring to life our own relationship with Hashem.



Dysfunctional Families in Tanach

NEIMA NOVETSKY

Why does the *navi* Hoshe'a marry a prostitute? How can Yiftach offer his daughter as a sacrifice? What's up with Shimshon's falling for Philistine women, or with angels marrying humans? How does the protective older sister Miriam become a jealous, gossiping sibling? We often look to Tanach for role models for how we should live our lives. When it comes to relationships, however, Tanach often seems to have many more examples of what we should not imitate than what we should – polygamy, fratricide (brothers killing each other), incest, rape, intermarriage – it's all there. How are we to understand all these dysfunctional relationships? Each week, this course will explore a different relationship and try to unravel what is going on and what we are supposed to learn from the story.

In the Name of God

RAV EITAN AVINER



It's been top of the best-seller list since it was first published, hands-down the most significant Book ever written. You know, the Tanach! What's so odd, though, is that the Book can't seem to decide what the Author's name really is. And Hashem seems to be very particular about His many names, not only making sure the world knows His name, but also specifically which name He's using at various moments throughout the Book. Obviously this isn't some kind of ego thing or craze for fame, but what is it? Did you ever notice that the Torah begins with two contradictory stories of creation, each one featuring its own name for Hashem? What's going



on? And if one of the main points of this whole book is that there's actually just one God, why does He start the book in this super-misleading way? Moshe makes a huge deal at the burning bush about not knowing Hashem's name – but does he literally have no idea who is talking to him from this bush? Why was Yonah trying to run away from God? Shouldn't a prophet know better? In this course, we'll unlock God's name secrets and reveal how the Tanach, when understood properly, is a guidebook to enriching our relationship with God as well as with one another. Along the way, we will develop an exciting methodology for learning Tanach.



“Supporting Actors” in Tanach

VICTORIA BERMAN

We often feel we understand the “famous” characters in Tanach, people like Avraham and Sarah, Yehoshua or King David. But what about the lesser-known heroes and villains, those who play “supporting” roles in stories throughout Tanach – who was “Bat Shu'a,” the Canaanite woman who became Yehuda's first wife, and what did he see in her to make him cross every line in the family book and marry a Canaanite? What about Bilhah, whom Ya'akov married just as a “surrogate mother” so that Rachel could have children through her – what was Bilhah's actual relationship with Ya'akov really like? How about Avishag, who was brought into David's life in his old age to literally keep him warm – how did they relate to one another? These supporting actors are not only interesting, they are often the key to understanding an entire biblical story. In this course, we will dive into stories in Tanach, focusing on the development and personalities of the “supporting actors” and discovering who they really were.

Practical Mussar from Tanach

SEPHA KIRSHBLUM

Pirkei Avot is awesome, filled with life advice with such depth and wisdom: “You are your own best



advocate in life; but if you stand *only* for yourself, what do you become?” “Pray even for the success of the country to which you are exiled, for without order in life, men consume one another.”

“Never judge someone until you’re in her shoes.” But life lessons are most vivid when illustrated by a great story. So... each session in this course, we’ll take a line or a thought from Pirkei Avot and take it one creative step further, connecting each piece of advice to a story from Tanach which brings that point to vivid life! Each time we meet, we will begin with a few lines from *Pirkei Avot* and then learn a story in Tanach which illustrates and deepens the message of the *Mishnah*, bringing home the ideals by which we should shape our own personal lives today.

Puzzling Personalities in Tanach

RAV EITAN MAYER

Miriam first appears to us at the Nile’s edge, watching worriedly over baby Moshe and using her smarts to arrange for him to spend his first years at home with his family. A pretty devoted sister, right? Can this be the same sister who later goes behind that same brother’s back and, unprovoked, accuses him – the most humble person in the world! – of



being arrogant? What happened to all that sisterly devotion? David Ha-Melech first appears to us as the brash, bright-eyed young man who fearlessly faces down Goliath, offended for the honor of Hashem and Am Yisrael. How can this be the same person who, once king, impulsively commits adultery with his married neighbor, Bat-Sheva, and then, to cover his tracks, sends her husband to his death? And you’re telling me this same person wrote Tehilim, which made it into Tanach and from which we draw so many of our tefilot? Is David one of the good guys – or the bad? Join us to take a close look at complex figures in Tanach whose personalities and actions often puzzle and perplex us, including Shlomo Ha-Melech, Esther, Eliyahu, and the entire generation of Jews who left Egypt. We will come away with a deeper understanding of human nature and of ourselves.



Hyperlinks in Tanach

SEPHA KIRSHBLUM

Since we were kids, we have heard that the Torah is extremely careful about every word used, and we’ve been trained to be sensitive to their significance. So it’s not a coincidence when specific words repeat themselves in different stories, creating a bridge (“hyperlink”) between the sections involved. Why is Haman referred to as “Haman Ha-Agagi,” and the only family reference for Esther is that she comes from Kish – what do these hints reveal? Why do both references bring us back to Sha’ul? Who exactly was Lot – is the Torah comparing him to Avraham, or to Orpah? What is the hidden connection between Rachel and Michal, both of whom are trying to save their husbands from their fathers? As we learn to become more sensitive to the language of Tanach, we will see how one story in Tanach functions as a commentary on another story!



**TIP: Carefully read the course descriptions.
Don’t go just by the course names!**

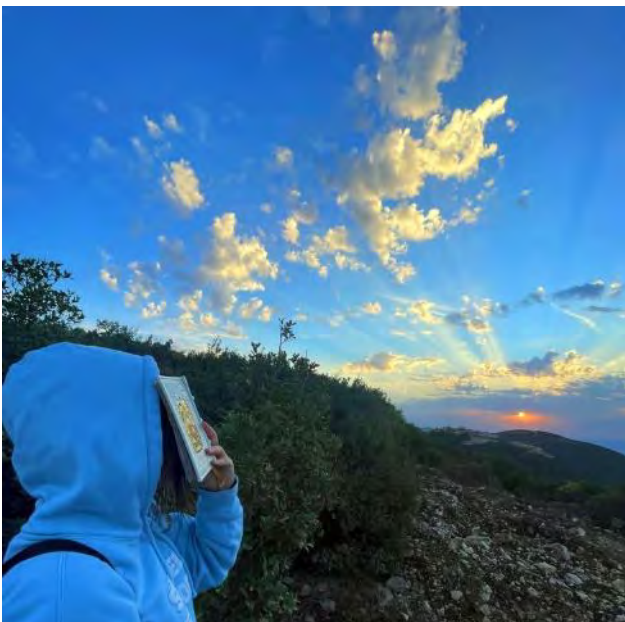
This will save you from signing up for the wrong courses just because the names sounded interesting.



Learning from Mistakes

NEIMA NOVETSKY

Aharon Ha-Kohen appears to err pretty badly with the sin of the Golden Calf (Hashem has to be dissuaded from killing him!), yet he still merits to be the Kohen Gadol. Why? What about David and Batsheva – after apparently committing both adultery and murder, he still manages to remain both the king and the father of mashiach. How? Is Shimon and Levi's reaction to Dina's rape in Shechem (yup, they massacre every man in town) an overreaction or a fair response? Yaakov appears to take advantage of Eisav to buy the birthright. Why is that OK? This course will look at stories in Tanach where biblical figures appear to make mistakes and poor decisions or otherwise act improperly. Is it OK to say that our leaders made mistakes? How did they move beyond their errors, and how can we learn from them to do the same? As we study these stories and others, we'll look both at how our parshanim have understood them and what we can learn from them about our own shortcomings, how to correct them, and how to move forward after failure.





הלכה

"Focus" Topics

God-Level Dilemmas in Medicine

RAV URI COHEN

Do terminal patients have a right to hear their true diagnosis no matter what, or should a doctor



withhold the hard facts when she feels the news itself might shorten the patient's life? Does halachah allow all types of cosmetic surgery, or are there limits due to the risks of surgery? Do we violate Shabbat to save everyone, or only Jews? In an emergency

situation (like a pandemic) with limited time and limited skilled hands, how should a doctor decide which patients to treat first? Is it OK to pay money in order to receive a donated organ, or should it be decided by who needs the organ most, or is most likely to survive, or who asked first? Our ever-advancing medical capabilities give us more and more God-like capabilities every day, but along with those God-like powers come God-level dilemmas. Join us to investigate the fascinating, dramatic world of medical ethics, where life-and-death questions and cutting-edge technology meet our eternal system of halachah.



intersection of medicine and ethics lie some of the most intense dilemmas humanity has ever faced. These aren't just questions of life and death - they are questions of right and wrong, of moral courage and ethical failure. They go straight to the heart of what it means to be human.

Medical Ethics: As Life Begins

RAV EITAN AVINER

Is abortion ever permitted? Who is the real mother when a surrogate is involved? Are there any halachic issues or moral limits to gene editing and designer babies? It's no surprise that so many of the most gripping TV dramas take place in hospitals - Grey's Anatomy, House, The Good Doctor. At the



"Good Talk!"

BRACHA KROHN

Do you sometimes regret saying something? (Who doesn't!) Do you sometimes wish you *had* said something,

and wonder why you didn't? Have you ever wondered why someone else's words hurt you or matter so much to



you? In this course, we will discuss the power of speech and the way our words affect others and even ourselves. Going way beyond just "lashon ha-ra," we will learn about many different mitzvot that relate to

speech and examine stories in Tanach where speech changed the course of history. If you want to feel inspired and motivated to use your words more kindly and responsibly, and feel stronger and less affected by others' destructive words, this course is for you! The learning we do each week will be relevant immediately and give you something to think about and work on until we see each other again.

Deep Thoughts on the Chagim

RAV JASON KNAPEL



What is the real meaning behind the sound of the Shofar? Why do we sometimes say the whole Hallel, and other times just part of it? What is the hidden meaning behind the lighting of the Menorah? Is it a mitzvah to get drunk on Purim, and if so, why? In today's day and age, why do we still "lean" at the Seder to show freedom? Through deep analysis of the traditional sources, we will not only understand the halachah, but also the philosophical background of the chagim and how the very details of the halachah help connect us with the spirit of the day.



Practical Berachot and Kashrut

RABBI YITZCHAK LERNER

This will be a crash course in Berachot (first part of the semester) and Kashrut (second part of the semester):

- **Berachot:** If I start eating in my dorm room and then go take a walk but continue munching, do I need a new *berachah*? If I take little sips from my water bottle all day, do I just make one *berachah* in the morning and I'm good-to-go all day? (And do I just make one *borei nefashot* at night after my last sip?) Surprised to hear that *ha-motzi* doesn't actually cover everything during the meal, and curious to know what's not included? Tuna salad for lunch –



which *berachah*? Crackers with cheese and tomatoes for a snack – what do I say? It's pizza time – *mezonot* or *ha-motzi*? These questions and many more come up every day of our halachic lives. We will explore the sources and get to bottom-line practical *halachah*.

- **Kashrut:** We will cover practical topics in Kashrut to enable you to run your own kosher kitchen: How to properly bake something "milk" in a "meat" oven; checking food for insects; how to deal with a microwave whose status is problematic; blood spots in eggs; how and when to separate "*challah*"; how long to wait between meat & milk; and many other topics. We will also relate to cleaning & *kashering* for Pesach; *tevilat keilim*; how to *kasher* utensils (we'll actually *kasher* things together to see how it's done); what "*glatt kosher*" and "*mehadrin*" really mean; *halachot* related to food cooked by a non-Jew; how to find kosher food when traveling far from a Jewish community or on a cruise; and more.

Halacha IRL: Co-Ed Environments

RAV JOSH BOSBOOM

You don't live in a vacuum. You live in a world of mixed spaces—classrooms, buses, camps, WhatsApp chats, workplaces—

where the lines between men and women constantly blur. And in those spaces, halachah isn't abstract; it's urgent, messy, and personal. What do you do when you find yourself alone with someone and the rules



of *yichud* suddenly feel very real? What does *shemirat einayim* (watching your eyes) actually mean in a world of constant images and scrolling? Where's the line between friendship and *negi'ah*? How do you dress, act, or speak in a way that protects dignity

without shutting down real relationships? This isn't theory. These are the daily crossroads where Torah collides with real life. Each story, each case, forces you to ask: What does Hashem expect of me here? What does it mean to live with kedushah when the boundaries aren't always clear? Halachah doesn't ignore the modern co-ed world. It speaks directly into it—sometimes uncomfortably, sometimes surprisingly—with a vision of holiness that can guide, challenge, and elevate you right where you are.

Friendship and Respect: A Halachic Guide

RAV AZ THAU

What does halacha demand of me in everyday interactions beyond just being “nice”? How do I



balance honesty (telling the truth) with sensitivity (not hurting others)? What are my halachic responsibilities toward friends, roommates, and classmates when it comes to speech (especially in a dorm!), borrowing things (especially in a

dorm!), and respecting privacy (especially in a dorm!)? Does “ve-ahava le-re'acha kamocha” literally mean what it sounds like, loving others literally like my own self? How can we live this in practical, everyday situations? Join us to see how having friends and relationships is governed not only by our intuitions and preferences, but also by the Torah's instructions and exhortations.

Gemara

RAV EITAN MAYER

Looking for a great way to become a clearer thinker, a more creative problem-solver, a more skilled pattern-recognizer (yeah, that's not really a word), and a better analyst of any problem you'll face for the rest of your life? Well, keep dreaming! Just kidding – the place to find all those things is in this course, designed for those with Gemara background but open to anyone looking for a real intellectual challenge in the world of Torah. As we successfully build Gemara thinking skills, you'll see you can use



those skills on everything else too, from Tanach to taxes (I kid you not, tons of Gemara learners go into tax law), from philosophy to phrenology (now I am kidding, go Google that), from relationships to real estate. Much more than just understanding the Gemara text, we will get inside the brilliant minds of the people who built our whole system and try to follow their thought processes – what made them each think what they thought, why they disagree when they do. As we improve our textual skills, we will also learn how to ask the key questions when approaching a new topic; how to make meaningful analytical distinctions; and how to brainstorm creative solutions to challenging problems.

Laws and Meaning of Tefilah

RABBI YITZCHAK LERNER



I really want *tefilah* to be part of my daily routine, but to be honest, I really don't know the meaning of what I'm saying and the rules which should guide me. Do women need to pray anything formal, or may they make do with just a few *berachot* each day? Do I need to say *Minchah*? When is the latest time I can still say *Shacharit* and *Minchah*? If I missed a *tefilah*, can I make it up? Do I answer “amen” or “kedushah” if I'm in the middle of another *tefilah*? Should I catch up during Torah reading, or listen to the reading? Is there any difference whether I pray at home or with a *minyan*? If I'm late or fall behind, what can I skip in order to catch up? Is it better to say less but wite *kavanah*, or say everything I can? Can I take a jog



before *tefilah*, or study for a test, or take the train, or have breakfast? The year in Israel is prime time to take your *tefilah* to the next level so that you can continue a strong connection with Hashem in college and beyond. Can there be any kind of real relationship without good communication? In addition to knowing what we're saying and learning how to focus, there is also a lot to know about the what, the when, the how, and the why of *tefilah*, and even if we've been "*davening*" for years, we still may not know. Join us to examine these questions and more, starting with *Modeh Ani* all the way to *Aleinu*.

Co-Ed Halachah

RAV YITZCHAK LERNER

What is the halachah – why are some schools single-sex and others co-ed? And why do some have English and math together, but not Torah? I've heard all about "shomer negi'ah," but is this a real thing, or is it just for super-Jews? I need to see the sources! Is it OK to be friends with boys? How about dating when it's not for marriage? Mixed swimming seems to be a no-no, but can I just sit by the beach or pool and tan, as long as I stay out of the water? When I'm dating, and my BF and I want some alone time, how do we do that while still keeping the laws of "yichud"? How do I avoid yichud problems when a male colleague and I are the only ones in the office? If these are some of your questions and you want to look at the sources and discuss these issues, then this course is for you.

Your Kosher Kitchen

RAV RAFI ROSENBLUM

Oh no! You just accidentally used your meat mixing bowl to prepare the cheesecake that everyone is expecting you to make for Shavuot. There's no time to go and get new ingredients. Does this mean that there won't be any cheesecake this year? Later that evening, you're preparing a cheesy onion soup and you accidentally use a meat knife to cut the onions that were going to go in the soup (not your best day...)! You remember hearing something about not using a utensil for 24 hours, and this knife hasn't been used for a few weeks. Is it okay to use the onions? Do we ever solve kashrut problems by sticking a knife into the dirt? In this practical halachah course, we will learn the answer to these questions and much, much more.



Tefilah: Meaning and Halachah

RAV RAFI ROSENBLUM / SHANA BET

You just woke up, you're starving, and you have a million things to do. But what activities are permitted before *tefilah* in the morning? Can you go for a jog? Does it matter if you can't concentrate without your morning coffee? At shul, you're in the middle of *davening* and someone asks you a question – can you answer? You finished your *Shemoneh Esrei* and you realize that you forgot "*Mashiv Ha-Ru'ach*" – what now? You've taken on *davening Minchah*, but you accidentally forgot today – is there anything to do? In this course, we'll cover the topics needed to answer these questions and many more, in addition to exploring the content of the *tefilot* themselves.

Hilchot Shabbat (Adv)

RAV EITAN MAYER

You probably know sorting and selecting things is an issue of "*borer*" on Shabbat, but does that mean you can't use a Brita pitcher or water bottle, since they



separate the bad (impurities) from the good (water)? I like the blue M&M's best, so is it a problem to select them on Shabbat, or are all M&M's considered the same? How about white vs. dark chicken? Can I make coffee on Shabbat if it uses a filter? (And why should any of these be forbidden, since they are all so easy – where's the "work"?) In this textual course on *Hilchot Shabbat*, we will sharpen our skills and learn the principles behind the *halachah* so we'll know what to do in similar cases. We'll learn each topic in depth rather than covering as many topics as possible, coming away from each topic with better skills and clear bottom-line halachic conclusions.

Over the year (after “*borer*”), we’ll cover the most applicable and practical topics: muktzeh, kiddush, asking non-Jews to perform melachah, cooking and warming, and more (cosmetics!), based on student preferences.



Hilchot Shabbat: The Shabbat Kitchen

RAV YITZCHAK LERNER / TWO SECTIONS TO CHOOSE FROM
How do I light candles in a hotel or dorm? What happens if I need to light candles and then go in a car? What is considered proper dress for Shabbat? Do I need to make kiddush every time I eat on Shabbat? What happens if there’s no one else around to make havdalah? And what about cosmetics? How do I navigate the kitchen on Shabbat – preparing salad, making tea, and warming up food – without running into trouble? If I forgot to deactivate the fridge light, am I facing a hungry Shabbat, or is there an alternative? How do I open packages in a permitted manner? Discussion and clear bottom-line halachic conclusions on a very wide range of Shabbat topics.

Hilchot Shabbat: The Shabbat Kitchen

RAV RAFI ROSENBLUM

Over the course of a Shabbat, especially when unusual circumstances arise, many questions come up. For example, what do you use for Kiddush if it turns out you have no grape juice? If people are taking forever to get home from shul, can you have a snack, or do you need to wait for Kiddush (or make your own)? Is there a permitted way to peel carrots on Shabbat? Many people (like me) enjoy putting *challah* into their soup Friday night. Is that allowed, or will the hot soup actually cook the *challah*? What about those people (me again) who don’t love tomatoes – can I take them out of a salad? In this course, you will learn the answer to these questions

and cover many, many other topics. We will cover topics starting from preparing before Shabbat all the way to making *havdalah* after Shabbat, and everything in between.



הלכה

"BROAD" TOPICS

What's in this section: Courses which will bring together *lots* of different topics under one theme (like contemporary halachah, daily halachah, life cycle, etc.)

Halachot You Should Know at 18

RAV JASON KNAPEL

For whatever reason, we often get to age 18 still fuzzy on a lot of details in our halachic lives: What activities are permitted before I've davened? What's the priority if I don't have time to say everything or walk into shul late? What if I forgot "Retzei" on Shabbat or Al Ha-Nisim on Purim? When I first move in, or when someone made a kashrut mistake, how can I "kasher" my seminary or college dorm room? Under what circumstances can you borrow something without asking? What's the berachah on chicken salad? I ate bread but then left – do I need to go back to "bentch"? Do I need to wash for a tiny piece of bread? Do I need to make a "Shehechyanu"



every time I buy anything new? Do I say Birchat Ha-Gomel every time I fly? After a near-miss car accident? How much tzedakah should you give, and to whom? Here is your chance to clear up misunderstandings, ask all your questions, and learn

about all the details that give us daily opportunities to add kedushah to our lives. We will learn basics of how to look up things on your own.

What's a Jew Supposed to Do

RAV ELI WAGNER

What do I do if I'm in the middle of Shemoneh Esrei and suddenly everyone's saying "Kadosh kadosh kadosh"? Do I really need to "hop" three times at the end of Shemoneh Esrei? Can I eat breakfast on



Shabbat, or do I need to first make Kiddush? Sushi contains rice (mezonot), but the main thing in it is fish (shehakol) or vegetables (ha-adamah) – so what berachah do I make? Potatoes are pareve, but do the fries from Burgers Bar make you meat anyway? Why is Israeli Kashrut SOOOO confusing, and how do I navigate the added factor of Shemitah this year? When I do netilat yadayim, do I wash each hand twice or three times (and why isn't once enough?), and do I make the berachah before washing, while washing or while drying off? Judaism's laws guide our lives, and there's a lot to know. You may have been doing things all your life, but now's your chance to fill in all your blanks. In this course, we will learn how to apply the most common halachot we face on a daily basis.

Urban Myths of Halachah

BRACHA KROHN

"Respecting your parents means always doing what they tell you" – so if they tell you what career you must pursue, which city to live in, how many children to have, you must obey? "It's assur to talk to boys" – where is the line between being normal and polite, and crossing a halachic boundary? "It's assur to give tzedakah to goyim!" – is there any truth to this?



“Women can’t say Kiddush or learn Gemara” – what do the sources say? “Shehakol covers everything,” “Studying kabbalah is forbidden until age 40,” “Movies are assur,” “If you get a tattoo you can’t be buried in a Jewish cemetery.” Some of what we know is actually true, and other things are “fake news”! Which “common knowledge” statements are really just common misconceptions? Come join us and find out. Many of the topics we explore will come from your ideas and suggestions.

Bottom-Line Halachah

RAV YITZ LERNER

What do I look for when buying a mezuzah? What exactly is everyone saying under the chuppah? Who can marry a kohen? What do I do first when I wake up in the morning? What happens at a Brit, and what am I supposed to say at each point? What are the different parts of a funeral, and what is my role there and in a house of mourning? We will look at halachic topics with a focus on the “bottom line.” Rather than



looking at many different sources, we will move quickly through topics to get to practical, bottom-line halachic know-how. [Extra sources will be available for independent study for interested students.]

The Jewish Life Cycle: Childhood

RAV JASON KNAPEL

Mazel tov, it’s a boy – now how do I choose a *mohel* and decide whom to honor with various roles at the *brit milah*? What do people do when a girl is born, and why isn’t there a (surgery-free!) female parallel to the *brit milah*? What should I take into account in choosing a name for my newborn child? Ever wonder what’s really going on at a *pidyon ha-ben*, especially why people put jewelry around the baby, and is there really an option to let the *kohen* keep your child? How can you make a bar mitzvah more meaningful than just *leining* the parshah, and how can you make a bat mitzvah more than a tweens party with a cute theme? How can you do your best at the incredible mitzvah of chinuch, raising your children to be committed, passionate, knowledgeable Jews? As young children begin to consciously interact with their parents, and then as we grow into teens and adults, what are our *kibud av ve-em* responsibilities beyond a vague sense of being respectful? In this course, we will explore the reasons, *halachot* and *minhagim* of all the major life-cycle events so that when they happen to you, you will know what and why we Jews do what we do!



Women in Jewish Law

BRACHA KROHN

What does Judaism have to say about relationships between the sexes? Does Judaism believe in platonic friendships? Is “being *shomer*” a real *halachah*, and does anyone really observe it? What is “*yichud*,” and when do we have to worry about it? Are elevators and deserted parks considered *yichud*? Why do some married women wear kerchiefs practically to their eyebrows, while others show much more hair? Can a woman make *kiddush* for everyone at the whole Shabbat table? Which *tefilot* is a woman obligated to *daven*? Can women be rabbis? Can they “*lain*” the Torah? Are men really not allowed to hear women



sing, no matter what song or tune it is? When and why do we need a *mechitzah*? Can women say *kaddish* in front of men? Why do some women enthusiastically learn *Gemara*, while others shy away? In this one-semester course, we will see the sources behind these interesting, important and very relevant *halachot*. You will finally know why you do what you do (and what you have to do) and what everyone is talking about. Lively discussions and debates await us as we answer these questions and more.

Halachah in the Parshah

RAV YITZ LERNER

See how the weekly parshah jumps off the page and into real life! Each week, we'll uncover fun and fascinating halachot that come straight from the Torah we're reading that week in shul (even in Sefer Bereishit, which doesn't officially have mitzvot). Examples: In Ki Tavo (first week): What can the mitzvah of bikurim teach us about the way we make berachot today? In Bereishit (after Sukkot): what can the story of Creation reveal about hilchot Shabbat? Parshat Va-Yera: What does Avraham's meal with the angels tell us about the laws of meat and milk? Va-



Yeitzei: How does Yaakov's neder (vow) to Hashem after his ladder dream (remember, the one with the angels going up and down) shed light on the halachot of promises? With stories, discussions, and plenty of real-life examples, this course will make halachah feel exciting, relevant, and alive — showing how the Torah is truly our guidebook for everyday life.

Did They Do the Right Thing? Analyzing Halachah in Historical Situations

RAV ELI WAGNER

Ever been to Masada and learned about the mass suicide? What about the false messiah, Shabtai Zvi, who convinced thousands of Jews that he was the "real thing"? (For that matter, when the "real thing" does arrive, how will we be sure?) If you fall in love with an Ethiopian, can you marry him — where did he come from? What is his history and halachic status? Have you ever learned about a fascinating episode in



history and thought, "What would I do in that situation?" or "What would the Torah want me to do?" Often, when learning about either history or halachah, we focus solely on one and neglect the other. Each week in this course, we will choose a significant event in our history and analyze a halachic challenge it presents (including episodes nominated by participants in the course). The skills gained and lessons learned through our analysis of each topic will allow us to put ourselves in the shoes of Jews through the ages and view history and halachah in a new light.

Halachic World

RAV RAFI ROSENBLUM

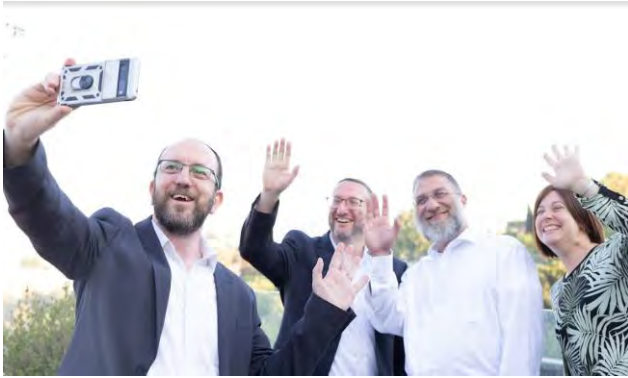
Is there anything wrong with going to a magic show? What do I do (if anything) if I have a bad dream? Can I go into a church? How about a mosque? Can someone with a tattoo be buried in a Jewish cemetery? What should I do if I am traveling and I want to eat bread, but I don't have water? What if

there is a sink, but I don't have a cup? Can a woman shoot a gun? Can a man look in a mirror? Can I gamble? If I wanted to go skydiving (sounds amazing), would there be anything wrong with that? What about skiing? What can I do before davening in the morning? Can I go for a jog? What about checking my email and messages? If you are interested in learning more about these topics and other similar topics, this course is for you. We will cover a different topic every class by looking at the primary sources and then looking at some of the contemporary sources.

Ask the Rabbi: "עשה לך רב"

RAV JASON KNAPEL

Join in each week for a freewheeling, every-question-goes extravaganza! Each week, we'll meet to discuss your questions on anything and everything. We'll



devote part of each class to answering your pre-submitted-via-WhatsApp questions (enabling Rav Jason to research them); part to discussing questions from people all around the world; and part to handling the questions that come to you during the class itself. This is the time to clear up all those questions you've always wanted to ask...



Ask the Rabbi: Hashkafah

RAV YY WENGLIN

Join in each week for a freewheeling, every-question-goes extravaganza! Each week, we'll meet to discuss your questions on anything and everything. We'll devote part of each shiur to answering your pre-submitted questions; part to discussing questions from people all around the world; and part to handling the questions that come to you during the shiur itself. This is the time to clear up all those questions you've always wanted to ask...



תורה בעל פה

Gemara

RAV EITAN MAYER



Looking for a great way to become a clearer thinker, a more creative problem-solver, a more skilled pattern-recognizer (I know that's not really a word), and a better analyst of any problem you'll face for the rest of your life? Well, keep dreaming! Just kidding – the place to find all those things is in this course, designed for those with Gemara background but open to anyone looking for a real intellectual challenge in the world of Torah. As we successfully build thinking skills, you'll see you can use those skills on everything else too, from Tanach to taxes (I kid you not, tons of Gemara learners go into tax law), from philosophy to phrenology (now I am kidding, go Google that), from relationships to real estate. Much



more than just understanding the Gemara text, we will get inside the brilliant minds of the people who built our whole system and try to follow their thought processes – what made them each think what they thought, why they disagree when they do. As we improve our textual skills, we will also learn how to ask the right key questions when approaching a new topic; how to make meaningful analytical distinctions; and how to brainstorm creative solutions to challenging problems.

OG Self Help:

Pirkei Avot for Real Life

ORIT REITER

How do you choose the right friends? What do you do with mistakes you've made? How can you bring holiness into your regular, everyday life? Which character traits actually matter? How do you decide what kind of person you want to become? Before

there were podcasts and self-help bestsellers, there was Pirkei Avot—a collection of advice from Chazal about how to live a good and meaningful life, grounded in Torah. Whether you're new to Pirkei Avot or have learned it many times, you'll understand why this is a sefer we need (and might eventually even want) to review again and again.



Deep Thoughts on the Chagim



RAV JASON KNAPEL

What is the real meaning behind the sound of the Shofar? Why do we sometimes say the whole Hallel, and other times just part of it? What is the hidden meaning behind the lighting of the Menorah? Is it a mitzvah to get drunk on Purim, and if so, why? In today's day and age, why do we still "lean" at the Seder to show freedom? Through deep analysis of the traditional sources, we will not only understand the halachah, but also the philosophical background of the chagim and how the very details of the halachah help connect us with the spirit of the day.



TIP: Think of your schedule as your "rough draft" of what to try out first. You can log in and make changes every night! So when learning begins, come with an open mind, ready to **make switches**.

Pirkei Avot

SARALA KILIMINICK

There are hundreds of mitzvot, but what are the most important things to focus on? What advice did



Chazal have about surrounding ourselves with the right people to bring out the best in us? How do we make time for the spiritual in a life full of insistent physical demands and opportunities? When should we be selfish, and when think of others? What can a Jew do to remain conscious of Hashem

throughout her day? Of all the important midot out there, which are the most important to cultivate? What is considered the best kind of motivation for doing mitzvot and learning Torah? How much money is enough? In Pirkei Avot, Chazal provide us with sound bites by which to live, encapsulating deep, inspiring wisdom on a broad range of life's most crucial and interesting issues. Each week, we will analyze a mishnah in Pirkei Avot which is directly relevant to us.





INSPIRATION

Ba-Yam Darkecha: Tap into Your Passion

R. MEIR REBIBO

Do you ever find yourself doing all the right things, but still wondering, “Am I really connecting to



Hashem?” Does davening sometimes feel like reading a script? Does keeping halachah feel like a checklist, instead of a relationship? Does teshuvah feel empty? You’re not alone. So many of us were taught what to do, but not always how to bring our

hearts into it. The holy tzadik Rav Itche Meir Morgenstern, in his sefer, Ba-Yam Darkecha, reminds us that being an eved Hashem isn’t about being perfect and it’s not about pressure. It’s about becoming someone whose life is filled with meaning, whose actions are filled with connection, and whose struggles are part of the journey, not something to hide from Hashem. Being an eved Hashem today, in a world full of distraction, pressure, and confusion, might feel overwhelming, but Ba-Yam Darkecha shows us that it’s not just possible but beautiful, full of joy, and real. In this course, we’ll explore what it means to serve Hashem not as a robot or a rule-follower, but as a thinking, feeling, striving Jew. You’ll walk away with tools, chizuk, and a deeper understanding of your soul’s path in avodat Hashem.

Survival Story: How Are We Still Here?

RAV AZ THAU

Why has every mighty empire that tried to destroy us disappeared, while we, small and weak by comparison, are still here, now stronger than ever? What makes Jewish history so unique that it doesn’t follow the rules of normal history? If Jewish survival

is impossible by logic, what’s the real explanation for our eternity? How does knowing our past change the way we see our role and mission today and the decisions we’ll make for our future? Are we just studying history — or are we actually living out the next



chapter right now? Join us to put our and your story into perspective and figure out the role we each play.

How Torah Can Change Your Life

RAV EFRONI SCHLESINGER

Every year, friends from school and your community return home from yeshiva and seminary and tell you that this year “changed their lives.” But it’s hard to understand what this means – after all, most of us learn Torah throughout our whole school career, and I doubt most of us feel like it was “life-changing,” so how can learning Torah all day for just one year “change your life”? How will it be different from the classes you’ve taken your entire life? How will it inspire you to grow and make commitments you never thought you could? In this course, we’ll dive into the depths of Torah, investigate what we’re learning and why, and build a life-long passion for Torah learning and being Jewish.



Songs of the Soul

ORIT REITER

Why does everyone remember their first concert, a kumzitz they thought would bring mashiach right then, a car ride transformed because of the perfect playlist? Because music is the language of the soul. When we sing, we connect to something higher, something deeper. We know the lyrics to SO many songs. But what about Jewish songs – Kabbalat Shabbat, Zemirot, Kumzitz songs. Do you know all the actual words? Do you know what they mean? Do you know what they mean TO YOU? If you can answer yes, you'll have answers for the following: How can we grow in our avodat Hashem without insecurity? How can we turn Shabbos from a 25-hour list of no's to an oasis in time? How can we cultivate the values we want to embody for the rest of our lives? How can I love the people in my life that are hard to even like? The answers lie within the words and notes of the songs we sing. Your soul has been humming along the whole time, now your head can get on board! Join Soul Talk to learn the messages living in the songs we've been connecting to for generations.



Bitachon: Your Key to Calm

SARALA KILIMNICK

Picture this: It's the day of your flight to seminary, and even though you can't possibly fit anything else into your duffels, you continue to buy more things. You park your car, run frantically into a store, find what you need, wait in line... and 20 minutes in, you realize you never paid the meter. You're too deep into waiting to get off line and are anxiously waiting to see if you received a ticket. You finally race back to your car and YES!, no ticket... what a relief! Imagine constantly living with that sense of relief,



that everything is okay... there is a plan... someone has your back... This is the basic concept of "bitachon," trust in Hashem. Bitachon starts to really matter when it's not just about a parking ticket – what if a family member just had a scary diagnosis? Or your best friend's brother is headed to serve in Gaza and she's turning to you for advice? Many of us have already faced or will face difficult challenges in making a parnasah, in our health, in our important relationships, or even war. If we can learn to see Hashem's plan in seemingly small areas of our lives, we'll be ready to see His hand in the more daunting challenges we face. We'll be using Sefer Madregat Ha-Adam to build our foundation of trust in Hashem.

Serving Hashem with Passion



RAV OSHI BLOOM

Does your Judaism often feel black and white, like going through the motions? Do you usually enjoy it, or does it feel like a burden? The Holy Ba'al Shem Tov came into the world back in 1698 and said guess what, it's not supposed to be black and white – it's supposed to be full of vibrant colors! You aren't a robot; you aren't supposed to just go through the motions. Every action should be filled with life and vitality. It's supposed to be the most enjoyable, sweetest thing in the world. A "chasid" isn't someone who wears a black-and-white uniform or speaks Yiddish; a "chasid" is a person who lives Judaism with that vitality and sweetness. Sounds great, right? This course will study the teachings of the Ba'al Shem Tov through the words of the Darchei Noam, the current Slonimer Rebbe.



Living in the Presence of Hashem

RAV JONNY FRIEDMAN

There's nothing more physical than eating, which explains why we don't eat on super-spiritual days like Yom Kippur, right? On second thought, eating *can* be spiritual, since it enables us to serve Hashem with energy. But can the act of eating *itself* be a way of serving Hashem, right then and there as we eat? Do we sleep just because we're tired (or love napping), or there is also a way to sleep like a Jew? Does



“simchah” mean literally being ecstatic all the time? And why is simchah so vital to our relationship with Hashem? We all have physical desires with which we struggle throughout our lives, either to resist forbidden desires or to minimize desires for things which are

permitted but distract us from what’s important. How do we build the strength to beat these urges? This course will engage topics like these in real-life spirituality, helping us to build a life of kedushah and inspiration.

Chovat Ha-Talmidim: Introducing... You!

ORIT REITER

There is one person with you from your first day to your last... you! So, how do you get to know her? How do you learn to actually like her? Judaism can feel stale and impersonal when viewed as a list of do’s and don’ts, kind of one-size-fits-all; but if each of us is special, bringing different strengths to the table of our unique Jewish life, how do we identify our strengths and use them? How can we personalize



mitzvot such as Shabbat and tefilah and use them as guides to becoming our best selves? What gets in the way of authentic growth, and how do we overcome those obstacles and maintain healthy spiritual growth? And how can we open our hearts and find the strength and motivation to do all of the above? Join us to find out how the Piaseczna Rebbe’s educational manifesto, Chovat HaTalmidim, gifts us with the opportunity to introduce ourselves... to ourselves, in the most authentic way.

Putting the “Kodesh” into Shabbos

RAV OSHI BLOOM

Put on your Shabbos clothes. Light candles. Go to shul. Kiddush. Challah. Chicken soup. Fall asleep on the couch. Wake up. Shul. Kiddush. Lunch. Friends. More sleep. Minchah. Ma’ariv. Havdalah. The end. You know exactly what you’re supposed to do on Shabbos. The question is, how are you supposed to feel? What are you supposed to be thinking about? What are the deeper meanings of all these actions? This course, based on the thought of Rav Avraham Tzvi Kluger in “Otcha Avakeish,” will answer all those questions and more.



Lives of our Gedolim

RAV HANOCHE TELLER

Quick – can you name ten social media influencers or Youtube stars or Tik-Tokkers who are hot right now? Great! Now – can you name five *Gedolei Ha-Dor* (great rabbinic leaders) since 1980? If you had an easier time with the first question than with the second, we need to talk about your “influencers”! What happens when your parents are pushing you one way, and you believe that God is wishing you a different way? How do you know what you should really be looking for in a husband, and the qualities to avoid no matter what? What do you do if your roommate is selfish, but if you try and correct her, she will say bad things about you? What do you do if you see a student taking “liberties” with school property, say something (and to whom?) or mind your own business? There isn’t a facet of life, from controlling your anger to how to concentrate better in davening – with every dilemma above thrown in, that has not been illuminated by our contemporary *Gedolim*. Join us to learn from the lives of *Gedolim* and benefit from their deep wisdom, long experience and vast Torah knowledge.



Life Advice from Rabbi Nachman

RAV YONATON HIRSCHHORN



“That was a-MA-zing!” You just went to an amazing class, and you’re feeling so inspired, but then you realize you don’t really know how to apply this fleeting spark of inspiration to your daily life. Many



of us know what we want from our lives, but we aren’t sure just how to get there. Wouldn’t it be amazing if there were a book of practical advice on how to become the best version of yourself? When things in my life are going wrong and I’m feeling low, how can I get inspiration from Hashem? Shemoneh Esrei feels like someone else’s words, and I feel nothing when I say it; how can I achieve real, personal, passionate communication with Hashem? Since I know Hashem won’t give me everything I want, what does it mean to “trust” in Hashem? How can I feel real joy and pride in my religious life? Rabbi 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 – “Likutei Eitzot.” Join us for Rabbi Nachman’s deep, inspiring advice on so many topics relevant to us today.



Transformative Teshuvah

ORIT REITER

Many people think of teshuvah as a “seasonal” endeavor, but Chazal teach us that if we ever see a great person sin, we should assume that by the *next morning*, they’ve already done teshuvah! How do we

become the kind of person who makes teshuvah a constant part of growth, instead of something we “visit” on Yom Kippur? Even more excitingly, can we transform teshuvah from a process of just apologizing and fixing mistakes into a life-changing shift in perspective? Chazal say that teshuvah was created even before the world. What can that teach us about ourselves, Hashem, and our relationship with Him? Can teshuvah be a feel-good process? Sefer Tehilim tells us that Hashem is close to one with a “broken heart” – but does that mean it’s good to be sad? If we’re not yet ready to make a big change, how can we awaken ourselves to *want* to want to want...? In Orot Ha-Teshuvah, Rav Kook illuminates our path of teshuvah. Join us on this journey back home.

The Joy of Being a Jew (“JOB AJ”) I: Make “You” Great Again



RABBI YY WENGLIN / TWO SECTIONS TO CHOOSE FROM

Let’s face it: It’s simply more exciting to go to a concert or a ballgame or a party than it is to *daven Shacharit*. Or to take *challah*. Or to keep *Shabbos*. Or to... You get the point. In this course, we will start with some basics of Jewish *hashkafah* and then progress to deeper ideas of *Kabbalah/Chassidus* to help us understand



ourselves and our relationship with Hashem. We will gradually learn to look at the world as a place filled with His holiness and wisdom, one-hundred percent suited for intense closeness and attachment to Him. Anticipated topics include truth, our deep desires in life, self-esteem, spiritual reality, emotions, *davening*, *Shabbos*, and much more. Once a Jew more fully appreciates and internalizes deeper ideas in Judaism, her joy from being Jewish increases proportionately. Who knows, you might even walk away from this course knowing how to make an “*asher yatzar*” with the same *simchah* and passion as if you had won American Idol!

TIP: “Midmorechoices” will open each night for you to change your schedule freely as often as you like (no changes during the day).



Positive Teshuvah

MICHAL PORAT ZIBMAN

Doing teshuvah is usually pretty depressing. Changing is hard. And who would be excited to face a load of guilt and the disappointment or anger of Hashem and the people we've wronged? Who is truly happy to do teshuvah motivated by fear of punishment, our go-to mode as Yom Kippur approaches? Is there another way to look at teshuvah? Enter Rav Kook, one of the most creative minds and loving hearts ever: Join us to learn about positive teshuvah motivated by love, not fear – our love for Hashem and His love for us, our love for others and theirs for us, and our love for ourselves; to see teshuvah not as a way to stop the bad, but a whole new and positive way to look at ourselves and a world filled with hope, possibility and positivity all year round; to understand that we can and must fix our entire world, a little bit each day, not just stop this sin and that sin before Yom Kippur. Join us to understand that teshuvah is not just a *key* toward growth, but is growth *itself* and the way we will bring redemption to the entire world.

The Transformative World of Breslov

R. MEIR REBIBO

Is your neshamah “thirsty”? Do you want to be able to see godliness in everything? Does your heart want



one thing, but your body does another? Do you want to be able to sync your body, mind, and soul, and start living a God-conscious lifestyle? Welcome to the World of Breslov! This course will explore the inspirational, transformative,

honest works of Rebbe Nachman of Breslov, the



great-grandson of the Ba'al Shem Tov. We will seek transformation together with the hundreds of thousands of Jews who been inspired. Let's transform open our minds and transform our hearts, as the Torah says, from hearts of stone to hearts of flesh.

Living Stress-Free

RAV YONATON HIRSCHHORN

“I’m so stressed!” “I’m just feeling so anxious!” “This is stressing me out!” If you’ve heard yourself sounding like that, feeling worried, drained, and like you always need a break, you are far from alone. More and more these days, we’re finding life stressful. Why? No one’s 100% sure what has changed... Maybe it’s because “we have a lot going on”?



Maybe many of our relationships are more complicated than in the past? Maybe life at this moment in history seems more full of uncertainties (Will I be able to support my family? Doing what?)? Maybe social media is adding to our stress somehow? Weirdly enough, a powerful solution for a lot of our stress might *not* require that we figure out the exact cause of that stress. Learning how to be “present” and “mindful” not only helps change our lives dramatically for the better, but actually is a mentality Rabbi Nachman of Breslov spoke about way back even before we were born into this stressful moment. Interested in guidelines on how to live a stress-free or less-stress life? See you in class!

Growth Instruction Manual

RABBI YITZCHAK LERNER

The seminary year is focused on learning and growth – in our relationship with Hashem, with other people, and in our own selfhood. Often, however, it doesn't seem self-explanatory how that growth is supposed to happen. Some examples:

- My friend seems to make such a connection when she prays. Why am I not feeling it, and how can I connect like she does?
- A year of growth is great, but it also makes me more conscious than ever of all of my imperfections and inadequacies. How do I figure



out where I need to grow without coming away feeling depressed and low?

- I feel like I'm a nice person, but I get the sense that somehow, I project NOT being super nice. How can I come across to others the same way I feel inside?

- *Halachah* seems so

demanding. Does God really care about all of these details?

- My sister/cousin/friend was a superstar in seminary and came back "amazing." How can I make that happen for me?
- I really want to grow, but I don't want everyone (friends / family) thinking I'm "so *frum*." How do I stay balanced? How do I explain myself to them? And how do I keep this growth going?

If these are some of your questions, this course may help you. Every week, we will study a fresh text from a contemporary rabbi addressing these issues. We will include pieces from Michtav Me-Eliyahu, Netivot Shalom, Rav Pinkus, Rav Chaim Shmuelevitz, and many more, to inspire us each week and guide us through this transformational year.

Knocking on Heaven's Door

RABBI YAAKOV YISROEL WENGLIN

Three steps back, three steps forward. Bow... Bow... Potch. Potch... Yawn, yawn, yawn. Bow... Bow... Three steps back. Again. Three steps back. Three steps forward. Bow... Bow... Potch. Potch... Yaaaaawwwwn. "—Wait, where am I? Oh, right...." Bow... Bow... Three steps back. Again... Every day. For the rest of your life. If this captures your prayer experience, then this course may be for you. We will look to change the game completely by learning about *davening* from the basic to the deep, drawing from select Chasidic and Kabbalah-based sources. In addition to regular *shiurim*, the course will sometimes be more of a workshop, using tools of group discussion, writing, role-playing, and meditation exercises to help you experientially internalize the information we learn. In the process of changing the *davening* experience, the course aims to also change the way you experience *yourself*, both in terms of your self-identification and your *midot* (character traits). But a bit of a warning: This course is for mature audiences only. The ideal student for this course is one who is focused and



growth-oriented, willing to contemplate new ideas, to participate in the exercises and discussions, and in general, to increase her connection to Judaism and Hashem. If you take this course, after all is said and done, you might actually not be in such a hurry to take those last three steps back!

Netivot Shalom



RAV JASON KNAPEL

Thousands of young people come to Israel every year seeking to connect: to connect to *Eretz Yisrael*, to *Am Yisrael*, to *Medinat*

Yisrael, or to Torah or to new friends...

the list goes on. But the year in Israel is a time to look not only outside, but also deep within, a year to truly study and discover yourself, searching the



depth of your personality and thinking clearly about your connection to Hashem and Judaism. We will use the truly inspirational Netivot Shalom, written by the Rebbe of Slonim, to illuminate our path toward these goals.

Tzav Ve-Ziruz: "The Notebook"

R. MEIR REBIBO

What would happen if you stopped pretending everything was fine and actually wrote down the truth about where you're holding? That's exactly what the Piaseczna Rebbe did in "Tzav Ve-Ziruz." In

the privacy of his own notebook, he recorded the real work of growth: admitting when he was tired,



unfocused, and stuck... and mapping out the small, daily steps to wake up again. In this course, we'll learn his practical methods for real change: Keeping a spiritual journal that doesn't sugarcoat reality; using visualization to pull yourself toward

the person you want to become; spotting the little lies you tell yourself; and turning hard times into fuel instead of letting them drag you down. We'll talk about questions most people avoid: What would I write if no one else would ever see it? What am I scared to admit to myself? If I picture my ideal self, what's one action I could take today to get closer? Join us to learn how to be real with yourself and how to use that honesty to move forward.



Alei Shur: The “Eved Hashem”

MICHAL PORATH-ZIBMAN

We will study the inspiring teachings of one of the greatest giants of our generation, Rav Shlomo Wolbe. Rav Wolbe was renowned for being able to encourage and inspire Bnei and Bnot Torah to grow spiritually by first recognizing the reality of living in a material world and then providing them with advice and a roadmap on the journey of elevating themselves. The ultimate goal is to enable us as “*avdei Hashem*” to become more introspective about our service of Hashem.

Shabbos: Inside Out

ORIT REITER

When we learn about Shabbat, the focus is often on the melachot, the 39 categories of forbidden work. But what kind of atmosphere is Halachah really trying to create? If Shabbat is a day of rest, why can I lift a heavy chair, but not cut vegetables too finely? Wouldn't a quiet day at the beach feel more restful than following all these detailed rules? Why does it matter how far I walk, or how I separate items on Shabbat? What does this day have to do with Mashiach and Olam Ha-ba? What spiritual strength does Shabbat give me for the rest of the week? In “Shabbos: Inside Out,” we'll go beyond the checklist and explore the deeper purpose behind the halachot—what they're meant to build in us, around us, and between us and Hashem. We'll discover the spiritual architecture of Shabbat and the world it invites us into. Exploring deep ideas and personal reflection, we'll uncover how Shabbat isn't just a break from the world—it's a taste of a higher one.



Real Simchah in Real Life

R. MEIR REBIBO

Do you ever feel like you're supposed to be happy, but don't know how? Do phrases like “*lvdu et Hashem be-simchah*” sound beautiful, but feel out of reach? Are you tired of hearing that if you were just “more grateful” or “more spiritual,” you'd finally feel the joy and happiness people talk about? You're not alone, and you're not broken. In this course, we're going to dive into the teachings of “*Mishteh Ve-Simchah Tamid*,” a powerful and uplifting sefer based on the Torah of the Lelover Rebbe, Rav Dovid Biderman. This is a guide to living with real simchah—not fake smiles, not ignoring pain, but building a life where joy is rooted in emunah, in self-awareness, in truth. Join us



to find the kind of simchah that can carry us in good times and bad.



Netivot Shalom

RAV YITZCHAK LERNER / SHANA BET

How does one work practically on *emunah* in Hashem and *Yirat Shamayim*? What is *simchas ha-chaim* and how does one achieve it? What steps can I take to improve my *tefilah*? Using “Netivot Shalom”, by Rabbi Shalom Noach Brozovsky, the Slonimer Rebbe, we will gain insight into the weekly *parshah* and chagim and take personal lessons from his work. We will explore ideas ranging from belief in God to self-improvement.

“Hashem Wants the Heart” The Torah of Chasidut

RAV YAAKOV YISROEL WENGLIN / SHANA BET

We all know that ideally, we want to do everything in life with a full heart. Yeah, go ahead and say it: “With all of our heart and soul!” We want to be “into it” when we do things in life, whether we’re talking about marriage or children or career or personal growth or acts of kindness or even just chilling out. And, of course, we want to be fired up for Torah and *mitzvot*. And it all starts (and ends) with your heart. In this course, we will learn some classic Torah from the world of Chasidut to help us give Hashem what He wants from us – our hearts.



The Wisdom of Mishlei

BRACHA KROHN / SHANA BET

A special hour focusing on the wisdom in *Sefer Mishlei*, topic by topic. Each week, we will learn *pesukim* relating to a theme and discuss that issue’s relevance in our lives, looking at classic and contemporary sources. Shlomo ha-Melech’s insight will blow you away!

Sefer Mishlei: Perek 1-11

RAV RAFI ROSENBLUM

Mishlei is unique among the 24 books of Tanach in that the majority of its *pesukim*, rather than being individual pieces of a larger story or halachic section, are actually self-contained observations on life or pieces of advice all on their own. This means that the sefer is jam-packed with meaning, with every single *pasuk* its own new world of ideas and reflections. It also means *Mishlei* can be a challenging *sefer*, since



every *pasuk* stands on its own and requires analysis. Perhaps this should come as no surprise in *Mishlei*, since it was written by Shlomo Ha-Melech, the smartest person ever. Join us to increase your “wisdom quotient” and improve your character, exploring the messages that Shlomo is hinting to us across the centuries.

Tzniut on the Inside

RAV YONATON HIRSCHHORN

Sefer Mishlei, written by the smartest person ever, tells us that wisdom comes to those who are *tzanu’a*, or modest. But that seems so random – how can modesty bring us wisdom? While it can certainly be a hassle to wear long clothing in hot weather, did you know that *tzniut* can help protect us from a lot more than sunburn – shielding us from people’s envy, and fending off people who might take what we have if they saw it? Paradoxically, although it begins with a beauty contest (which can hardly be called *tzanu’a*), did you realize that the whole Purim miracle centers on the idea of *tzniut*, with Esther hiding in plain sight?



How can tzniut, which involves being subtle and not looking for the spotlight, help us find Hashem, who also stays hidden? In what ways are we supposed to be tzanu'a (and I'm not talking

about dress!) when we do mitzvot, such as davening, learning Torah, giving tzedakah, getting married, and more – and why? What would it look like to do mitzvot in a tzanu'a / modest manner, and how would it help us be more sincere and focus on what's important? What is the connection between not showing off and building a deeper sense of self-esteem and dignity? Most discussions about tzniut (over-)focus on dress codes. But all those rules are literally only scratching the surface of tzniut (get it?), which is really much more than skin deep! Join us to have a deeper conversation about tzniut – not in dress, but in every aspect of what we do, the kind of modesty which would still exist even if we had no knees and elbows."

A Ladder of Ascent

RAV OSHI / SHANA BET

You already keep Shabbat, make berachot, go to shiurim, and try to do the right thing. But somewhere



along the way, you may have started to wonder: How do I build a relationship with Hashem that feels real—not just something I do, but something I live? How do I learn Torah in a way that shapes me, not just fills my head? How can tefilah become a genuine

conversation and not just saying words? How do I develop real emunah—not as a slogan, but as something steady enough to hold me through doubt or pain? What does it mean to do chesed without getting lost in other people's expectations or my own need for approval? This course, based on the third volume of Bilvavi Mishkan Evneh, is designed to guide us through the process of inner spiritual

development—what the sefer calls a "ladder of ascent." We'll learn how to move from living Judaism on the surface to uncovering the personal, internal path of "avodah penimit," serving Hashem from within. Each stage of the journey—Torah, tefilah, chesed, midot, and emunah—is reframed not as a checklist, but as a step in building a life of connection and truth. This course is for anyone who doesn't just want to keep doing more, but who wants to feel their Yiddishkeit come alive.

Meaning in the Months

ORIT REITER / SHANA BET

What if the Jewish year wasn't just a cycle of holidays, but a roadmap for personal growth? How

can the natural rhythms of the year help us connect more deeply to our inner world? What does each month's shevet, element, and symbol reveal about our personal and collective journey? And how



can we align our lives with the deeper flow of Jewish time? In Meaningful Months, we'll explore each Hebrew month as its own spiritual season, with unique energy, themes, and opportunities for reflection, turning the calendar into a tool for transformation. Each month will become a lens to explore different midot and aspects of connection to Am Yisrael and Hashem. You'll learn how to stop *going* through the year—and start *growing* through the year.

Chashivut Ha-Torah (Enough Said)

SARALA KILIMNICK / SHANA BET

You came Shana Bet. Why – to finally get that first seat-choice in the Beis? To sit front row in the classroom? To go on those VIP trips? Perhaps to keep doing chesed on Wednesdays? To be spoken about at Preidah? You've made it this far, either easily or with a fight, all for what? To your parents and friends, your being Shana Bet is a clear sign that: You. Value. Torah. But how is that going to actualize itself starting January 2026? Whether you're going to secular or Jewish college, or when you're dating or



married, living in Chutz La-Aretz or Eretz Yisrael, what will Torah mean to you post-seminary, and how do we keep developing that for the rest of our lives? Through learning about Klal Yisrael and Matan Torah, sefarim like Bilvavi Mishkan Evneh and Mesilat Yesharim, and

learning about Gedolim whose lives embodied Torah, we will find clues and principles for how to keep your most important value, Torah, the center of your life, no matter where you head in life.

Redemption in Real Time

RAV AZ THAU

Is the founding of the State of Israel a) just a secular political event, b) just good news for the Jews as a

safe haven, or c) the hand of Hashem igniting the Ge'ulah? How can something as holy as redemption come about through people who are not Torah-observant? What is the difference between "redemption" (Ge'ulah) and "exile" (Galut) in terms of

how we live our daily lives? How can a believing Jew look at the modern State of Israel, with all of its many challenges and imperfections, and claim that it's some kind of religious miracle? What signs can we see in our generation that point to the unfolding of Hashem's promise of redemption? Join us to try to figure out what Hashem is up to behind the scenes of unfolding history and current events, and what opportunities we each have to respond and contribute.



SELF-IMPROVEMENT

The Manual of Love: Shir Ha-Shirim

RAV JONNY FRIEDMAN

On the kind-of-scandalous surface, Shir Ha-Shirim reads like a collection of love letters from a man to his beloved and from her back to him – stuff that was meant to be personal and private. Since the time of Chazal, people have wondered what it's doing in Tanach at all. But join us to take a completely different perspective! We will use Tanach's Book of Love to develop and nurture loving relationships on three essential levels: bein adam la-atzmo, bein adam la-chaveiro, and bein adam la-Makom (within ourselves, between ourselves and other people, and between us and Hashem). First, Shir Ha-Shirim will provide us with a profound basis for growth through self-discovery, self-reflection and self-awareness.



Next, it will guide us toward achieving kindness, compassion, and empathy towards others, creating harmonious and fulfilling connections between us and our friends and loved ones. Finally, we will use Shir Ha-Shirim to explore the intimate connection between us and God, the ways in which emunah, bitachon, tefilah, yearning and passion can deepen our relationship with Hashem. Whether you are seeking personal growth, healthier relationships with others or a closer connection with Hashem, this course offers valuable and practical lessons for you!

TIP: This is *the* year to work on your tefilah and your basic knowledge of what's in the Torah. Take at *least* one tefilah course which helps you understand what you're saying and connect with it, and at *least* one parshah course so that you gain greater familiarity with the Torah.

Learning from Mistakes

NEIMA NOVETSKY

Aharon Ha-Kohen appears to err pretty badly with the sin of the Golden Calf (Hashem has to be dissuaded from killing him!), yet he still merits to be the Kohen Gadol. Why? What about David and Batsheva – after apparently committing both adultery and murder, he still manages to remain both the king and the father of mashiach. How? Is Shimon and Levi's reaction to Dina's rape in Shechem (yup, they massacre every man in town) an overreaction or a fair response? Yaakov appears to take advantage of Esav to buy the birthright. Why is that OK? This course will look at stories in Tanach where biblical figures appear to make mistakes and poor decisions or otherwise act improperly. Is it OK to say that our leaders made mistakes? How did they move beyond their errors, and how can we learn from them to do the same? As we study these stories and others, we'll look both at how our parshanim have understood them and what we can learn from them about our own shortcomings, how to correct them, and how to move forward after failure.



Difficult Midot Situations / Breaking Bad Habits

RAV HANOCH TELLER

How can we stop assuming the worst of people and begin to judge them favorably? How can we handle difficult conversations with friends, parents, and roommates, sensitively making ourselves heard while also hearing others and finding ways to work out tough issues? How can we waste less time, be



more thoughtful, considerate, appreciative, respectful, resilient, mature, and spiritual? How can we actualize our potential? This course will try to provide you with a significant edge in the struggle to be a better person and achieve success in life morally, professionally and socially.

Finding Real Happiness

DR. AVIVA GOLDSTEIN

If you're pessimistic, were you just born that way and must live that way, or can optimism be learned? Feel like you sometimes have trouble handling adversity,



and wondering whether you can find greater resilience? Looking for ways to be happier, more grateful, more satisfied with your life, and more empathetic to those around you? Most of us think of psychology as the field that deals with problems and dysfunctions, and for

a long time, that's what it was. But "Positive Psychology" is a new field dedicated not to neutralizing negatives, but to understanding the dynamics of well-being, happiness and life satisfaction. Scientists and psychologists have spent the last two decades making fascinating discoveries about the human brain and human emotions, with striking similarity to the writings of Judaism throughout the millennia. We will discuss the definition of happiness, the implications of gratitude and empathy, the impact of mindfulness, and how we can grow in self-awareness. We will explore individual character development through the prisms of both Torah and psychology in order to more fully achieve happiness and well-being in our daily lives.

Intense Mesilat Yescharim

RAV EITAN MAYER

Rav Moshe Chaim Luzzato's "Path of the Righteous" is the first "*musar*" *sefer* I ever learned, and it changed my life. More than anything else, this is a book that helps you to step back from your life and *think*. While many people who haven't learned "*musar*" think it means "rebuke" or "telling someone they've done the wrong thing," "*musar*"



is really just the kind of learning which is meant to impact us personally rather than just intellectually. *Mesilat Yescharim* begins by asking us what each of us personally is here for in this world, which is a startling question and a real wake-up call. The *sefer* continues by demonstrating the importance of taking time each day to think about "how we did" that day, what we're proud of and where we have work to do. It then presents a "path" (hence the title) which guides us as we seek to spend our time well here in this world. Join us for a highly practical, highly personal, highly intense journey towards stepping back from your life, reflecting, considering, focusing, and deciding on your path this year and for life as servants of Hashem.

The Seven Habits of Highly Effective Jews

SEPHA KIRSHBLUM

All of us have habits which get in our way. We procrastinate work, errands, and phone calls; we say "yes" when people ask us for favors even when we



should say "no"; sometimes FOMO keeps us up until crazy hours even when we know we'll be at less than our best the next day. What positive habits can we establish to replace our dysfunctional ones? Steven Covey, author of bestseller "The Seven Habits of Highly

Effective People," teaches us about seven habits he believes can help us develop into our best selves. For example: How to best listen to people; how to

prioritize our time (including knowing when to say no); how to stop procrastinating and get things done; how to work best alone and with a team; and how to always be seeking to improve ourselves and grow. In this course, we will learn these habits in detail from a Torah perspective, incorporating Jewish ethics and philosophy as well as the teachings of specific *mitzvot* that can help us fully develop these positive habits and become highly effective people and Jews.

Building Great Relationships

DR. AVIVA GOLDSTEIN

How can I maximize my role as a daughter or step-daughter? What does friendship mean to me? What



kind of spouse do I want to be, and what do I need to find in my own spouse? How do I imagine myself as a mother? What can I learn about my relationship with siblings, or from my only-child status? How can I nurture emotional intimacy in a way that is empowering? What

do I do once I recognize dysfunction in my relationships? What is the connection between my own self-awareness and self-confidence on one hand, and the health of the relationships in my life on the other hand? This course will be a journey through personal experiences, analysis of contemporary social research and immersion in relevant Jewish texts that can inform the social decisions in our lives. Reflecting on our own relationships and learning from sources, we will explore the universal undercurrents of human relationships and learn how to enhance our relationships and their impact on our lives. We will analyze communication and compatibility and recognize patterns in our own social experiences, and through a broad collection of Jewish texts and psychology resources, we will seek a deep self-awareness and healthy, enriching relationships.



Olam Ha-Midot

RAV YITZCHAK LERNER

Would you like to become a more truthful person? Achieve a more sincere level of motivation in everything you do? Do you wish you could be less jealous, leave anger behind, and more easily find fulfillment, calm, and happiness? Do you want to be more kind? Sefer "Olam Ha-Midot," by Rav Moshe Kestenbaum (author of smash musar hit "Olam Ha-Avodah") will help you get there. This sefer is all about refining your midot. Join us to challenge yourself to take things to the next level.

Building Your Self-Confidence

BRACHA KROHN

Do you want to feel more empowered in your own life? Do you feel anxious, unsure, or overwhelmed at moments of transition or decision? Would you like to feel more positive, confident and effective in your day-to-day choices? Is it hard for you to put yourself first even when you know you should? Then this course is for you! We will learn the thoughts and tools needed to strengthen our confidence and self-esteem when life gets overwhelming, to put ourselves first when necessary, and to quiet the feelings of worry and anxiety that slow us down or hold us back. Learn the areas in our lives where we can bring change! You will learn about the value the Torah places on our need to make choices in life, be proactive and chart our own destinies. We will focus on the ways we can develop ourselves spiritually, emotionally and intellectually. Join us to learn about



being independent in your Torah learning, forgiving yourself and others, navigating through challenges that overwhelm you, choosing role models and mentors, finding and making meaningful friendships with people who bring out the best in you, and creating inspiration for yourself so you don't have to wait around for it! You will be happily surprised by the new-found independence, strength and confidence that you will begin to experience as we explore these topics and more. This is your ticket to a more successful YOU in all areas of your life... and to a more successful year, taking full advantage of all the opportunities that seminary offers.

Honing your Happiness

SARALA KILIMNICK

What's that thing that everyone wants, but so few people seem to achieve? Yup, everyone wants "to be



happy" and spends their life pursuing it, but mostly they discover quick fixes which turn out to be illusions. Money can't buy happiness, but what does? Can the Torah really help me, a seminary girl in 2025, achieve happiness? Vacations? Retail therapy? Wish lists?

My favorite foods? A gel manicure... Still not happy? Let's figure that out! Many sefarim, including Chovot Ha-Levavot, Orchot Tzadikim, and Olam Ha-Midot include a chapter on simchah, happiness. We will explore these sources to better understand what real happiness is and what it isn't, to then understand how the Torah's views on happiness apply to us as Jews, and how to incorporate these ideas into our everyday lives. Together, we're on a mission to understand and achieve the one thing in the world for which everyone is searching.

Real Simchah in Real Life

R. MEIR REBIBO

Do you ever feel like you're supposed to be happy, but don't know how? Do phrases like "*Ivdu et Hashem be-simchah*" sound beautiful, but feel out of reach? Are you tired of hearing that if you were just "more grateful" or "more spiritual," you'd finally feel the joy and happiness people talk about? You're not alone, and you're not broken. In this course, we're

going to dive into the teachings of "Mishteh Ve-Simchah Tamid," a powerful and uplifting sefer based on the Torah of the Lelover Rebbe, Rav Dovid Biderman. This is a guide to living with real simchah—not fake smiles, not ignoring pain, but building a life where joy is rooted in emunah, in self-awareness, in truth. Join us to find the kind of simchah that can carry us in good times and bad.



Chovat Ha-Talmidim:

Introducing... You!

ORIT REITER

There is one person with you from your first day to your last... you! So, how do you get to know her? How do you learn to actually like her? Judaism can feel stale and impersonal when viewed as a list of do's and don't's, kind of one-size-fits-all; but if each of us is special, bringing different strengths to the table of our unique Jewish life, how do we identify



our strengths and use them? How can we personalize mitzvot such as Shabbat and tefilah and use them as guides to becoming our best selves? What gets in the way of authentic growth, and how do we overcome those obstacles and maintain healthy spiritual growth? And how can we open our hearts and find the strength and motivation to do all of the above? Join us to find out how the Piaseczna Rebbe's educational manifesto, Chovat HaTalmidim, gifts us with the opportunity to introduce ourselves... to ourselves, in the most authentic way.

Lives of our Gedolim

RAV HANOCH TELLER

Quick – can you name ten social media influencers or Youtube stars or Tik-Tokkers who are hot right now?



Great! Now – can you name five *Gedolei Ha-Dor* (great rabbinic leaders) since 1980? If you had an easier time with the first question than with the second, we need to talk about your “influencers”! What happens when your parents are pushing you one way, and you believe that

God is wishing you a different way? How do you know what you should really be looking for in a husband, and the qualities to avoid no matter what? What do you do if your roommate is selfish, but if you try and correct her, she will say bad things about you? What do you do if you see a student taking “liberties” with school property, say something (and to whom?) or mind your own business? There isn’t a facet of life, from controlling your anger to how to concentrate better in davening – with every dilemma above thrown in, that has not been illuminated by our contemporary *Gedolim*. Join us to learn from the lives of *Gedolim* and benefit from their deep wisdom, long experience and vast Torah knowledge.

Life Hacks from Tanach

NEIMA NOVETSKY

What does it take to stand up for your beliefs when the whole world disagrees? (Avraham) Can you really



forgive everything, or are some things beyond repair? (Yosef and his brothers.) How do you keep going when no one will listen

to you? (Yirmiyahu) What tips can our Imahot provide regarding the need for honest communication to create healthy relationships? The stories of Tanach are packed with the ultimate life hacks! Each week we’ll dive into a different narrative and uncover what advice it can offer to help us become better people. Together, we’ll explore how Tanach’s greatest figures (and sometimes, lesser-

known figures) faced the same struggles we do—and discover the hacks they left for us.

Tzav Ve-Ziruz: “The Notebook”

R. MEIR REBIBO

What would happen if you stopped pretending everything was fine and actually wrote down the truth about where you’re holding?

That’s exactly what the Piaseczna Rebbe did in “Tzav Ve-Ziruz.” In the privacy of his own notebook, he recorded the real work of growth: admitting when he was tired, unfocused, and stuck... and mapping



out the small, daily steps to wake up again. In this course, we’ll learn his practical methods for real change: Keeping a spiritual journal that doesn’t sugarcoat reality; using visualization to pull yourself toward the person you want to become; spotting the little lies you tell yourself; and turning hard times into fuel instead of letting them drag you down. We’ll talk about questions most people avoid: What would I write if no one else would ever see it? What am I scared to admit to myself? If I picture my ideal self, what’s one action I could take today to get closer? Join us to learn how to be real with yourself and how to use that honesty to move forward.

How Torah Can Change Your Life

RAV EFRONI SCHLESINGER

Every year, friends from school and your community return home from yeshiva and seminary and tell you that this year “changed

their lives.” But it’s hard to understand what this means – after all, most of us learn Torah throughout our whole school career, and I doubt most of us feel like it was “life-changing”; so how can learning Torah all day for just one year “change your life”? How will it be



different from the classes you've taken your entire life? How will it inspire you to grow and make commitments you never thought you could? In this course, we'll dive into the depths of Torah, investigate what we're learning and why, and build a life-long passion for Torah learning and being Jewish.

Bitachon: Your Key to Calm

SARALA KILIMNICK

Picture this: It's the day of your flight to seminary, and even though you can't possibly fit anything else into your duffels, you continue to buy more things. You park your car, run frantically into a store, find what you need, wait in line... and 20 minutes in, you realize you never paid the meter. You're too deep



into waiting to get off line and are anxiously waiting to see if you received a ticket. You finally race back to your car and YES, no ticket... what a relief! Imagine constantly living with that sense of relief, that everything is okay... there is a plan... someone has your back... This is the basic concept of "bitachon," trust in Hashem. Bitachon starts to really matter when it's not just about a parking ticket – what if a family member just had a scary diagnosis? Or your best friend's brother is headed to serve in Gaza and she's turning to you for advice? Many of us have already faced or will face difficult challenges in making a parnasah, in our health, in our important relationships, or even war. If we can learn to see Hashem's plan in seemingly small areas of our lives, we'll be ready to see His hand in the more daunting challenges we face. We'll be using Sefer Madregat Ha-Adam to build our foundation of trust in Hashem.

Practical Mussar from Tanach

SEPHA KIRSHBLUM

Pirkei Avot is awesome, filled with life advice with such depth and wisdom: "You are your own best advocate in life; but if you stand *only* for yourself, what do you become?" "Pray even for the success of the country to which you are exiled, for without order in life, men consume one another." "Never judge someone until you're in her shoes." But life

lessons are most vivid when illustrated by a great story. So... each session in this course, we'll take a line or a thought from Pirkei Avot and take it one creative step further, connecting each piece of advice to a story from Tanach which brings that point to vivid life! Each time we meet, we will begin with a



few lines from *Pirkei Avot* and then learn a story in Tanach which illustrates and deepens the message of the *Mishnah*, bringing home the ideals by which we should shape our own personal lives today.

Pirkei Avot

SARALA KILIMINICK

There are hundreds of mitzvot, but what are the most important things to focus on? What advice did Chazal have about surrounding ourselves with the right people to bring out the best in us? How do we make time for the spiritual in a life full of insistent physical demands and opportunities? When should we be selfish, and when think of others? What can a Jew do to remain conscious of Hashem



throughout her day? Of all the important midot out there, which are the most important to cultivate? What is considered the best kind of motivation for doing mitzvot and learning Torah? How much money is enough? In Pirkei Avot, Chazal provide us with sound bites by which to live, encapsulating deep, inspiring wisdom on a broad range of life's most crucial and interesting issues. Each week, we will analyze a mishnah in Pirkei Avot which is directly relevant to us.

Orchot Tzadikim: בין אדם לעצמו

BRACHA KROHN / MEETS SUN + TUE

Did you come to seminary to work on yourself? Before you work on your connections to other people and to Hashem, the foundation to build on is the *midot* that are about you yourself, “*bein adam le-atzmo*.” Join us to learn from the life-changing sefer, Orchot Tzadikim, why we do what we do and how to do things differently. Do you want to learn how to balance self-esteem and confidence with humility, so you’ll know how to value yourself and your needs



while still having quality relationships with family, friends and Hashem? If people say that you’re supposed to be “*be-simchah*” all the time (there’s even a song that says that), does that mean you can never be sad about anything? What are the things we think will make us happy but actually won’t, and what are the surprising things that actually do work? How do we get over laziness and get motivated to be more productive? Join us to learn essential skills and gain invaluable self-awareness so you can be successful in all of these areas *bein adam le-atzmo*. Once you’ve laid that foundation, you can choose to continue on next semester, focusing in Spring on *bein adam la-chavero* with middot such as anger, jealousy, generosity, and more.

Netivot Shalom

RAV JASON KNAPEL

Thousands of young people come to Israel every year seeking to connect: to connect to *Eretz Yisrael*, to *Am*



Yisrael, to *Medinat Yisrael*, or to Torah or to new friends... the list goes on. But the year in Israel is a time to look not only outside, but also deep within, a year to truly study and discover yourself, searching the depth of your personality

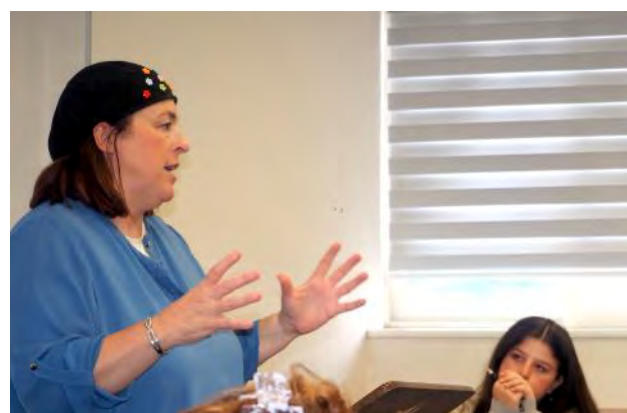
and thinking clearly about your connection to Hashem and Judaism. We will use the truly

inspirational Netivot Shalom, written by the Rebbe of Slonim, to illuminate our path toward these goals.

Netivot Shalom

RAV YITZCHAK LERNER / SHANA BET

How does one work practically on *emunah* in Hashem and *Yirat Shamayyim*? What is *simchas ha-chaim* and how does one achieve it? What steps can I take to improve my *tefilah*? Using “Netivot Shalom”, by Rabbi Shalom Noach Brozovsky, the Slonimer Rebbe, we will gain insight into the weekly *parshah* and *chagim* and take personal lessons from his work. We will explore ideas ranging from belief in God to self-improvement.



Alei Shur: The “Bat Torah”

MICHAEL PORATH-ZIBMAN

We will study the inspiring teachings of one of the greatest giants of our generation, Rav Shlomo Wolbe. Rav Wolbe was renowned for being able to encourage and inspire Bnei and Bnot Torah to grow spiritually by first recognizing the reality of living in a material world and then providing them with advice and a roadmap on the journey of elevating themselves. The ultimate goal is to enable us as “*avdei Hashem*” to become more introspective about our service of Hashem.



Perfecting your Personality

VICTORIA BERMAN

Most of us know what the “good” midot are, but besides just reading about them, what’s the practical formula that will enable you to actually develop them in yourself? Is developing good midot just a nice idea – a kind of “extra” beyond the 613 mitzvot – or is it more than that? Did you realize that one of the midot to work on is not just what we say, but also how much we talk? What is the appropriate role of



physical pleasures in a life in which we’re trying to be more spiritual? Should anger be a part of our personality? How do we choose what neighborhood we should live in? If we must truly love other people like we love ourselves, how should that affect our lives practically? Join us and walk out as a better person, with the tools to continue growing.

Growth Instruction Manual

RABBI YITZCHAK LERNER

The seminary year is focused on learning and growth – in our relationship with Hashem, with other people, and in our own selfhood. Often, however, it doesn’t seem self-explanatory how that growth is supposed to happen. Some examples:

- My friend seems to make such a connection when she prays. Why am I not feeling it, and how can I connect like she does?
- A year of growth is great, but it also makes me more conscious than ever of all of my imperfections and inadequacies. How do I figure out where I need to grow without coming away feeling depressed and low?
- I feel like I’m a nice person, but I get the sense that somehow, I project NOT being super nice. How can I come across to others the same way I feel inside?
- *Halachah* seems so demanding. Does God really care about all of these details?

- My sister/cousin/friend was a superstar in seminary and came back “amazing.” How can I make that happen for me?
- I really want to grow, but I don’t want everyone (friends / family) thinking I’m “so frum.” How do I stay balanced? How do I explain myself to them? And how do I keep this growth going?

If these are some of your questions, this course may help you. Every week, we will study a fresh text from a contemporary rabbi addressing these issues. We will include pieces from Michtav Me-Eliyahu, Netivot Shalom, Rav Pinkus, Rav Chaim Shmuelevitz, and many more, to inspire us each week and guide us through this transformational year.

Life Advice from Rabbi Nachman



RAV YONATON HIRSCHHORN

“That was a-MA-zing!” You just went to an amazing class, and you’re feeling so inspired, but then you realize you don’t really know how to apply this fleeting spark of inspiration to your daily life. Many of us know what we want from our lives, but we aren’t sure just how to get there. Wouldn’t it be amazing if there were a book of practical advice on how to become the



best version of yourself? When things in my life are going wrong and I’m feeling low, how can I get inspiration from Hashem? Shemoneh Esrei feels like someone else’s words, and I feel nothing when I say it; how can I achieve real, personal, passionate communication with Hashem? Since I know Hashem won’t give me everything I want, what does it mean to “trust” in Hashem? How can I feel real joy and pride in my religious life? Rabbi 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 – “Likutei Eitzot.” Join us for Rabbi Nachman’s deep, inspiring advice on so many topics relevant to us today.

OG Self Help: Pirkei Avot for Real Life

ORIT REITER

How do you choose the right friends? What do you do with mistakes you've made? How can you bring holiness into your regular, everyday life? Which character traits actually matter? How do you decide what kind of person you want to become? Before there were podcasts and self-help bestsellers, there was Pirkei Avot—a collection of advice from Chazal about how to live a good and meaningful life, grounded in Torah. Whether you're new to Pirkei Avot or have learned it many times, you'll understand why this is a sefer we need (and might eventually even want) to review again and again.





RELATIONSHIPS

Friendship and Respect: A Halachic Guide

RAV AZ THAU

What does halacha demand of me in everyday interactions beyond just being “nice”? How do I



balance honesty (telling the truth) with sensitivity (not hurting others)? What are my halachic responsibilities toward friends, roommates, and classmates when it comes to speech (especially in a dorm!), borrowing things (especially in a

dorm!), and respecting privacy (especially in a dorm!)? Does “ve-ahavta le-re’acha kamocha” literally mean what it sounds like, loving others literally like my own self? How can we live this in practical, everyday situations? Join us to see how having friends and relationships is governed not only by our intuitions and preferences, but also by the Torah’s instructions and exhortations.

Building Great Relationships

DR. AVIVA GOLDSTEIN

How can I maximize my role as a daughter or step-daughter? What does friendship mean to me? What



kind of spouse do I want to be, and what do I need to find in my own spouse? How do I imagine myself as a mother? What can I learn about my relationship with siblings, or from my only-child status? How can I nurture emotional intimacy in a way that is

empowering? What do I do once I recognize dysfunction in my relationships? What is the connection between my own self-awareness and self-confidence on one hand, and the health of the relationships in my life on the other hand? This course will be a journey through personal experiences, analysis of contemporary social research and immersion in relevant Jewish texts that can inform the social decisions in our lives. Reflecting on our own relationships and learning from sources, we will explore the universal undercurrents of human relationships and learn how to enhance our relationships and their impact on our lives. We will analyze communication and compatibility and recognize patterns in our own social experiences, and through a broad collection of Jewish texts and psychology resources, we will seek a deep self-awareness and healthy, enriching relationships.

Dysfunctional Families in Tanach

NEIMA NOVETSKY

We often look to Tanach for role models for how we should live our lives. When it comes to relationships, however,

Tanach often seems to have many more examples of what we should not imitate than what we should – polygamy, fratricide (brothers killing each other), incest, rape, intermarriage – it’s all there. How are we to understand all these



dysfunctional relationships? Why does the *navi* Hoshea marry a prostitute? How can Yiftach offer his daughter as a sacrifice? What’s up with Shimshon’s falling for Philistine women, or with angels marrying humans? How does the protective older sister Miriam become a jealous, gossiping sibling? Each week, this course will explore a different relationship and try to unravel what is going on and what we are supposed to learn from the story.



Difficult Midot Situations / Breaking Bad Habits

RAV HANOCH TELLER

How can we stop assuming the worst of people and begin to judge them favorably? How can we handle



difficult conversations with friends, parents, and roommates, sensitively making ourselves heard while also hearing others and finding ways to work out tough issues? How can we waste less time? Be more thoughtful, considerate, appreciative,

respectful, resilient, mature, and spiritual? How can we actualize our potential? This course will try to provide you with a significant edge in the struggle to be a better person and achieve success in life morally, professionally and socially.

Jewish Childhood and Parenthood

BRACHA KROHN

You are now at the age where you are reflecting on how you were raised and what values you received from home. You might be thinking about how your parenting will be similar to, but also different from, your own parents' ways. As you move into adulthood, your relationship with your parents will change, which is both exciting and scary. If any of this is on your mind, this course will be for you! We will learn about the issues of being children to our parents, and parents to our children, through topics such as:

- How do we define *kibud av ve-em*? How can we make sure to feel and express all the gratitude we feel (or should feel) for our parents? As children, how do we relate respectfully and lovingly to parents whose values differ from ours? Are there halachic requirements for parents about how to treat their children?
- In a multi-tasking world, how do we avoid being that parent who's always distracted? As children, how do we communicate what kind of attention we need from parents?
- As children, we hate when parents hover and micro-manage; as parents, we want our children to achieve independence from us and confidently face challenges on their own. How do we avoid the "helicopter parenting" that has become so

widespread, which trains children to depend on parents and to experience anxiety when they face challenges alone? As children, how do we respectfully "declare our independence" when parents continue to do for us what we need to be doing ourselves?

- As children approach adulthood, parents naturally share more information with them. Some parents even think of their children as best friends, confide in them and depend on them for emotional support. But being a parent is different than being a friend, and sharing too much puts undue pressure on our children. How do we find the balance?
- How do we develop in our children gratitude, honesty, self-confidence, optimism, patience, empathy, humility, loyalty, persistence, resilience, tolerance, and many other qualities? How do we teach them to focus on the right things in life?



In each class, we will use Torah sources as well as contemporary psychology to help us clarify who we are as someone's child, and who we will be as someone's parent.

"Good Talk!"

BRACHA KROHN

Do you sometimes regret saying something? (Who doesn't!) Do you sometimes wish you *had* said something, and wonder why you didn't? Have you ever wondered why someone else's words hurt you or matter so much to you? ("Sticks and stones might break my bones but names will never hurt me" – just not true, right?) In this course, we will discuss the power of speech and the way our words affect others and even ourselves. Going way beyond just "lashon ha-ra," we will learn about many different mitzvot that relate to speech and examine stories in Tanach where speech changed the course of history. If you want to feel inspired and motivated to use your words more kindly and responsibly, and feel stronger and less affected by others' destructive words, this course is for you! The learning we do each week will be relevant immediately and give you something to think about and work on until we see each other again.

TEFILAH

Tefilah GPS (Adv.)

RAV EITAN MAYER

When we pray, even if we know what we mean (which, let's be honest, we often don't), we



we don't always know where we're going with each *tefilah* (isn't this paragraph just more praise?) and what makes it unique. For example, everyone always says "Ashrei" is so special, but actually, it sounds a lot like everything else we say – so what's the big deal? What are we trying to say with each "hallelukah" that makes it different than the one

before and the one after? The *berachot* before and after *Shema* (*Yotzer Or*, *Ahavah Rabbah*, and *Ve-Yatziv*) are full of praise, but they seem to have nothing to do with each other, and nothing to do with *Shema*! Where are we going with all of this? What are we trying to say? How do we connect and feel what we're saying on a deep and personal level? Naturally, if we lack a sense of where we are and where we're headed, we often feel disconnected and bored, which then chips away at our motivation to pray in the first place. We need a "Tefilah GPS"! In this textual course, we will carefully learn select *tefilot*, exploring their meaning, structure, and specific themes, so that we truly know what we're saying and can fill our words with meaning and connection. We will look at daily *tefilah* and *tefilot* we say on special occasions. (Bring a siddur with English please.)



TeFEELah: From Berachot to Pesukei De-Zimra

RAV YAAKOV FARATCI

It can be very challenging to feel connected to your tefilah. Davening is called "Avodah She-ba-lev," "work of the heart," but sometimes the "work of the heart" can feel mechanical and heartless, like... work! How do we develop a more authentic connection to our tefilah? What is the point of davening the way we do it – why do we say words from



thousands of years ago, written by people who never met us and couldn't know what is going on in our personal lives? What do we gain psychologically, communally, and spiritually from davening? We'll be diving in, to davenin'! One of the most powerful and personal experiences a Jew has on a daily basis is davening. We will explore the depths of the words of the siddur as a guide to our lives, forming the foundation for our relationship with Hashem, others, and ourselves. You will leave this course with new understandings, kavanot, and practical ideas on how to enhance the experience of tefilah, and ultimately your life, that you will be able to take with you wherever you go on a daily basis! Most importantly, you'll be able to put the "FEELing" into your TeFEELah!

Tehilim's Greatest Hits

MICHAL PORAT-ZIBMAN

Sefer Tehilim is the sefer that is the most closely integrated into our daily lives, since much of what we



say when davening is actually from Tehilim. David Ha-Melech's poetic masterpiece enables us to express ourselves to God at our lowest moments, at our greatest moments, at moments of gratitude and at moments of intense

seeking. Join us on this journey to learn select chapters of this timeless classic that will enhance not only our routine tefilot, but also those spontaneous moments where we feel a desire (or a desire for a desire) to call out to God and to connect with Him.



Songs of the Soul

ORIT REITER

Why does everyone remember their first concert, a kumzitz they thought would bring mashiach right then, a car ride transformed because of the perfect playlist? Because music is the language of the soul. When we sing, we connect to something higher, something deeper. We know the lyrics to SO many songs. But what about Jewish songs – Kabbalat Shabbat, Zemirot, Kumzitz songs. Do you know all the actual words? Do you know what they mean? Do you

know what they mean TO YOU? If you can answer yes, you'll have answers for the following: How can we grow in our avodat Hashem without insecurity? How can we turn Shabbos from a 25-hour list of no's to an oasis in time? How can we cultivate the values we want to embody for the rest of our lives? How can I love the people in my life that are hard to even like? The answers lie within the words and notes of the songs we sing. Your soul has been humming along the whole time, now your head can get on board! Join Soul Talk to learn the messages living in the songs we've been connecting to for generations.

Tefilah Role Models in Tanach

SARALA KILIMNICK

Know someone going through a tough time having children? Sarah Imeinu has been there. You've got some real family drama going on? Rochel Imeinu can relate. Feeling down and unsure of your purpose in this world? Shlomo Ha-Melech felt the same way in Sefer Kohelet. Everyone has personal struggles, and it's natural that these experiences can make us feel far from



Hashem. Some of us struggle with our interpersonal relationships, others to find clarity, yet others have complicated situations when it comes to shidduchim or parnasah or health, the list goes on and on. In this course, we will take our struggles to the Tanach, where the Avot and Imahot not only model midot and mitzvot, but also invite us into their most personal struggles and hardships, and most importantly, share with us how they reacted to those hard times and used them to build even deeper relationships with Hashem. Join us to take our understanding of these characters to the next level, as we gain tools to tackle our personal struggles using inspiration from stories from throughout Tanach and follow in the footsteps of our role models to bring to life our own relationship with Hashem.

Shemoneh Esrei

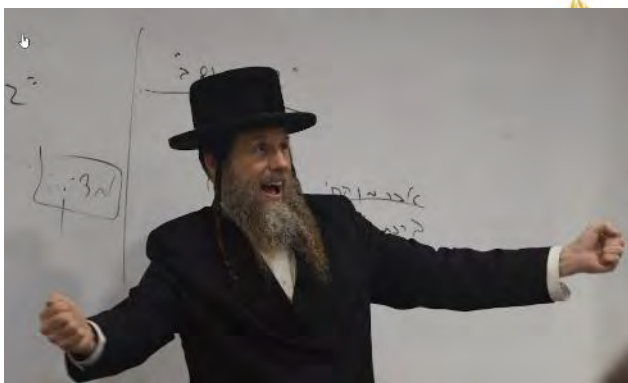
MICHAL PORATH ZIBMAN

We will engage in a deep study of the themes of the various *berachot* of the nineteen that we say daily.



By focusing on a different *berachah* every week, we will seek not only a better understanding of the meaning of the *berachot* themselves, but also to enhance our *kavanah* during this *tefilah*. In addition to *Shemoneh Esrei*, just as *tefilah* has been part of

the Jewish life experience since time immemorial, so too, people have written about the *tefilah* experience since then. Scholars and sages, from the early biblical commentators throughout Jewish history, Chasidic masters, and contemporary rabbis and community leaders, both men and women, have put their thoughts down for their generation and generations to come. We will examine some of these great works on *tefilah* and various specific *tefilot* in our *Siddur*, gaining ideas and insights each week that will enhance the way we serve Hashem.



Knocking on Heaven's Door

RABBI YAAKOV YISROEL WENGLIN

Three steps back, three steps forward. Bow... Bow... Potch. Potch... Yawn, yawn, yawn. Bow... Bow... Three steps back. Again. Three steps back. Three steps forward. Bow... Bow... Potch. Potch... Yaaaaawwwwn. "—Wait, where am I? Oh, right...." Bow... Bow... Three steps back. Again... Every day. For the rest of your life. If this captures your prayer experience, then this course may be for you. We will look to change the game completely by learning about *davening* from the basic to the deep, drawing from select Chasidic and Kabbalah-based sources. In addition to regular *shiurim*, the course will sometimes be more of a workshop, using tools of group discussion, writing, role-playing, and meditation exercises to help you experientially internalize the information we learn. In the process of changing the *davening* experience, the course

aims to also change the way you experience *yourself*, both in terms of your self-identification and your *midot* (character traits). But a bit of a warning: This course is for mature audiences only. The ideal student for this course is one who is focused and growth-oriented, willing to contemplate new ideas, to participate in the exercises and discussions, and in general, to increase her connection to Judaism and Hashem. If you take this course, after all is said and done, you might actually not be in such a hurry to take those last three steps back!

Laws and Meaning of Tefilah

RABBI YITZCHAK LERNER

I really want *tefilah* to be part of my daily routine, but to be honest, I really don't know the meaning of what I'm saying and the rules which should guide me. Do women need to pray anything formal, or may they make do with just a few *berachot* each day? Do I need to say *Minchah*? When is the latest time I can still say *Shacharit* and *Minchah*? If I missed a *tefilah*, can I make it up? Do I answer "*amen*" or "*kedushah*" if I'm in the middle of another *tefilah*? Should I catch up during Torah reading, or listen to the reading? Is there any difference whether I pray at home or with a *minyan*? If I'm late or fall behind, what can I skip in order to catch up? Is it better to say less but with more *kavanah*, or say everything I can? Can I take a jog before *tefilah*, or study for a test, or take the train, or have breakfast? The year in Israel is prime time to take your *tefilah* to the next level so that you can continue a strong connection with Hashem in college and beyond. Can there be any kind of real relationship without good communication? In addition to knowing what we're saying and learning how to focus, there is also a lot to know about the what, the when, the how, and the why of *tefilah*, and even if we've been "*davening*" for years, we still may not know. Join us to examine these questions and more, starting with *Modeh Ani* all the way to *Aleinu*.



Tefilah: Meaning and Halachah

RAV RAFI ROSENBLUM / SHANA BET

You just woke up, you're starving, and you have a million things to do. But what activities are permitted before *tefilah* in the morning? Can you go for a jog? Does it matter if you can't concentrate without your morning coffee? At shul, you're in the middle of *davening* and someone asks you a

question – can you answer? You finished your *Shemoneh Esrei* and you realize that you forgot “*Mashiv Ha-Ru'ach*” – what now? You've taken on *davening Minchah*, but you accidentally forgot today – is there anything to do? In this course, we'll cover the topics needed to answer these questions and many more, in addition to exploring the content of the *tefilot* themselves.

TIP: Have a schedule problem and not sure what to do? Come see Rav Eitan or Bracha and we'll sit down to solve it together!



EMUNAH / BIG QUESTIONS

The Kuzari: Choosing Judaism

RAV JOSH BOSBOOM

Imagine this: Every night you have the same dream. A voice tells you that although you mean well, the



way you're living isn't really hitting the mark. You wake up feeling how real the dream was and asking yourself if it's true... What if you've built your whole life on beliefs that aren't real or true? Would you keep going like nothing happened, or would you

start asking hard questions about what you believe and why? In the "Kuzari," written about 900 years ago, that's exactly what happens to a king. Shaken by his recurring dream, he went searching for answers, turning to philosophers, Christians, Muslims, and finally a Jewish scholar. Their conversation didn't change only the king's life, but ours as well; it changed the way we look at Judaism and helps us answer questions we all face today: How do we know Judaism is real? What do we do when science and Torah seem to clash? If God is infinite and beyond time, why would He care about human actions at all? Why did God choose the Jewish people in particular — isn't that unfair or exclusive? What's so special about Eretz Yisrael — can't I serve Hashem just as well anywhere? Why should we trust tradition and mesorah over our own logic, philosophy, or feelings? Join us to get fascinating answers to these questions and more.

Derech Hashem: The Hidden Spiritual World

RAV ARI SHVAT



Tanach is full of things Hashem has done — creating everything, performing lots of miracles, appearing at Sinai — but what do we know about what He is and what He wants? Most of us are pretty happy the world exists, but what's in it for Hashem — why did He create the world? We know we each have a soul (and we say "Elokai Neshamah" every day to thank

Hashem for it), but what actually is the soul, beyond mysterious phrases like "your essence" or "what makes you you"? Olam Ha-Ba is obviously not a physical place where we enjoy physical pleasures, but what do we know about



it? What will actually happen in the times of Mashiach? Kabbalah is actually a whole way of looking at life, which has its own unique answers for all of Judaism's most important questions. We will study the kabbalistic thought of Rabbi Moshe Chaim Luzzato (Ramchal) in his work, Derech Hashem. We will also study the approaches of Jewish thinkers who disagreed with Ramchal.

The Reason for Everything

RAV ELI WAGNER

Do you have only one soulmate whom you are destined to marry? Ever wonder which of your teachers or rabbis has the "right" brand of Judaism? Is there even a "right" brand? Did you choose to come to MidMo or did God choose for you? Come explore some of the most fascinating and perplexing philosophical challenges that Judaism tackles,



including whether we have free will and how we know, why bad things happen to good people, the afterlife, resurrection and mashiach, Divine providence, why prayer works, and more.

Bitachon: The Key to Calm

SARALA KILIMNICK

Picture this: It's the day of your flight to seminary, and even though you can't possibly fit anything else



into your duffels, you continue to buy more things. You park your car, run frantically into a store, find what you need, wait in line... and 20 minutes in, you realize you never paid the meter. You're too deep into waiting to get off line and are anxiously waiting to see if you received a

ticket. You finally race back to your car and YES, no ticket... what a relief! Imagine constantly living with that sense of relief, that everything is okay... there is a plan... someone has your back... This is the basic concept of "bitachon," trust in Hashem. Bitachon starts to really matter when it's not just about a parking ticket – what if a family member just had a scary diagnosis? Or your best friend's brother is headed to serve in Gaza and she's turning to you for advice? Many of us have already faced or will face difficult challenges in making a parnasah, in our health, in our important relationships, or even war. If we can learn to see Hashem's plan in seemingly small areas of our lives, we'll be ready to see His hand in the more daunting challenges we face. We'll be using Sefer Madregat Ha-Adam to build our foundation of trust in Hashem.

The 13 Core Beliefs of Judaism

RAV JOSH BOSBOOM

How do you know you picked the right religion? Why should we believe in Hashem without direct personal



proof? Why don't we have prophecy today? What will happen at techiyat ha-metim and at the times of Mashiach? What is Gan Eden, and is the afterlife the reason we do all we do? How does being Jewish affect our view of the world – for example,

how do we understand the role of all the other nations, and what role should physical life play in our quest for holiness? Did you realize that "Adon Olam" and "Yigdal" are actually summaries of our most

basic beliefs, in song form? What is problematic for us with Reform Judaism – can't we just "live and let live" and love all Jews and Judaisms the same? Together, we will explore our core beliefs, deepening our understanding and connection to our identity. Strengthening these beliefs will enhance our kavanah in tefilah and mitzvot and our emunah in day-to-day life.

Ultimate Questions

RAV EITAN MAYER



This provocative course is for students interested in struggling with some of the basic questions of life: Is everything in your life from God, as people so often say ("There's no such thing as coincidence")? If Hashem's doing it all for you, where is there room for your free will – does He choose your career, your shoes, your friends, your favorite ice cream? Does He sometimes just watch without getting involved? How can we tell when it's God's hand and when it's just life happening? What's the ultimate purpose of your life – is it like a big maze, with *Olam Ha-Ba* at the end



as a prize, or is there some other goal? Does God have feelings like we do – anger, sadness, happiness, love – or is He above it all? Can it be that He really cares about all those tiny little halachic details? What will happen at the "End of Days" – will people live forever on Earth after *techiyat ha-metim*, or go on to *Olam Ha-Ba*? And what is *Olam Ha-Ba* anyway? Does *bitachon* ("trust in Hashem") mean you have to believe everything will always turn out OK? We will explore fascinating topics in medieval and contemporary thought which have always made people wonder.



Pathways to Hashem

RAV JASON KNAPEL

Ever experience a moment in which you suddenly realize you're having doubts about whether Hashem



exists, and you kind of panic because you don't know where to go with these thoughts? Is it OK to have doubts? How can we deal with them? How have people tried to prove Hashem's existence throughout the history of emunah, and do any of the proofs really work? When

we turn to Hashem in tefilah and ask Him for something, don't we realize that He already knows what we need, and what we're going to ask for – so what's the point? And how can tefilah change Hashem's mind anyway – wasn't He already planning to do the perfect thing for each of us? Orthodox Judaism today presents many ways of serving Hashem, from Modern Orthodox to Chasidic. What are the best elements of each approach, and what are the problems each approach encounters? Join us to strengthen, refine, and mature your relationship with Hashem.

It's All Good:

Seeing Hashem Everywhere

RAV ARI SHVAT

What is the whole point of life? How do we achieve *emunah* in Hashem? Since Hashem controls



everything, and since all of us have limits of many kinds, what does free will really mean? How can evil people succeed if Hashem is watching and in control? Is the State of Israel significant only for Jewish pride and as a refuge for us, or does it

have a messianic dimension? Is *teshuvah* basically negative, a depressing look at our mistakes and an attempt to do better, or is there a positive approach to teshuvah? How do we balance intellect against emotion in our relationship with Hashem and Torah? Is there room for the theory of evolution in the Torah? Rav Kook is considered one of the most original thinkers of the 20th century and continues to inspire even today. His optimistic, inspiring, holistic approach deals with just about every question we face today, and has given meaning and direction to an entire generation in Israel.



Introduction to Kabbalah

RAV YONATON HIRSCHHORN

What is a *neshamah*? What happens to our souls after we leave this world? What is *Gan Eden*? Is there

such a thing as *Gehennom*? Do we believe in reincarnation? When

you do a *mitzvah*, is it just "done" and gone, or does it have an effect on the spiritual world and even on Hashem? Do we have any contact with souls that have left this world? Do demons

exist, and how can we protect ourselves from them? Who or what are angels? How could the Maharal create a "*golem*"? We will discuss secrets of Torah from Kabbalah, the Zohar and beyond. Join us for a taste of the hidden Torah. There is a whole world within the world of Torah, a world hidden from the naked eye. Come peek through the looking glass into the hidden world which is all around us.



Sho'ah ve-Emunah

RAV JASON KNAPEL

As fewer and fewer Holocaust survivors remain with us to bear witness, it becomes ever more important

for us to learn and remember what happened: What

makes the Sho'ah unique in Jewish and world history? What was Jewish life like in Europe before the Sho'ah – what did we lose? How do we understand why people would hate Jews so much that

they would devote their nation's energies to killing us – when and how did this virulent hatred begin? How did the psychopaths of the Nazi party somehow take over their entire country and bend it to their will? What did the world know, when did it know it, and what did they do? What did Jews do (or not do)? What is a ghetto? What were the different kinds of camps Jews were forced to live in? Which companies profited from our slave labor and still exist today? Who were the "SS"? Did Jews and others try to resist or fight the Nazis? How did Jews find one another



and find new homes after the *Sho'ah*? And, behind everything else, where was Hashem – why would He perpetrate this unspeakable suffering or even just allow it to happen? We will explore one of our greatest tragedies through the lenses of history and *hashkafah*.

Sho'ah ve-Emunah

MICHAL PORAT ZIBMAN

Undeniably the most painful event of modern Jewish history, the Sho'ah continues to frighten, inspire, and perplex us. We will study the key events surrounding the before, during and after, as we also try to experience the world of the religious Jew during those times. In addition to understanding what was done to the Jews as victims, we will also explore how they reacted, including some extraordinary questions that ordinary people asked, such as how they could keep kosher while starving in the ghetto, or keep Shabbat in Auschwitz, or whether one may ransom a loved one if another Jew will be taken in his place. We will also ask the questions the Jewish world has asked since the Holocaust: Where was God? Do we look at the Holocaust as a punishment for the Jewish people, and if so, for what sin(s)? Or was it unrelated to anything that Am Yisrael had done, and if so, how do we understand how Hashem stood by and allowed it to happen?

Matan Torah Today

MICHAL PORAT ZIBMAN / SHANA BET

One of the most extraordinary events that ever happened to the Jewish people was the experience



of *Matan Torah* and receiving the *Aseret Ha-Dibberot*. The Torah provides great detail about the events leading up to the actual revelation. In addition to the

commandments themselves, how can the lessons of that back story apply to us today? How do we understand the first of the Ten Commandments, “I am Hashem, your God” – is it a command, or just an introduction to the commands? How can God command us not to be jealous? While it’s certainly important not to “bear false witness,” why is it such a significant part of our core value system that it

should make the ultimate “top ten” list of mitzvot? Through the eyes of classic *parshanim*, Chasidic Rebbes, and other commentators, we will dive into a textual journey that will enrich our own life experiences and *avodat Hashem*.



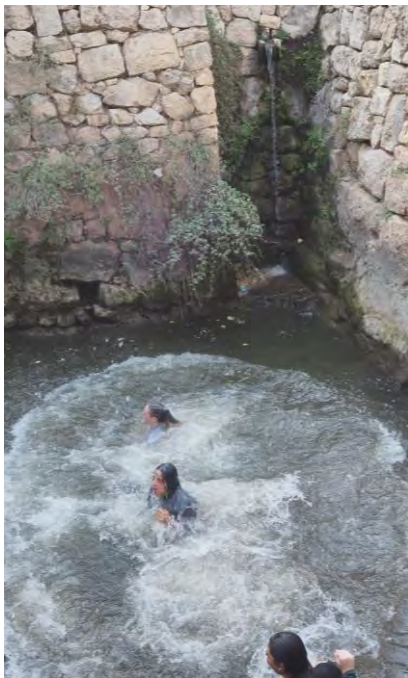
Founding Thinkers of Judaism

RAV EITAN AVINER



“A giant!” “A revolutionary!” “One of the greatest thinkers in world history!” Sure, it’s easy to see it now. But back then, society often called them heretics, burned their books, and even expelled them from countries. Who were these trail-blazers and mavericks who went from zero to hero (or, in some cases, hero to zero), people who became brand names in the Jewish home? We’ll journey back to the Ge’onim and Rishonim, the great founders of Jewish thought, to meet Rav Sa’adya Gaon, Rambam, Ramban, Rabbi Yehuda HaLevi (author of the *Kuzari*) and more, and see how each built an entire world of philosophy and belief. Sometimes their visions aligned; other times, they stood worlds apart. We’ll explore how the seeds they planted grew into the towering cedars on which today’s Judaism stands—and how their sharp disagreements over the very fundamentals of Judaism paved the way for some of the most passionate and fiery debates in modern Jewish thought.





HASHKAFAH



Redemption in Real Time

RAV AZ THAU

Is the founding of the State of Israel a) just a secular political event, b) just good news for the Jews as a



safe haven, or c) the hand of Hashem igniting the Ge'ulah? How can something as holy as redemption come about through people who are not Torah-observant?

What is the difference between "redemption"

(Ge'ulah) and "exile" (Galut) in terms of

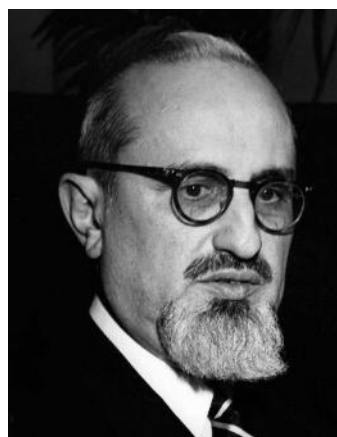
how we live our daily lives? How can a believing Jew look at the modern State of Israel, with all of its many challenges and imperfections, and claim that it's some kind of religious miracle? What signs can we see in our generation that point to the unfolding of Hashem's promise of redemption? Join us to try to figure out what Hashem is up to behind the scenes of unfolding history and current events, and what opportunities we each have to respond and contribute.

Rav Soloveitchik's Lonely Man of Faith



RAV JASON KNAPEL

What is a human being, and what is our task as humans in our lifetime – from God's perspective, what is our purpose? Since God doesn't need our praise and already knows what we need, what is the purpose of *tefilah*? Family is



obviously crucial for all people, but what unique perspectives does the Torah add? How does a Jew continue to connect with the God who sat by and allowed the Holocaust to happen? How should a Jew making her life in *chutz la-aretz* look at the State of Israel and at Zionism? These are just some of the issues we will encounter as we explore the thought of one of the greatest Torah giants of the last generation – the one person who, more than anyone else, influenced the growth of Modern Orthodoxy in America.

Michtav Me-Eliyahu

RAV RAFI ROSENBLUM

If Judaism says that love isn't just about attraction, what is it about, and how does one go about

achieving true love? Does

everyone

have the same

amount of

free will, and

do we

ourselves

have the same

amount at all

points of our

lives? What is

true

happiness?

How much

time and

effort do I need to invest in my career, and how much

should I just rely on Hashem? Some people claim that

we see miracles every day – but where are they, and

how should this affect my life? Rav Eliyahu Dessler

was born in Europe right before the turn of the 20th

century and became one of the youngest students

ever to be accepted to the famous Yeshiva of Kelm.

He left an immense impact everywhere he went,

including England and, at the end of his life, Eretz

Yisrael. Join us as we look at Rav Dessler's approach

to many different issues, exploring how he built upon



earlier sources and how other Gedolim approached these topics.

It's All Good: Seeing Hashem Everywhere

RAV ARI SHVAT

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Owning Your Judaism

RAV AHARON WEXLER

Way back when, in the "Olden Days," no one really had options – you were born into a life and you usually just stayed there, like it or not. But modern life, more than anything else, even more than technology, is about having choices. Even if we are born as Jews (and not all of us are), living a Jewish life today is a choice we make – because today, there are other options. So,



in this world of endless options, in which each individual chooses for herself, we need to choose consciously; we need to understand our options. Is Judaism a race, something we're born into, or a religion, something we choose; or both? In the time of Moshe Rabbeinu, there was one Judaism, but today there's Orthodoxy, Conservative, Reform, and more; and even within Orthodoxy, there's "Modern" and "Ultra." What do these labels mean, beyond the clichés and preconceptions? What strengths and weaknesses does each option bring, and how can we get the best of all the worlds? Women's role in society, too – their domestic role and men's authority over them – once was taken for granted and never consciously thought about. But today, women have so many options. How do we reconcile Jewish sources on women with our own modern sensibilities? Join us to grapple with the many options we face as Jews today and how to best choose among them.

What Is a Jew?

RAVBI YAAKOV YISROEL WENGLIN

Did you ever wonder what life is really about, what your purpose is, or what you're supposed to be doing with your life? Have you seen one of those videos or documentaries that go "behind-the-scenes" of really cool stuff or that show "the way things work"? This text-based course will go "behind the scenes" of physical reality to reveal the way things work in spiritual reality, thereby answering the two questions above and many more. We will draw from two holy *sefarim* – Nefesh HaChaim and Tanya – to offer you greater clarity on the structure of reality as Hashem created it and the structure of your soul as Hashem created you. We will follow these texts to learn that you are in this world in a relationship with Hashem, and that you can deepen and strengthen that relationship by tapping into the spiritual power of your *neshamah*. You may also find out that the Jews really do "control" the world at the highest levels... just in a way that you may not have expected. Rather than "Who Is a Jew?" (Reform, Conservative, Orthodox, etc.), we will focus on the question of "What Is a Jew?"





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Ever experience a moment in which you suddenly realize you're having doubts about whether Hashem exists, and you kind of panic because you don't know where to go with these thoughts? Is it OK to have doubts? How can we deal with them? How have people tried to prove Hashem's existence throughout the history of emunah, and do any of the proofs really work? When we turn to Hashem in tefilah and ask Him for something, don't we realize that He already knows what we need, and what we're going to ask for – so what's the point? And how can tefilah change Hashem's mind anyway – wasn't He already planning to do the perfect thing for each of us? Orthodox Judaism today presents many ways of serving Hashem, from Modern Orthodox to Chasidic. What are the best elements of each approach, and what are the problems each approach encounters? Join us to strengthen, refine, and mature your relationship with Hashem.

The Joy of Being a Jew ("JOBAJ") I: Make "You" Great Again

RAVBI YY WENGLIN / TWO SECTIONS TO CHOOSE FROM

Let's face it: It's simply more exciting to go to a concert or a ballgame or a party than it is to *daven*



Shacharit. Or to take *challah*. Or to keep *Shabbos*. Or to... You get the point. In this course, we will start with some basics of Jewish *hashkafah* and then progress to deeper ideas of *Kabbalah/Chassidus* to help us understand

ourselves and our relationship with Hashem. We will gradually learn to look at the world as a place filled with His holiness and wisdom, one-hundred percent suited for intense closeness and attachment to Him.

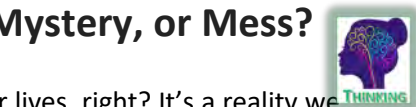
Anticipated topics include truth, our deep desires in life, self-esteem, spiritual reality, emotions, *davening*, *Shabbos*, and much more. Once a Jew more fully appreciates and internalizes deeper ideas in Judaism, her joy from being Jewish increases proportionately. Who knows, you might even walk away from this course knowing how to make an "*asher yatzar*" with the same *simchah* and passion as if you had won America Idol!

Israel: Miracle, Mystery, or Mess?

RAV AHARON WEXLER

Israel is just a fact of our lives, right? It's a reality we were totally born into.

But imagine if you were living in 1848, a century before the State was declared – could you ever have imagined that 100 years from then, Jews would suddenly move from all over the world back to Israel, after 2,000 years wandering the world? Why did Zionism begin out of nowhere in the 19th century and not earlier? Why would people who didn't even keep Shabbat or kashrut fight so hard, and even give their lives, for a Jewish State? Can Israel today really be the beginning of the redemption, if the people who originally set it up and now run it are not religious? Should the rabbis be in charge? Is Israel a Jewish or a Democratic state – and what happens when those values conflict? What makes Israel "Jewish," and what does that mean for its non-Jewish citizens? Join us to explore how we got here and where we're headed.



Shiur Klali

"TAG-TEAM": BRACHA, RAV EITAN, AND RAV JASON

The entire student body comes together for a weekly "shmooze" hosted by our administrators. We'll begin with the week's brief but important announcements and update you about upcoming events in our calendar, including *tiyyulim* and *shabbatonim*. Then, working as a tag-team, we'll address timely matters in the year in Israel as they come up. For example: How can you make a strong beginning in your seminary year? How can you identify your goals for the year and then translate them into a concrete personal to-do list? How do you handle challenging interpersonal situations? How do you decide what to

take on in the year in Israel without thinking overly much about how this is going to work outside seminary? And then how do you successfully take your growth back into the world outside? How can you best prepare for challenges like vacations, the summer, college, and a busy life full of distractions? “Shiur Klali” will help provide you with a sense of direction for the year and reflections that will take you beyond.

Find Your Personal Hashkafah

RAV JASON KNAPEL / SHANA BET

“Ideas, Personalities, Books and *Hashkafot*
Every Shana Better Needs To Know”



There are so many people and *sefarim* that have shaped the way Jews have thought and lived throughout our history – Rav Kook, Ben Gurion, Natan Scharansky, the Chatam Sofer, the Minchat Chinuch, the Torah Temimah, the Mishnah Berurah.... Here is your chance to be exposed to the vastness of our *mesorah* – religious and non, right wing and left. In addition to meeting great people, we will be exploring diverse *hashkafot*, ideas and views within our tradition, all geared toward helping you, the “Shana Better,” arrive at your own *hashkafah* and world view as you transition from Sem into “Real Life.”



History and Society

Survival Story:

How Are We Still Here?

RAV AZ THAU

Why has every mighty empire that tried to destroy us disappeared, while we, small and weak by comparison, are still here, now stronger than ever? What makes Jewish history so unique that it doesn't follow the rules of normal history? If Jewish survival is impossible by logic, what's the real explanation for our eternity? How does knowing our past change the way



we see our role and mission today and the decisions we'll make for our future? Are we just studying history — or are we actually living out the next chapter right now? Join us to put our and your story into perspective and figure out the role we each play.

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Lives of our Gedolim

RAV HANOCH TELLER

Quick — can you name ten social media influencers or Youtube stars or Tik-Tokkers who are hot right now? Great! Now — can you name five *Gedolei Ha-Dor* (great rabbinic leaders) since 1980? If you had an easier time with the first question than with the second, we need to talk about your "influencers"! What happens when your parents are pushing you one way, and you believe that God is wishing you a different way? How do you know what you should really be looking for in a husband, and the qualities to avoid no matter what? What do you do if your roommate is selfish, but if you try and correct her, she will say bad things about you? What do you do if you see a student taking "liberties" with school property, say something (and to whom?) or mind your own business? There isn't a facet of life, from controlling your anger to how to concentrate better in davening — with every dilemma above thrown in, that has not been illuminated by our contemporary *Gedolim*. Join us to learn from the lives of *Gedolim* and benefit from their deep wisdom, long experience and vast Torah knowledge.



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Sho'ah ve-Emunah

MICHAL PORAT ZIBMAN

Undeniably the most painful event of modern Jewish history, the Sho'ah continues to frighten, inspire, and perplex us. We will study the key events surrounding the before, during and after, as we also try to experience the world of the religious Jew during those times. In addition to understanding what was done to the Jews as victims, we will also explore how they reacted, including some extraordinary questions that ordinary people asked, such as how they could keep kosher while starving in the ghetto, or keep Shabbat in Auschwitz, or whether one may ransom a loved one if another Jew will be taken in his place. We will also ask the questions the Jewish world has asked since the Holocaust: Where was God? Do we look at the Holocaust as a punishment for the Jewish people, and if so, for what sin(s)? Or was it unrelated to anything that Am Yisrael had done, and if so, how do we understand how Hashem stood by and allowed it to happen?

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for us to learn and remember what happened: What makes the Sho'ah unique in Jewish and world history? What was Jewish life like in Europe before the Sho'ah – what did we lose? How do we understand why people would hate Jews so much that

they would devote their nation's energies to killing us – when and how did this virulent hatred begin? How did the psychopaths of the Nazi party somehow take over their entire country and bend it to their

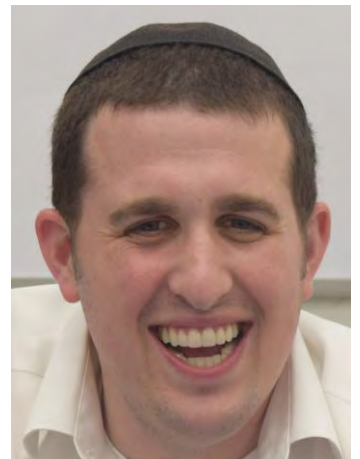
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Did They Do the Right Thing? Analyzing Halachah in Historical Situations



RAV ELI WAGNER

Ever been to Masada and learned about the mass suicide? What about the false messiah, Shabtai Zvi, who convinced thousands of Jews that he was the "real thing"? (For that matter, when the "real thing" does arrive, how will we be sure?) If you fall in love with an Ethiopian, can you marry him – where did he come from? What is his history



and halachic status? Have you ever learned about a fascinating episode in history and thought, "What would I do in that situation?" or "What would the Torah want me to do?" Often, when learning about either history or halachah, we focus solely on one and neglect the other. Each week in this course, we will choose a significant event in our history and analyze a halachic challenge it presents (including episodes nominated by participants in the course). The skills gained and lessons learned through our analysis of each topic will allow us to put ourselves in the shoes of Jews through the ages and view history and halachah in a new light.

Sho'ah ve-Emunah Program

IN MEMORY OF RABBI AVRAHAM AND MIRIAM JUNGREIS
& REBBETZIN ESTHER JUNGREIS



Sho'ah ve-Emunah Courses

RAV JASON KNAPEL, MICHAL PORAT ZIBMAN

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even just allow it to happen? We will explore one of our greatest tragedies through the lenses of history and *hashkafah*.

THE "POLAND EXPERIENCE" TRIP

Join our faculty and expert guides for an unforgettable Poland experience of memory, identity and appreciation of a Jewish world that once existed and is now gone forever, as we visit both crucial Holocaust sites and also places of key importance to our Jewish past.

CnC

“ C H A V R U T O T & C H A B U R O T ”

In almost every hour in our schedule, you'll see an option called “Chavrutot and Chaburot” or “CnC.” (We also call it a “Beit Midrash period.”) When you sign up for a period of “Chavrutot & Chaburot,” you are joining a tradition pioneered by students through centuries of Jewish history and continued today in every yeshiva all around the world.



Our Beit Midrash is the heart of Midreshet Moriah. It's the place where you'll find your very own “makom,” a permanent place for the year where you can keep your personal *sefarim* and do your learning. It will help you feel a sense of belonging, connection and ownership and facilitate your learning and your tefilah.

The keys to success in CnC are a) putting your phone away so it doesn't distract you and b) choosing a project so that you don't waste time every week trying to decide what to do (or just space out...). The teachers staffing the *Beit Midrash* will have lots of suggestions for what you could learn, whether it's



Tanach, *halachah*, Jewish thought, working on your Hebrew, or anything else.

C N C O P T I O N S

REVIEW:

Welcome to adult learning ☺, where the good news is that there are no tests, but the bad news is that if you want to remember anything, the **ONLY** way is to review. Don't fall into the trap of spending every moment learning something new. As the *Gemara* teaches us, “Learning without reviewing is like planting and never harvesting!” Schedule in the number of CnC's you'll need to: a) go over what you



learned, b) make sure you understand it, c) clarify your notes, d) make lists of questions to go back to ask your teachers.

PREP:

Teachers may assign preparation for you to complete before the next shiur. Other teachers may casually throw out challenges or suggestions for those who want more depth. When do you do it? CnC! You'll have teachers around in the *Beis* so you can get help if you have questions.

PERSONAL PROJECTS:

Need time to review the *parshah* (and write a *Devar Torah*) or learn more about a topic which interests you? Interested in doing *Nach Yomi* or Bracha's *Parshah* quiz sheets? Want to learn *be-chavruta* with another girl or with a madrichah or teacher? CnC is the time! More than any other kind of learning you'll do at seminary, working on your own or with a *chavruta* in the *Beit Midrash*, making progress through a *sefer* you thought was beyond you, is the way you'll gain skills which will last you a lifetime and help you in all the learning you do. Challenge yourself!



CHABUROT:

Led by a teacher, a "*chaburah*" is a "group *chavruta*" which meets in the *Beit Midrash* around a table to learn a *sefer* together. A *chaburah* provides a great opportunity to form a real connection with your teachers because it's a small group and creates a more personal atmosphere. It also means that if you really wanted to learn a certain *sefer* this year and then found it wasn't on our schedule of courses, you can arrange with a teacher to give a *chaburah* on the topic – and now your *sefer* is on the schedule!

SOME PAST CHABUROT

Peninei Halachah ✨ Tehilim ✨ Kohelet
Rambam ✨ *Em Ha-Banim Semeichah* ✨ Parshah
Igeret Ha-Ramban ✨ Kedoshim Tihyu ✨ Rav Sacks
Rav Soloveitchik ✨ Mesilat Yesharim ✨ Orchot
Sefer Yonah ✨ Jewish Meditation ✨ Shoftim
Olam Ha-Midot ✨ Olam Ha-Avodah ✨ Bilvavi

SPECIAL CnC's

YOUR SPECIAL MIDRESHET DARKAYNU CHAVRUTA

MICHAL PORATH ZIBMAN

Midreshet Darkaynu is a seminary for young women with 'light' special needs. On Sunday evenings at 7:30pm, you will have an opportunity to do a different form of *chesed* and get to know them through a relationship of learning Torah together. Each week, we will learn various topics together (including *mid ot*, *lashon ha-ra*, *chesed*) in either *chavruta* or *chaburah* style. No previous experience in special needs required – the only skills you need are patience, sensitivity, and a big heart 😊. Join us and become an exciting part of their (and your) *Beit Midrash* experience!

LATE-NIGHT BEIS

Regular "Night Seder" ends at 9:20, but the Rambam teaches us that night-time learning is the highest-quality learning there is, and that someone who wants to grow in learning should never waste a night! So... on Sun, Tue and Wed nights, we're staffing the *Beis* until 10:20 with faculty who will be offering you *chaburot* and more. Looking for the crowd who's most "into" learning? Come join us in the Late-Night *Beis*! (Yes, Late-Night *Beis* counts as an "hour" in your total number of hours!)

"MISHMAR":

Thursday nights at 9:30 PM, come to the *Beis* for the very last shiur of the week – an inspiring, informal shiur stocked with cholent, kugel, plenty of nosh and delivered by a rotation of teachers and guest speakers. This is purely *lishmah* – you can't sign up for it, you don't get credit for it, but you do get lots of great food and there's no better way to end your learning week!

WEEKLY PARSHA QUIZ

BRACHA KROHN / LISHMAH & PRIZES! 😊

Review the *parshah* during your *Beis* time, and then do a weekly quiz to earn prizes! Each student who succeeds in making a *siyyum* of a *sefer* in *Chumash* will be given a gift certificate a book store. Join the excitement as students independently learn through the Torah *parshah* by *parshah* "*bekiut*-style," taking a simple weekly quiz every Sunday on 1-3 פרשיות to mark your progress (the schedule is posted). (Note: this isn't a course you "sign up" for.)

SHANA BET LEADERSHIP PROGRAM

RAV JASON KNAPEL, SHANA BET DIRECTOR

Shana Bet at Midreshet Moriah is much more than “Shana Aleph continued.” Our Shana Bet is a specially designed program of its own, complete with its own roster of exclusive Shana Bet courses and a full program of special Shana Bet shabbatonim and tiyyulim. Our Shana Bet students benefit from the academic, personal, and religious guidance provided by our Shana Bet Director, Rav Jason Knapel. Shana Bet is not just “more learning” in quantity; it is a qualitatively different experience, enabling our Shana Bet students to accomplish more during this half-year program than many of them accomplished in their entire Shana Aleph. If Shana Aleph enables our students to discover their own independent, adult connection to Torah, Shana Bet deepens that bond with maturity, sophistication, passion and focus.



ADMINISTRATION



Mrs. Bracha Krohn, Menahelit. Bracha teaches Tanach, Musar and Halachah. Bracha has an enthusiasm for learning which permeates the classroom. Her dynamic teaching style encourages participation and fosters a strong desire to learn, and her openness and genuineness create an environment for thoughtful, honest questioning. She has a special way of identifying with students and showing them her authentic care and concern. Bracha learned at Michlalah, was Jewish Studies valedictorian and earned a BA at Stern College in Jewish Studies and English Literature, and studied Bible at Yeshiva University's Bernard Revel Graduate School. She taught for seven years at the Fuchs Mizrahi School and the Women's Beit Midrash in Cleveland before making aliyah in 2008. Bracha currently serves on the educational staff of Camp Stone. She lives in Efrat with her family.



Rabbi Eitan Mayer, Menahel. Rav Eitan teaches Tanach, Halachah, Gemara and Jewish Philosophy. Rav Eitan is known both for his wry sense of humor and his shiurim in Tanach and Machshavah, which emphasize creative thinking and personal grappling with Torah's implications for our lives. Rav Eitan is always available for personal advice, halachic questions, and discussions on emunah. Rav Eitan learned at Yeshivat Sha'alvim, received Semichah at RIETS as a Wexner Graduate Fellow, and continued his learning in the Beren Kollel Elyon. He earned a BA in English Literature and an MA in Jewish Education at Yeshiva University, and is completing an MA in Jewish Philosophy and an EdD in Jewish Education at Yeshiva University. Rav Eitan taught at GPATS at Yeshiva University and served as Assistant Rabbi at The Jewish Center on Manhattan's Upper West Side. Rav Eitan lives in Neve Daniel with his family. In his spare time, he's out in his garden tending to his pineapples, strawberries, mulberries, blackberries, cherries, blueberries, and more.

FACULTY



Rabbi Eitan Aviner teaches Tanach, Talmud, Halachah, Philosophy, Medical Ethics, Science and Torah, even Torah & Hollywood. Whatever course you take with him, you'll be sure to get a taste of it all! He studied in Yeshivat Reishit Yerushalayim as well as Yeshivat Hesder Birkat Moshe, and then went on to earn semichah from RIETS as well as "Rav Ir" Semichah from the Chief Rabbinate of Israel. He is a graduate of The Manhigut Toranit Program of Eretz Hemdah, after which he was a shaliach in Toronto for five years, where he served as the Director of Judaic Advancement and Israel Guidance at Yeshivat Or Chaim and Senior Rabbi at Congregation Ayin L'Tzion. Beyond his extensive training and experience in rabbinics, he also has a love for the sciences, holding a B.Sc. in Applied Physics and Medical Engineering from Machon Lev and an M.A. in Science and Halachah from Bar Ilan University. Rav Aviner currently lives in Efrat with his wonderful wife and six children. Perhaps most importantly, Rav Aviner loves a good Dad Joke.



Mrs. Victoria Berman teaches Tanach. Her infectious curiosity and enthusiasm are some of her trademarks. She has a true love for her students and for that Torah that is apparent in and outside of the classroom. Victoria earned her BA from Stern College and got three MAs from many of Yeshiva University's graduate schools. Victoria taught in Flatbush HS in Brooklyn and now lives in Jerusalem with her family.



Rabbi Oshi Bloom teaches Jewish thought. Originally from New Rochelle, NY, Rav Oshi spent two years learning at Yeshivat Hakotel, majored in Psychology at Yeshiva College, and earned a his Masters of Social Work at Wurzweiler School of Social Work. Rav Oshi and his family live right near the seminary, in the "Mekor Chaim" neighborhood around the corner, and they look forward to having people over for Shabbos!



Rabbi Josh Bosboom teaches Tanach and Jewish thought. After learning at Yeshivat Hakotel for 12 years, where he earned semichah, Rav Josh earned a BEd in Tanach at Herzog College. He most enjoys teaching Tanach, Chasidut, and Jewish philosophy. Rav Josh returns to Israel with his family from Sao Paulo, Brazil, where he was on shlichut for two years as the Rabbi and Director of Olami Sao Paulo.



Rabbi Uri Cohen ("Rav Uri") teaches halachah and Jewish Thought. Rav Uri's vast knowledge, infectious curiosity and love of learning, broad grasp of contemporary Jewish and popular culture, and warm smile and sense of humor all endear him to our students and make his shiurim not-to-be-missed. Rav Uri learned at Yeshivat Shaalvim and Yeshivat Hamivtar and received Semichah from RIETS and the Joseph Straus Seminary at Yeshivat Hamivtar. He earned a BA in Jewish Studies, an MA in Medieval Jewish History, and an MS in Jewish Education from Yeshiva University. Rav Uri has served as a teacher and Rabbi at Princeton University. In his spare time, he is on a quest to listen to every singer or band (one album each, currently up to 6,832). He lives in Ramat Beit Shemesh with his wife, Dr. Yocheved Cohen.



Mrs. Jenny Eckstein is a Rakezet. Originally from the Upper East Side of Manhattan and the Five Towns, she attended Midreshet Moriah for seminary and Stern College, where she majored in speech language pathology and audiology. Jenny received her Masters in speech language pathology from CW Post and worked at the Shield Institute, a clinic that facilitates communication for adults with developmental disabilities. Jenny and her husband, David, served as the JLIC educators at Johns Hopkins University Hillel for three years. They made Aliyah along with their children, Leora and Zahava, in the summer of 2019. Since then, they have welcomed two more sons, Tzvi and Ari. Jenny is thrilled to be back at Midreshet Moriah!



Mrs. Ayelet Fishman is a Rakezet. Her warmth, compassion and genuineness help her build deep connections to her girls. Her outgoing and caring personality helps her connect with every type of girl and makes her easily approachable. Ayelet also works as a clinical social worker therapist at a clinic in Yerushalayim. She lives in Yerushalayim with her husband and son.



Mrs. Dena Flaks is a Rakezet. With her warm, cheerful personality, she is able to connect to people of all backgrounds and ages. Originally from St. Louis, Missouri, she attended Michlalah and received her BA in Judaic Studies and Psychology from Hebrew Theological College in Chicago. She has worked at several seminaries, always creating meaningful relationships with students and staff alike, and has spoken to many audiences about her personal spiritual journey. Dena is an actress for women in her spare time and has been active on stage and behind the scenes for a variety of shows. Dena and her husband, Rav Kalman, live in the Old City of Jerusalem and strive to find inspiration and meaning in everyday life.



Rav Jonny Friedman's positivity, joyful humility and contagious smile allow him to connect easily with all types of students, and his enthusiasm and motivating nature energize their learning experiences. He has taught at Midreshet Eshel, Yeshivat Orayta, Lev Hatorah, Midreshet Amit, and the Kemach Institute. Rav Jonny received Semichah from Rav Zalman Nechemia Goldberg and an MS in Jewish Education from Azrieli Graduate School. Along with his passion for Torah, he started a business creating Judaica from wood and resin. Rav Jonny lives in Jerusalem with his family.



Mrs. Roni Goldscheider is our Eim Bayit. Roni's down-to-earth style of interacting with everyone and her calm, easy-going way, make her a great source of comfort and guidance. Students enjoy talking to her, and she always goes above and beyond to make sure our students feel well taken-care-of. Originally from Chicago, she made aliyah after graduating Stern with a BA in Psychology. She has served as a rakezet in seminaries and has worked at NCSY and OU-JLIC summer programs for many summers. Roni lives in Baka with her husband Yonah and son Ilan, and is very excited to be the Eim Bayit at Midreshet Moriah.



Dr. Aviva Goldstein is an educational consultant and family counselor whose research, counseling and teaching focus on the intersection of positive psychology, family cohesion, and Judaism. She teaches positive psychology to both college students and educators, weaving together what research and Judaism teach about happiness and a life well-lived. Fascinated by the science of resilience, empathy and gratitude, she particularly enjoys teaching gap-year students at a critical moment in their lives. In her private practice, she works with individuals and families and specializes in parenting, adolescence and child

development. Aviva holds a doctorate in education from Yeshiva University. She made aliyah from Riverdale, New York, and lives in Jerusalem with her family. Aviva loves cooking, can't stand baking, finds inspiration in clever aesthetic design, and always has a stack of books she's in the middle of reading simultaneously.



Rav Yonaton Hirschhorn teaches Jewish Spirituality and Chasidut. Rav Yonaton's warmth, depth, creativity, honesty, humor, real caring for each student and her spiritual growth, and sensitive understanding of each student's strengths and her challenges make his shiurim a unique personal and

transformative experience. Rav Yonaton learned at Yeshivat Otniel and Yeshivat Bat Ayin, received Semichah from Rav Zalman Nechemya Goldberg, and studied Jewish Thought and Torah She-Ba'al Peh at Herzog College. He lives in Talmonim with his family.



Mrs. Sarala Kilimnick teaches Tefilah and Jewish thought. Sarala is a proud alumna of Midreshet Moriah (Shana Aleph and Bet!), received a Masters in Jewish Education from Azrieli Graduate School and taught at HAFTR High School. She lives in Ramat Eshkol with her family.



Mrs. Sepha Kirshblum teaches Tanach and Jewish Thought. Sepha has a genuine love for both her students and Torah, especially Tanach. She tries to create a balance of creativity, fun, humor and kavod Ha-Torah in the classroom to help her students love learning as much as she does. Sepha

received her BA from Stern College with a Major in Judaic Studies and a Minor in Psychology, received a dual Masters in both special and regular Education from Hunter College, and taught Tanach at the Ramaz Upper School, where she was also Senior Grade Advisor. Sepha lives in Efrat with her family.



Rav Jason Knapel ("Rav Jason") is beloved as a mechanech for both his fascinating and inspiring shiurim as well as his easy approachability and warmth as a mentor to our students. He served as Director of Informal Education, Director of Judaic Studies and Assistant

Principal at Hillel Yeshiva High School in Deal, New Jersey for many years. Subsequent to his aliyah, he was Mashgiach Ruchani at Yeshivat Shvilei HaTorah and teaches at Sha'alvim for Women. Rav Jason was ordained at RIETS and received his BA from Yeshiva College and an MS from the Bernard Revel Graduate School. He lives in Beit Shemesh with his family.



Rabbi Yitzchak Lerner teaches Halachah and Jewish Thought. Rav Lerner is known for his high-energy teaching style, his fiery passion for Torah and mitzvot, his personal warmth as a mentor, and his outstanding shiurim in Hilchot Shabbat and Musar. Whether in shiur or in personal conversations, Rav

Lerner's transformative impact on his students remains with them for years to come. Rav Lerner learned at Yeshivat Midrash Shmuel and received Semichah from Rav Zalman Nechemyah Goldberg. He earned a BA in Political Science at Concordia University. Rav Lerner lives in Betar with his family.



Mrs. Neima Novetsky teaches Tanach. Neima creates a unique environment in her shiurim – setting a high standard of learning, she also embraces her students with personal caring, shares her own enthusiasm for learning, and in every shiur, gives over some of her own

love for Torah. Neima's unique approach not only excites and inspires with insights into the topic being learned, but also leaves her students with a sense of method, "learning how to learn," so that they can go on to learn further on their own. Neima holds a BA in Religion and a Certificate in Language and Culture from Princeton University and an MA in Bible from the Bernard Revel Graduate School of Yeshiva University. Before making aliyah, she founded and directed the Advanced Tanakh Beit Midrash Program at Manhattan's Lincoln Square Synagogue. She lives in Yerushalayim with her family.



Mrs. Michal Porat-Zibman teaches Jewish Thought. Michal is a teacher of great charisma and passion, inspiring her students with her exciting shiurim in *musar* and *machshavah*, learning individually with them in chaburot (small groups) and chavrutot in the Bet

Midrash, and devoting countless hours to personal conversations and one-on-one shmoozes. Michal also guides groups at Yad Vashem, and leads groups touring Poland, and has been a member of Camp HASC's administration for many years. Michal earned a BA at Bar Ilan University in Jewish History and lives in Neve Daniel with her family.



Rav Meir Rebibo teaches Chasidus and Jewish spirituality. He is completing his bachelor's degree in psychology this year and is grateful to be learning under Rav Shlomo Katz in Efrat, where he lives with his wife Hannah. Rav Meir's hope is to share the depth of Chasidus in a way that feels real and usable in daily life. With an emphasis on honesty, humility, God-consciousness, and love of Torah

and mitzvot, he aspires to grow together with his students as they explore these teachings.



Ms. Orit Reiter teaches Tanach and Machshavah. Originally from New York, Orit made Aliyah in the summer of 2023. Orit holds a BA in Judaic Studies from Stern College, a Masters in Constructivist Jewish Education from Azrieli Graduate School of Jewish Education and Administration, and an MSW from Wurzweiler School of Social Work. She spends her summers as the Assistant Director of NCSY JOLT Israel. Before making aliyah, Orit both taught in high schools and worked in clinical settings.



Rabbi Rafi Rosenblum Rabbi Rafi Rosenblum teaches halachah and Jewish Thought. Rav Rafi earned a BA and semichah at Yeshiva University, where he also spent four years as a member of the Wexner Kollel Elyon. Rav Rafi taught at Rambam Mesivta in Lawrence and the Stella K. Abraham High School for Girls in Hewlett, and has taught at many seminaries and yeshivot in Israel. In his spare time, Rav Rafi can be found playing roller hockey, ultimate frisbee, a boardgame with his children, or whipping up a dessert in the kitchen. Rav Rafi made aliyah in 2010 and lives in Ramat Beit Shemesh with his family, who love it when students join them for Shabbos.



Rav Efroni Schlesinger teaches Machshevet Yisrael and Religious Zionism. Rav Efroni's shiurim are very source-based, and he looks to cover popular topics in breadth as well as depth. He ran the Shana Bet Program in Yeshivat Hakotel, where learned under Rabbi Reuven Taragin for ten years, and now serves as a Ra"m in the Overseas Program. Rav Efroni served as a First Lt. in the IDF, after which he received Semichah from Rav Zalman Nechemia Goldberg and his Masters in Education from YU's Azrieli Graduate School. During the summer, Rav Efroni co-runs the Beit Midrash Program in Moshava IO. He also hosts a Philosophy Podcast, "Exploring Jewish Thought." Rav Efroni lives in Jerusalem with his wife Avigail.



Mrs. Aliza Schwartz is a Rakezet. Herself an alumna of Midreshet's Shana Aleph and Shana Bet programs, Aliza has a "been there myself" sense of how to relate to our students. She spends a lot of time in our Beit Midrash, offering chaburot (group chavrutot), learning one-on-one, and helping girls find something to learn on their own. Aliza's warmth, passion, genuineness and sincerity help her connect to the girls, and being one of the

younger staff, she is a powerful role model for her students. Aliza holds a BA from Stern College in Tanach and Jewish Law. She and her family live in Jerusalem.



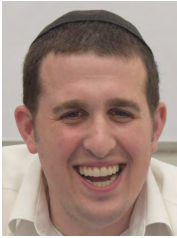
Rav Ari Shvat teaches Jewish Thought. Rav Ari's shiurim, infused with the inspirational and spiritual Torah of Rav Kook, are beloved by our students. Raised in Riverdale, NY, he did Hesder at Ohr Etzion and Kiryat Arba, where he received semichah. Rav Ari is a popular international lecturer and has published many ideological and halachic articles, including the first scholarly book on the Israeli flag and the mitzvah to speak Hebrew. He holds a B.A. in Tanach from Michlelet Herzog and an M.A. in Jewish History and Talmud from Touro College. He enjoys utilizing his music as an educational medium and has produced three albums of original compositions, including a tune for Al HaMichya taught in the dati schools in Israel. Rav Ari has run various programs internationally for Bnei Akiva, as well as teaching at Midreshet HaRova, Midreshet Lindenbaum, Sha'alvim for Women and the Israeli Air Force. In addition, he is in charge of the archives of Rav Kook at Beit HaRav and is featured on the Yeshivat Beit El website. Rav Ari lives in Kochav HaShachar with his family.



Rav Hanoch Teller is a world-renowned storyteller and lecturer, known to many through his inspirational speaking in communities around the world and his many books on a wide range of topics and Jewish values. He has also produced two award-winning films. Rav Teller is able to bring gedolim to life for his students by recounting not only their Torah, but also their personal greatness in their midot and private everyday behavior. His unique course is a primer for life as to how to lead a life of moral sensitivity. Rav Teller earned a BA at Yeshiva University and continues to learn in the Mirrer Yeshiva.



Rabbi Avraham Zvi (AZ) Thau learned at Yeshivat Hakotel's Hesder Program and served as Rosh Madrichim of the overseas students, Associate and Educational Director of the Hakotel Bergman Family Leadership Program, and Jerusalem Chapter Director of NCSY Israel. Rav A.Z. received his BA in Business and Management from Jerusalem College of Technology (Machon Lev) and his rabbinical ordination from World Mizrahi. Rav A.Z. has just returned to Israel after spending four years on shlichut in Toronto, where he served as the Rosh Beit Midrash for the Mizrahi Beit Midrash in the BAYT. He also served as a Rebbe and Shaliach for Bnei Akiva Schools and the Rosh Beit Midrash at Camp Moshava Ennismore.



Rabbi Eli Wagner teaches Halachah and Jewish Thought at Midreshet Moriah. Rav Wagner also serves as a Magid Shiur at Yeshiva University Israel and as Director of the Men's Undergraduate Torah Program at YU Israel. He learned at Yeshivat Shaalvim and Yeshivat Derech HaTalmud under Rav Chaim Ilson. Rav Wagner attended Yeshiva University as a member of the prestigious Masmidim Honors Program while attending Rav Michael Rosensweig's shiur. Upon graduating with a BA in Psychology, Rav Wagner fulfilled a lifelong dream of making aliyah with his wife and joined YU's Gruss Kollel for four years, receiving semichah from RIETS. Rav Wagner's dedication to teaching Torah is evident from the breadth and depth of the shiurim he has given, including Practical Halachah, Jewish History and its interface with Halachah, Jewish Philosophy, the laws of Shabbat, Tefilah, Parshah and more. Rav Wagner lives in Mitzpeh Yericho with his wife Daniella and their children.



Rabbi "Y.Y." Wenglin teaches Chasidut and Jewish Thought. Rav Wenglin's ultra-high-energy delivery, deep familiarity with Western culture, creativity and self-effacing humor enable him to share and inspire with provocative, life-changing concepts in emunah, midot, and connecting to God. Rav Wenglin earned a BA in History and Literature at Harvard and a JD at the UCLA School of Law, where he was a member of the

Law Review (and a lead performer in the law school musical). After law school, Rabbi Wenglin first joined the Manhattan law firm of Paul, Weiss as a corporate associate in mergers and acquisitions, but then put all that on hold in order to learn more about his Jewish roots. He moved to Jerusalem, where he started taking introductory classes at Aish HaTorah, and the rest is history... Rabbi Wenglin teaches at yeshivot and seminaries and serves as a guest speaker for kiruv programs on campuses and communities all over. He and his family live in Ramat Beit Shemesh.



Rav Aharon Wexler is beloved by our students for his passion for Israel and the Jewish people and for his exciting, thought-provoking shiurim. He made aliyah from New York after high school and studied in Yeshivat HaKotel. After Yeshiva and his service in the IDF, Rav Aharon earned a BA in Archeology, semichah at Yeshivat HaKotel, an MA in Jewish History, and is now a Doctoral Candidate studying Jewish Philosophy. He is also a licensed tour guide, and when not teaching or touring, makes his home in Efrat with his family.



