

MORE CHOICES

160+ COURSES!

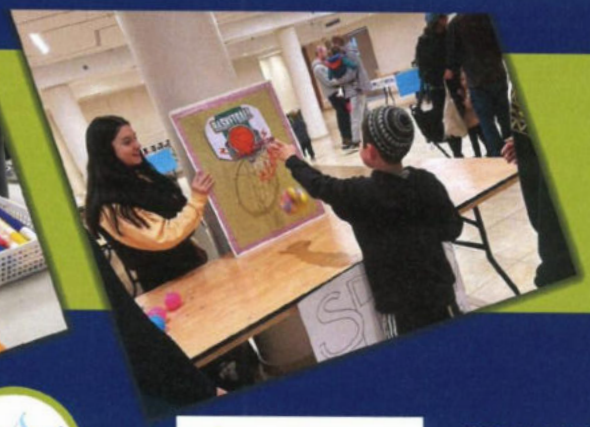
FALL 5787 / 2026-27



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2026-2027

KEDMA VOLUNTEER PROGRAM

AT MIDRESHET MORIAH

EMPOWERING EACH STUDENT
TO GIVE BACK IN A MEANINGFUL WAY

VOLUNTEER WITH KIDS

AFIKIM
BASIC HEBREW REQUIRED. VOLUNTEER WEEKLY WITH KIDS FROM AT RISK HOMES AT AN AFTERSCHOOL CENTER. HELP WITH HOMEWORK, PLAY GAMES IN THE YARD, AND DEVELOP A BIG SISTER-LITTLE SISTER RELATIONSHIP. *LOCATION: DERECH BEIT LECHEM, TIME: 3:30–4:30 PM*

KFAR YELADIM DAVID
RUNA DANCE CHUG (AFTER SCHOOL ACTIVITY) FOR GIRLS FROM AT RISK HOMES – PREFERENCE FOR ZUMBA! *LOCATION: BUCHARIM. TIMES: 3:30-4:30PM*

ONE FAMILY
VOLUNTEER WITH FAMILIES WHO HAVE BEEN THE VICTIMS OF TERROR. SOME, BUT NOT ALL VOLUNTEERING, WILL BE WITH CHILDREN.
LOCATION: THROUGHOUT JERUSALEM. TIMES: ANY TIME BETWEEN 1:45 AND 6 PM

AMITZIM
BASIC HEBREW PREFERRED. VOLUNTEER WITH FAMILIES OF WIDOW/WIDOWER AND ORPHANS. DEVELOP BIG SISTER-LITTLE SISTER RELATIONSHIPS.
LOCATION: HOMES THROUGHOUT JERUSALEM. TIMES: ANY TIME BETWEEN 1:45 AND 6 PM

HOME VISITS CHILDREN WITH SPECIAL NEEDS
VISIT FAMILIES WITH YOUNG CHILDREN WITH SPECIAL NEEDS. HELP OUT BY SPENDING TIME WITH THOSE CHILDREN AND THEIR SIBLINGS.
LOCATION: BAKA/KATAMON. TIME: TO BE COORDINATED WITH THE FAMILIES

VOLUNTEER WITH SPECIAL NEEDS

SHALVA
BASIC HEBREW REQUIRED. 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 SHAAREI TZEDEK), TIMES: 2-3:30 PM*

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: BEGINNING AT 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 OR IN RESIDENTIAL CARE AND CONNECT WITH THESE INDIVIDUALS WHILE ASSISTING THEIR TEACHERS AND THERAPISTS. *LOCATION: ENTRANCE TO JERUSALEM (BEHIND THE HATZALAH BUILDING). TIMES: 2-5PM IN THE CLASSROOM/ 4-6:30PM AT THE RESIDENTIAL CARE.*

BLIND
VOLUNTEER WITH PEOPLE WHO ARE EITHER BLIND OR VISUALLY IMPAIRED. HELP THEM WITH ERRANDS, TECHNOLOGY, KEEP THEM COMPANY, AND TAKE WALKS AROUND JERUSALEM.
LOCATION AND TIMES WILL VARY BASED ON BLIND BUDDY.

FEEDING THE HUNGRY

PANTRY PACKERS
HELP FEED THE POOR AND FOOD INSECURE IN JERUSALEM AND THROUGHOUT ISRAEL. PACK DRY GOODS THAT ARE DELIVERED TO THE NEEDY. *LOCATION: TALPIYOT, TIMES: 1:30-4:30PM*



VOLUNTEER WITH THE ELDERLY

VISITING ELDERLY RESIDENTS IN JERUSALEM NEIGHBORHOODS

ELDERLY PEOPLE IN DIFFERENT JERUSALEM NEIGHBORHOOD LOVE TO GET VISITORS. *TIMES: TO BE COORDINATED WITH ELDERLY BUDDY*

BEIT TOVEI HA'IR

VISIT ELDERLY AT ASSISTED LIVING FACILITY, SPEND TIME GETTING TO KNOW THEM IN THE LOBBY AND IN THE MEMORY ROOM. SAY TEHILLIM WITH THE RESIDENTS.
LOCATION: NEAR CENTRAL BUS STATION. TIMES: 4-7PM

NEVE SHALEM ASSISTED LIVING

VISIT RESIDENTS AT NEVE SHALEM. GO ON WALKS, PLAY BOARDGAMES, SPEND TIME GETTING TO KNOW THEM! *LOCATION: KOREH HADOROT 27, ARNONA. TIMES: TO BE COORDINATED WITH YOUR ELDERLY BUDDY*

ENVIRONMENT

JERUSALEM GREEN FUND

HELP RESTORE A GARDEN! WORK WITH COMMUNITY MEMBERS TO PLANT TREES, BUILD WITH WOOD, INITIATE A NEW GREENHOUSE, AND HELP DEVELOP WATERING SYSTEM.
LOCATION: KIRYAT YOVEL. TIME: 2-3:30 PM

BAKE FOR SOLDIERS

BAKE WITH ALEX

BAKE FOR LONE SOLDIER EACH WEEK WITH CHESED SUPERSTAR AND SHANA BET STUDENT ALEX CHABOT. *LOCATION: AT MIDRESHET MORIAH. TIME: 2:30-4:30 PM*

KEDMA קדמה









HELP THE SICK

SHAAREI TZEDEK

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

MEDICAL CLOWNING

MEDICAL REQUIREMENTS: VACCINATION LIST WILL BE SENT OUT AT THE BEGINNING OF SEPTEMBER. BRING JOY TO PATIENTS WITH SILLINESS AND JOY!! THIS IS A WONDERFUL VOLUNTEER POSITION FOR SOMEONE WHO IS OUTGOING AND FEELS COMFORTABLE IN A HOSPITAL-SETTING.
LOCATION: SHAAREI TZEDEK. TIMES: 1:15-5:30PM

PAMPER PATIENTS AND FAMILIES

MEDICAL REQUIREMENTS: VACCINATION LIST WILL BE SENT OUT AT THE BEGINNING OF SEPTEMBER. PAMPER PATIENTS AND THEIR FAMILIES WITH MANICURES! TRAINING AND MANICURE ITEMS WILL BE PROVIDED BY THE ORGANIZATION. "LAK TOV VE CHESED."
LOCATION: SHAAREI ZEDEK MEDICAL CENTER. TIME: TBD BY THE ORGANIZATION

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 with your Rakezet 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!*** If you go by just the names, you will definitely end up in the wrong courses.

- **Don't register with friends or have an alumna make your schedule:** Your schedule reflects your 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 receving 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 for now and make a note to yourself to try the other course after that. 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. It's totally up to you.

- **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 5787 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!

ENIN

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.

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 Bavel 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"!

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.

Life of Moshe Rabbeinu

RAV EITAN MAYER / SHANA BET

We all *know* Moshe Rabbeinu, we all respect him, we all appreciate him, but do 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 orde rs 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.



New Perspectives on Chumash

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 Bereishit? 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 new perspectives on Tanach.

Midrashim You Thought You Understood

VICTORIA BERMAN

The Midrash famously says Rivka was three when she married Yitzchak, but that actually seems kind of creepy – who would marry a toddler (or even want to)? Did Bat Pharaoh's arm literally stretch out like Elastigirl from the Incredibles as she reached for Moshe's floating basket in the Nile, or were Chazal hinting to something more profound when they said this in the Midrash? Did Yitzchak seriously go blind early in his life because (as the Midrash explains) angel tears fell straight into his eyes from Heaven when he was about to be killed at the Akeidah? Midrashim are amazingly colorful and memorable. What's more, they're part of our Torah and we accept all of them. But did Chazal mean all of them literally, or do all or some hint at deep lessons? Join us to explore midrashim we have all learned or perhaps heard of but have never fully understood. You will gain wisdom that will enhance your life and enhance the lives of anyone you visit on Shabbat!



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 ad dition 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!

נשא

Personalities in the Parshah

MRS. SHOSHANA ROTHSTEIN

Why is No'ach is the only person described by the Torah as a tzadik – what did he do that was so great?



Why is Yitzchak never the main character in any of his stories? Why did Ya'akov need to lie to get the berachot if he was supposed to have them? What made Tamar, desperate as she was, dress up and hire herself out as a prostitute? What allowed Yosef to be so successful, no matter where he was or what happened to him? What impact did Moshe's big sister Miriam have on his leadership? Each week, we will examine one personality from the parshah and try to understand each character in a deeper way.



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? 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 Cana'an were so strong, how did Moshe Rabbeinu fail to anticipate the spies' 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!



Mitzvah of the Week

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.

Emunah Through the Parshah

RAV EFRONI SCHLESINGER / SHANA BET

What is the purpose of miracles – is it just to impress us with Hashem's power? Why does God allow suffering for those who don't deserve it? What should be the role of Eretz Yisrael in each of our personal Jewish lives? How do free will and Divine intervention coexist – is it me choosing, or all Hashem, or some combination? What is the goal of the mitzvot? The Torah is more than laws and stories – it is the foundation of our beliefs, values, and worldview. Hidden within the weekly parshah are some of Judaism's most profound philosophical ideas, waiting to be uncovered. In this course, we'll use the weekly parshah as a gateway into the world of Jewish thought. Centered around the philosophical insights of the Ramban and enriched by the perspectives of other great Jewish thinkers, we'll explore the questions that emerge from the Torah itself and discover how the parshah can shape our understanding of emunah, hashkafah, and Jewish life today.



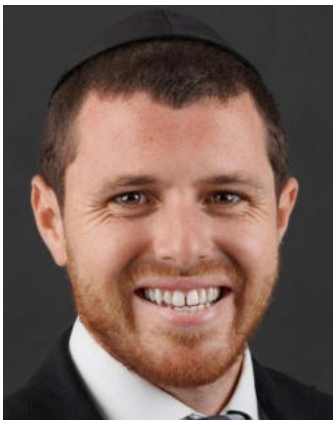




Sefer Yehoshua-Shoftim

RAV ZEV RHINE

Do you remember learning Navi in school? A little hazy? Yeah, me too – after Moshe Rabbeinu's death,



everything is a little blurry… Join us now for a sharper, more adult take on things: Yehoshua seems very different from Moshe – why was he chosen to lead Bnei Yisrael into Eretz Yisrael, and what does this teach us about what kind of leader we need in each diverse situation even today? Yehoshua sends spies ahead of his army, which is honestly a little shocking considering how terribly wrong that went the last time; what steps did Yehoshua take to avoid those pitfalls? You may already have realized that we do seven "hakafot" each Simchat Torah in shul and that – bizarrely – Bnei Yisrael did exactly the same thing to make the walls of Yericho collapse. But what in the world do these two sets of hakafot have to do with each other? Stepping back from Sefer Shoftim, we can see Bnei Yisrael making the same really big mistakes over and over again: they start worshipping idols, Hashem stops helping them, enemies arrive, they run back to Hashem for help… why are they caught in this cycle, and when this happens to us, how do we break out? Who were Devorah, Barak, Gideon, Yiftach, and Shimshon, and why do their stories matter to us today? In this course, learning the Sefer Yehoshua and Shoftim, we'll enter Eretz Yisrael with Bnei Yisrael, analyze the victories and setbacks that shaped us, and uncover relevant lessons about leadership, emunah, responsibility, and what we need to do today to succeed as a nation in our land.



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 m oments—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.

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.

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 Eliyahus—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.

Trei Asar: Prophet-able Lessons

RAV BEN ROTHSTEIN



Why was the Navi Hoshe'a told (by Hashem!) to marry a prostitute (twice!)? Why does Yonah call Hashem a liar? We all know there are 613 mitzvot, so how could the Navi Michah claim that all of Avodat Hashem comes down to just three things? If you've never studied the personalities and predicaments of the twelve nevi'im in Trei Asar, you're missing out on some of the deepest questions that touch the very fabric of our Jewish identity. Join us to explore the final words of prophecy in our Tanach!

TIP: Your schedule reflects <u>your</u> unique goals and needs. Make sure to choose what's right for <u>you</u>.

Sefer Mishlei

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.

Tehilim in Tefilah

MRS. SHOSHANA ROTHSTEIN

Of the 150 perakim in Tehilim, why were some chosen to become part of our daily tefilah? How does



Tehilim deal with the greatest theological catastrophe to ever strike our nation, and how can that help me personally? Did you know that there are five "books" within Tehilim, and that they're parallel to the five books of the Torah? How can Moshe Rabbeinu be the author of a perek in Tehilim ("Tefilah Le-Moshe," perek 90), if Tehilim is attributed to David Ha-Melech? How is the poetry of Tehilim different from that in the rest of Tanach? We encounter Tehilim regularly, but often, we don't understand its deeper significance. We will explore these questions by focusing on some of the perakim we are most familiar with: the ones from tefilah. Through exploration and analysis of these perakim, we will strengthen our relationship to Hashem and have real kavanah when we next daven.

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

Sefer Ezra & Nechemyah: The Original Return

RABBI AVRAHAM WEIN

How do you restart Jewish life in Israel after many years in the Diaspora? How do you deal with a high



intermarriage rate, massive ignorance of Torah and Hebrew, widespread Shabbat desecration, and antagonistic neighbors? How do you bridge the massive gap between Jews in the Diaspora and those on the front lines in Eretz Yisrael? The book of Ezra-Nechemia reads less like ancient history and more like today's headlines, as Jews worldwide gather to the modern State of Israel and grapple with the same challenges. As Bnei Yisrael returned from Babylonia decades after the destruction of the First Mikdash (and State), Ezra and Nechemyah confronted so many of the same crises that dominate our Jewish world. Join us as we explore their uphill struggle to rebuild the Beit Ha-Mikdash and re-establish a thriving Jewish society in Israel and discover how their decisions can help us navigate our current Jewish reality.





Topics in Tanach

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.



The Real "Eishet Chayyils" of Tanach

Michal Porat-Zibman

Does the story of the creation of man and woman, and their first encounter in Gan Eden, present a relationship of equality, or of superiority of man over woman, or vice versa? At face value, Yitzchak and Rivka seem to have a troubling lack of communication and honesty, mostly because of Rivka's actions. So why does she have the status of one of the Imahot? We know that Avraham, Yitzchak, Yaakov, Moshe, and many other men prayed in the Torah, and yet Chazal chose to learn the halachot of Shemoneh Esrei from Chana. Why – and what does this mean about our own tefilah? Miriam plays a central role as daughter and sister during a difficult time of slavery, and later leads the women in song and dance in praise of Hashem. Yet she stumbles in lashon ha-ra, the most basic of sins. How can we better understand what happened there? Understanding and connecting to our role as women in Hashem's world, as well as understanding our world as Avdei Hashem, is crucial to growing and to



enhancing our confidence. We will explore various stories in Tanach that involve women to gain a deeper sense of who we are.



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.

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.

Personalities in the Parshah

MRS. SHOSHANA ROTHSTEIN

Why is No'ach is the only person described by the Torah as a tzadik – what did he do that was so great?



Why is Yitzchak never the main character in any of his stories? Why did Ya'akov need to lie to get the berachot if he was supposed to have them? What made Tamar, desperate as she was, dress up and hire herself out as a prostitute? What allowed Yosef to be so successful, no matter where he was or what happened to him? What impact did Moshe's big sister Miriam have on his leadership? Each week, we will examine one personality from the parshah and try to understand each character in a deeper way.

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!





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.

Midrashim You Thought You Understood

VICTORIA BERMAN

The Midrash famously says Rivka was three when she married Yitzchak, but that actually seems kind of creepy – who would marry a toddler (or even want to)? Did Bat Pharaoh's arm literally stretch out like Elastigirl from the Incredibles as she reached for Moshe's floating basket in the Nile, or were Chazal hinting to something more profound when they said



this in the Midrash? Did Yitzchak seriously go blind early in his life because (as the Midrash explains) angel tears fell straight into his eyes from Heaven when he was about to be killed at the Akeidah? Midrashim are amazingly colorful and memorable. What's more, they're part of our Torah and we accept all of them. But did Chazal mean all of them literally, or do all or some hint at deep lessons? Join us to explore midrashim we have all learned or perhaps heard of but have never fully understood. You will gain wisdom that will enhance your life and enhance the lives of anyone you visit on Shabbat!





















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.

Medical Ethics

RAV EITAN AVINER

We know abortion is normally prohibited by halachah, but is it ever permitted? Who is the real mother when there's a surrogate? Can we edit the genes of a child not yet born, and should we? What if it's not just diseases we want to avoid, what if we want to dial up intelligence, or height, or the sex of



the child? When someone is brain-dead, are they gone – can we then take that person's organs to save another person, or is the first person still halachically alive, so that would be murder? Join us to grapple with questions about human dignity, about compassion, about who decides, and about the dazzling, frightening powers modern medicine now places in human hands. Each topic we'll cover pulls in science, halachah, ethics, secular law, psychology, and the messy realities of the world we live in. We'll dive into the questions that keep doctors, rabbanim, and ordinary people up at night: fertility and IVF, surrogacy, genetic engineering, cloning, abortion, organ transplants, brain death, euthanasia, human experimentation, and more. Medicine, halachah, and the complex space where they meet will never look the same to you again!

"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.

Halachic Concepts of 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: 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.

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* d oesn'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.

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!

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.



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.

Halacha IRL: Tefilah and Shabbat

RAV EFRONI SCHLESINGER

You finished Shemoneh Esrei, but you forgot Ya'aleh Ve-Yavo, do you need to repeat it? You're late to shiur, but you haven't davened, should you daven now or after? Skip straight to Shemoneh Esrei? When is it too late to daven? You had soup at Friday night dinner, but can you put it back on the hotplate to keep it warm? What about the crockpot? What if you took it out of the fridge? You're going to sleep and realize your phone is on your bed, can you move it? What if it's your computer? You're out of the house and you find 100 dollars in your pocket, do you have to drop it right there? We've all learned a lot of halachah, but we still constantly find ourselves in situations where we struggle to apply what we learned to real-life situations. That's where Halacha IRL comes in. Each week, we'll examine practical scenarios we're likely to encounter and discuss how to handle it. When these questions come up in your own life, you'll know exactly what to do.



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.

Cutting-Edge Shabbat

RAV EDEN RESHEF

How should we think halachically about devices that are "always on" – for example, smartphones and smart speakers are always "listening" to us



(that's why they can respond when we call Siri or Google). How do we handle this on Shabbat? What should you do if your phone alarm went off and will continue for the whole Shabbat? Can an observant Jew ride in an autonomous vehicle if nobody is "driving" it? Would a genuinely self-driving taxi change the halachic analysis? What issues arise with trains, subways, or buses that would be traveling even if you weren't on them? Can you walk past a motion-activated light if you know it will turn on? What if it's unavoidable – for example, on the way to your home or dorm? What if your college dorm or apartment building has an electronic keypad or keycard rather than a physical key? Can you follow someone else through an electronically operated door? Can you walk in front of a Ring doorbell or other security camera that records you automatically? Can you enter a hotel room which automatically detects occupancy and adjusts lights, temperature, or ventilation? What should you check before booking a hotel for Shabbat? May hotel staff electronically unlock your room for you? When does inconvenience justify relying on a leniency that one would not ordinarily use? What happens if a screen lights up automatically when you approach an appliance (which is true of our photocopier at Midmo!)? What exactly does "Shabbat mode" on a refrigerator or oven accomplish? Is every manufacturer's "Sabbath Mode" actually halachically useful? Can you use a refrigerator water dispenser or automatic ice maker? What if your college cafeteria card is electronic, and you need to have it to get your Shabbat meals? May you program a robot before Shabbat to clean the house on Shabbat? What happens when AI-controlled systems predict what you want and act without an explicit command? A key component of each session will be dedicated to addressing real questions and practical scenarios brought directly by the students in class. Through all of this and more, we will discover the deeper essence of Shabbat and explore Hashem's true intent and vision for us in keeping it.

Hilchot Shabbat: The Shabbat Kitchen

RAV YITZCHAK LERNER

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 (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 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 "Shehechiyanu" 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 yadayyim, 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.

Anonymously Yours: Inbox of an Internet Rabbi

RABBI AVRAHAM WEIN

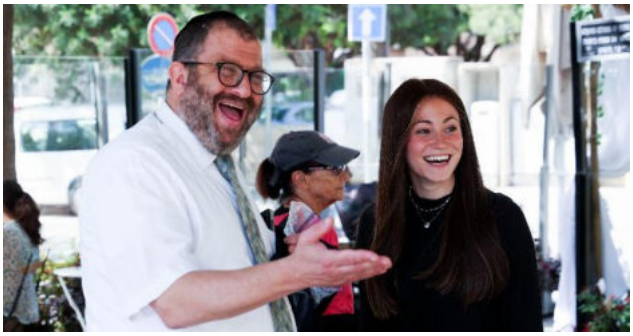
What if you need to ask a Rav something deeply personal, but you're embarrassed or afraid of being judged? How do you handle secret religious doubts you're too embarrassed to express out loud? And wouldn't it be kind of fun to see what other people ask when they feel anonymous? Welcome behind the scenes to the wonderful world of Internet Rabbis! Behind the safety of a screen, people ask the real, unfiltered questions, the very questions *you* may always have wanted to ask. Prominent Israeli rabbis like Rav Yuval Cherlow have answered tens of thousands of these anonymous internet *teshuvot*, addressing modern dilemmas we face every day. Each week, we'll explore a fascinating group of these questions as a launchpad to discuss real-world topics, help you build your own approach, and decide when the Internet is not good enough and it's time to consult an actual Rabbi IRL.



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.



Mitzvah of the Week

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 שבעל 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.

The 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.



Halachic Concepts of 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.

Midrashim You Thought You Understood

VICTORIA BERMAN

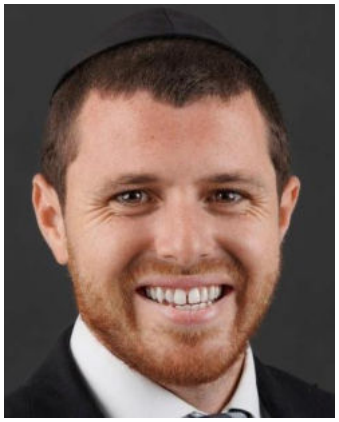
The Midrash famously says Rivka was three when she married Yitzchak, but that actually seems kind of creepy – who would marry a toddler (or even want to)? Did Bat Pharaoh's arm literally stretch out like Elastigirl from the Incredibles as she reached for Moshe's floating basket in the Nile, or were Chazal hinting to something more profound when they said this in the Midrash? Did Yitzchak seriously go blind early in his life because (as the Midrash explains) angel tears fell straight into his eyes from Heaven when he was about to be killed at the Akeidah? Midrashim are amazingly colorful and memorable. What's more, they're part of our Torah and we accept all of them. But did Chazal mean all of them literally, or do all or some hint at deep lessons? Join us to explore midrashim we have all learned or perhaps heard of but have never fully understood. You will gain wisdom that will enhance your life and enhance the lives of anyone you visit on Shabbat!



Pirkei Avot

RAV ZEV RHINE

How can I judge someone "favorably," as the Torah commands, when I just watched them do something that was clearly wrong? What makes someone (including ourselves) truly worthy of respect? Which "underrated" character traits are quietly holding us back from becoming the people we could be? How do I choose the mentors and friends who will best shape the rest of my life? Pirkei Avot is far more than a collection of wise sayings. Here, Chazal challenge us to rethink the way we view ourselves, our relationships, and our purpose. We'll uncover the keys to developing strong character, making wiser choices, and living a life that positively influences everyone around us.



Pirkei Avot

SARALA KILIMINICK

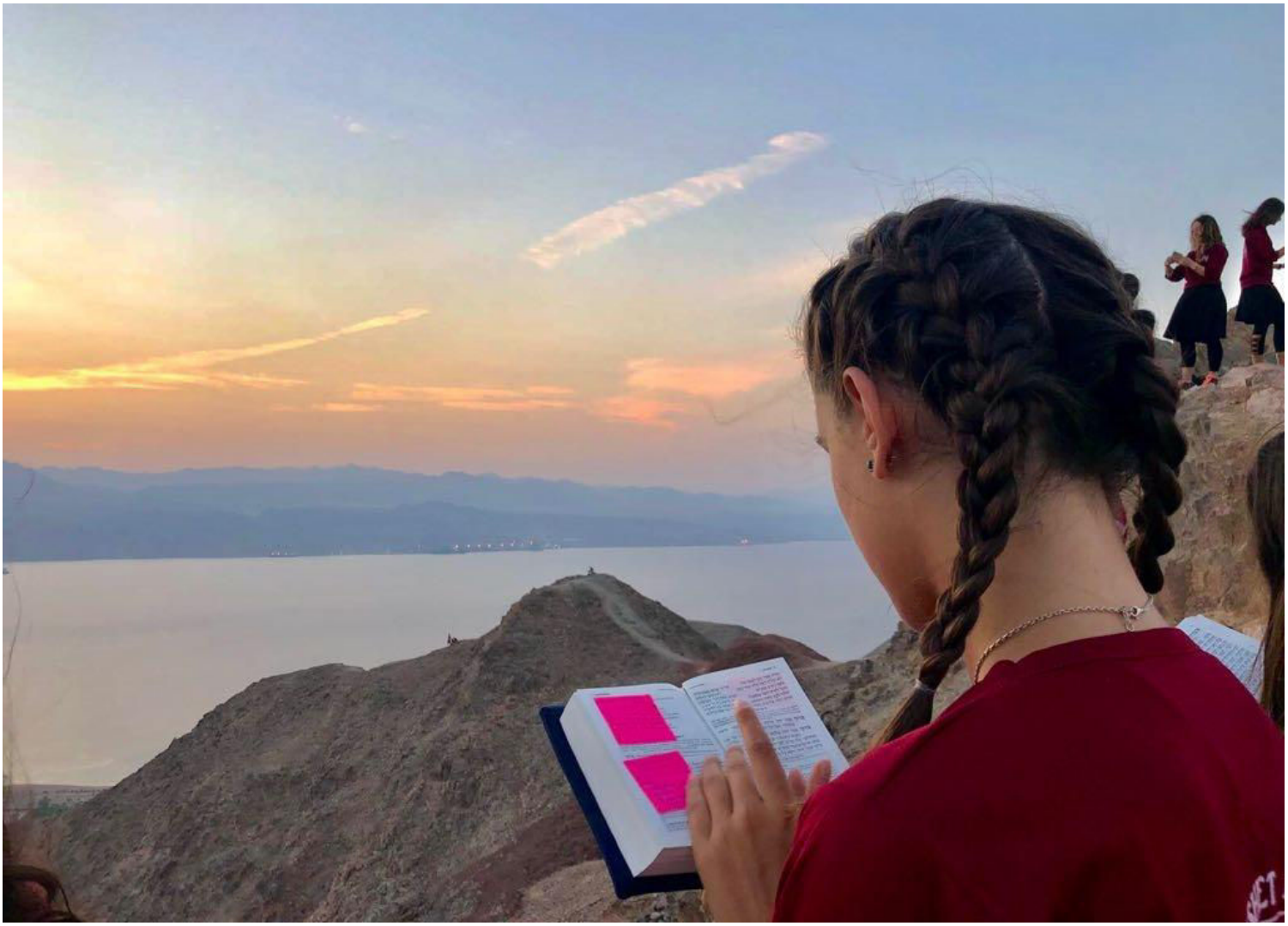
There are hundreds of mitzvot, but what are the most important things to focus on? What advice did Chazal have about surrounding ourselves with the right people to bring out the best in us? How do we make time for the spiritual in a life full of insistent physical demands and opportunities? When should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





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.







INSPIRATION

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.

Letting Hashem In

CHASIDUT

RAV MOSHE FIXLER

People are always talking about "building" a connection to HaShem, but what if it isn't something "built," but something already "built-in" that can never be broken? What does it take to tap into your own inner peace when everything around you feels chaotic? We all know that on the physical level, what happened at Kriat Yam Suf was that the water split – but what took place spiritually, which you can still access today personally? Why does stepping into your next level usually require a moment of letting go and trusting the unknown? If you're looking to experience real spiritual depth,



this course will take you straight into the core texts of the "Alter Rebbe," Torah Or and Likkutei Torah. Together, they offer a blueprint for understanding human nature, emotional struggle, and the incredible potential in every soul. In this text-based shiur, we will unpack powerful pieces on spiritual

empowerment, perfecting the soul, and breaking through personal boundaries. Through clear textual study paired with real-world application, you'll walk away with fresh tools for personal growth, a deeper experience of tefilah, and a clearer view of your true purpose.

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.

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

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 <u>like</u> 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.

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 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 ("JOBAJ")

RABBI YY WENGLIN / TWO SECTIONS TO CHOOSE FROM)

Does your Judaism make you happy? Is your connection with Hashem and your identity as a Jew something that makes you proud and fills you with simchah? Wait, not always? Not often? Not since you can remember? Come to "JOBAJ," where we'll build a foundation together for a lifetime of joy in being Jewish. We'll clarify foundational principles in hashkafah (what's important in life) as we acquire useful tools in building self-esteem, great



techniques in positive thinking, and help you clarify your goals and make your decisions. JOBAJ moves fast, and then it moves slow; it goes deep and then it gets simple; it makes you think, and then it makes you think some more. And laugh! Bottom line, by the end of this course, once you see how *useful* and *helpful* your Judaism can be for you as you navigate life, you will feel so joyous to be a Jew!



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.

Gen Z: "What Do Mitzvot Do For Me?"

RAV YONATON HIRSCHHORN

Why do we find people who are very careful about what goes in their mouths, checking the "hechsher" on every product, yet barely think about what comes out, like lashon ha-ra? How can someone be meticulous about keeping kosher, yet have no problem ordering non-kosher food when no one is watching? How do we make sense of someone who wouldn't dream of missing shul on Shabbat, but would also casually scroll on her phone later that same day? Or someone who would never miss candle-lighting, but barely thinks about Kiddush, se'udah shelishit, or Havdalah? Why are some people careful about certain areas of halachah, yet completely relaxed about others? Why do so many frum people have mitzvot they naturally keep and others they quietly struggle with, rationalize, or push aside? Is it simply a lack of discipline, or are we approaching mitzvot from the wrong perspective altogether? In this course, we'll explore the inner world of mitzvot and discover that they were never meant to be a collection of unconnected rules or just obligations. Rather, each mitzvah is an opportunity to build and deepen a relationship with Hashem. Instead of asking, "What does God want from me?", we'll begin asking a far more powerful question: "What does this mitzvah do for me?" We'll uncover the different categories of mitzvot, why we are naturally drawn to some, why others challenge us, and how those very struggles can become the greatest opportunities for spiritual growth.



Breslov: Finding Hashem in the Details

RAV MOSHE FIXLER

Have you ever felt limited or confined by all the rules we keep – wouldn't it be a game-changer to be able to find joy, freedom, and creativity within that same framework of rules? Ever wonder whether (and why!) Hashem really cares about all the tiny granular details of halachah, and if there's a deeper spiritual reason behind all the details? Even if there are reasons for everything, how do I turn my grind of daily mitzvot – berachot, davening, netilat yadayyim, asher yatzar – into genuine moments of



emotional and spiritual connection? And wouldn't it be great if we could see that our personal everyday struggles, the things constantly on our minds, are actually built into the structure of Halachah itself rather than competing with Halachah for our attention? If you've ever wanted to connect the "what" of your Jewish life to the deep "why," this course was built for you and will transform how you view Halachah. "Likkutei Halachot," the masterpiece of Rav Nosson of Breslov (the primary student of Rebbe Nachman), takes practical Jewish law and reveals the profound mystical and psychological life lessons hidden underneath. In this shiur, we will journey through key topics in Jewish law and discover how every detail of Halachah is actually a practical guide for mental well-being, spiritual growth, and personal resilience. Get ready to see the Shulchan Aruch in a whole new light.

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… Yaaaaawwwwwn. "—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.



Alei Shur: The "Bat Torah"

MICHAL PORATH-ZIBMAN

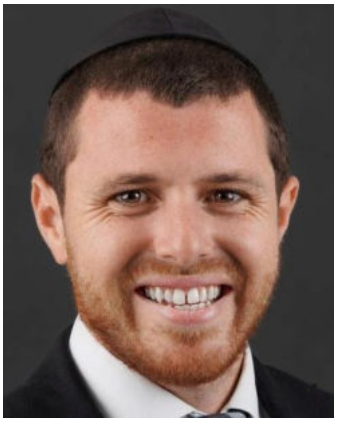
We will study the inspiring teachings of one of the greatest giants of our generation, Rav Shlomo Wolbe. Rav Wolbe was renowned for being able to encourage and inspire Bnei and Bnot Torah to grow spiritually by first recognizing the reality of living in a material world and then providing them with advice 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.



Ta'amei Mitzvot

RAV ZEV RHINE

How exactly am I drawing closer to Hashem by listening to a ram's horn on Rosh Ha-Shanah or holding the four species on Sukkot? Why does it matter if an animal was slaughtered properly before I eat it? How can a simple scroll of pesukim placed on my doorway (a mezuzah) really protect my house? The Sefer HaChinuch invites us to look beyond *what* we do and discover *why*. Through his explanations of the *ta'amei ha-mitzvot*, we'll uncover how each mitzvah shapes our character, deepens our relationship with Hashem, and transforms everyday actions into opportunities



for growth. We'll leave not only understanding the *ta'am*—the reason—behind the mitzvot, but also experiencing their *ta'am*—their sweetness.

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.



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 Rebbi, 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.

"Be-Chol Levavecha"

RABBI 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

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."

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.







Self-Improvement

Chovot Ha-Levavot

Rav Ben Rothstein

Have you ever felt like your relationship with Hashem looks good on the outside, but feels hollow on the inside? Are our actions sincere – are we actually serving Hashem, or secretly (even subconsciously) really serving ourselves? What if doing mitzvot by force of habit, even for the "right" reasons, still misses what Hashem really wants from us? And how are we supposed to balance trusting in Hashem with taking the initiative ourselves? Chovot Ha-Levavot is a classic work of Jewish ethics, but beneath the surface, it makes some of the most radical demands in all of Jewish thought and mussar. It challenges us to look not just at what we do, but also at why we do it, to polish and purify our "levavot," our hearts. Join us as we uncover a vision of Avodat Hashem that challenges us to take our relationship with Him seriously, and learn how to implement these ideas in our lives.



A Midot Plan Tailored for You

Rav Eitan Aviner

Most books on midot basically hand you a wish-list: more patience; less anger; more humility; less envy. Sounds great! So why do we keep turning into the exact person we swore we'd never be, even after reading those books? You decide you're going to be calmer, more generous, less quick to judge… and somehow you end up right back in the old pattern, wondering what happened! The problem is that they tell us *what* to shoot for, but not *how* – and the *how* includes *why* each of us behaves the way we do today. But what if there were a way to reveal who you are, so that you could finally become who you are meant to be? We'll start with you: in the very first session, we'll dive right in with a short personality test, laying out the fears, desires, behavior patterns, and habits that define your personalitu. It's called the Enneagram, one of the most penetrating maps ever drawn of why each of us is wired so differently, and it hands you a key to self-understanding on day one. But without knowing how to use that key, we won't get very far. That's where the Rambam comes in: in his work, "Shemoneh Perakim," he opens up the machinery of the human soul so we can see how it actually works, and how a person can begin to change it. From there, the real journey begins: every class holds both threads at once, Rambam's map of the soul and its path toward balance, emotional health, and self-mastery, set alongside the Enneagram as a serious instrument for self-understanding. At its heart, the course asks what it takes to shape that inner world with honesty, wisdom, and responsibility.



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.

Finding Your Strength Inside

RAV EDEN RESHEF

What are my strengths? How do I discover what I want and stop being so influenced by what everyone else wants or by circumstances around me? How do I develop inner strength, courage and belief in myself? How do I turn my aspirations into goals I can actually achieve? How can I deal with thoughts that hold me back? How do I build self-confidence and a stronger sense of self-worth? How can I turn a weakness, failure or personal challenge into an opportunity for growth? How do I stop comparing myself to other people? Guided by the weekly parshah, Chagim, teachings of Rav Kook and Chasidic thought, we will explore deep ideas and turn them into practical tools for real life. Join us to be part of a space to pause, look inward, discover strengths you may not have known you had, and set out on the next stage of your journey with renewed energy.



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.

Difficult Midot Situations / Breaking Bad Habits

RAV HANOCH TELLER

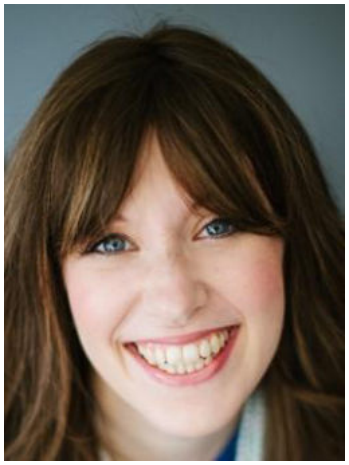
How can we stop assuming the worst of people and begin to judge them favorably? How can we handle difficult conversations with friends, parents, and roommates, sensitively making ourselves heard while also hearing others and finding ways to work out tough issues? How can we waste less time, be more thoughtful,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

Rav Tzadok's Manual for Being You

RAV MOSHE FIXLER

Ever feel like you could be pretty amazing if you could just beat that one big personal struggle in your life?

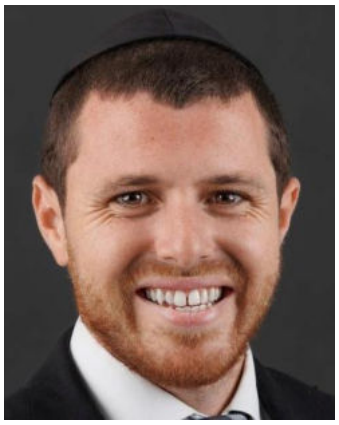


What if I told you that that big struggle wasn't your main obstacle, but actually holds the key to your greatest strength? "Believe in yourself" – no one's perfect, and we all have failures and setbacks, so what does "believe in yourself" really mean? And why is that just as important as believing in Hashem? Why were we created with so many complicated desires, and how do we handle them? Sometimes it can feel like we have the choice to either be happy with who we are by ignoring our flaws, or working on our flaws but therefore sacrificing our self-confidence. How do we find a third way? If you've ever wrestled with these questions, this course is for you. Tzidkat Ha-Tzadik, by the legendary Chasidic master Rav Tzadok Ha-Kohen of Lublin, is one of the most empowering and psychologically profound sefarim in Jewish thought. Rav Tzadok dives headfirst into human nature, addressing self-worth, motivation, struggle, and who each of us really is deep down. In this shiur, we will journey through key sections of Tzidkat HaTzadik, uncovering practical tools to transform how you view yourself, your challenges, and your relationship with Hashem. Get ready to think deeply and discover a roadmap for personal growth and inner authenticity.

Mesilat Yesharim

RAV ZEV RHINE

With life today filled with constant distractions, endless comparisons, and the pressure to keep up, it's harder than in the past to get (and maintain!) clarity about who we want to become. What's my personal biggest obstacle on that journey? How do I stop living on autopilot, like my life is one long conveyor belt, and start making more conscious choices? How do I know whether I'm truly growing or just feeling momentarily inspired? What habits are quietly shaping my life without my even realizing it? *Mesilat Yesharim* offers a practical roadmap for answering these questions. Together, we'll learn how to overcome the obstacles that hold us back, live with greater purpose and presence, and take meaningful steps toward becoming the people Hashem created us to be.



Intense Mesilat Yesharim

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 Yesharim* 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.



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.

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

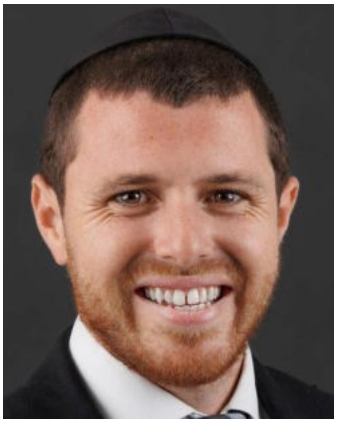
How can I maximize my role as a daughter or step-daughter? What does friendship mean to me? What kind of spouse do I want to be, and what do I need to find in my own spouse? How do I imagine myself as a mother? What can I learn about my relationship with siblings, or from my only-child status? How can 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.



"Sichot Mussar" of R. Shmulevitz

RAV ZEV RHINE

What are the keys reasons that people with the best intentions still make the wrong decisions? What makes the difference between a life of comfort and a life of greatness? How much responsibility do I have for the people around me? Why does Hashem often use specifically challenges and difficulties to help us grow? What can the lives of Avraham, Sarah, Yosef, and Yehudah teach us about the choices we make every day? Rav Chaim Shmulevitz doesn't simply explain the parshah; he uncovers the Torah's understanding of people. In this course, we'll discover the forces that shape our decisions, relationships, midot, and avodat Hashem. Each week we'll walk away with a deeper appreciation of the parshah and a new perspective on ourselves.



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.

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 <u>like</u> 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.



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

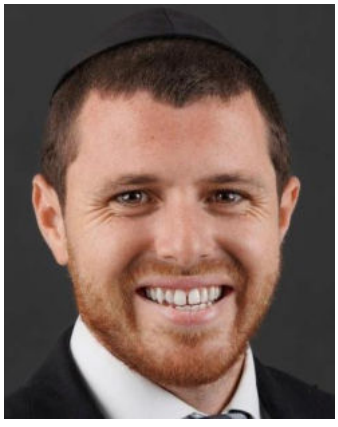
There are hundreds of mitzvot, but what are the most important things to focus on? What advice did Chazal have about surrounding ourselves with the right people to bring out the best in us? How do we make time for the spiritual in a life full of insistent physical demands and opportunities? When should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



Pirkei Avot

RAV ZEV RHINE

How can I judge someone "favorably," as the Torah commands, when I just watched them do something that was clearly wrong? What makes someone (including ourselves) truly worthy of respect? Which "underrated" character traits are quietly holding us back from becoming the people we could be? How do I choose the mentors and friends who will best shape the rest of my life? Pirkei Avot is far more than a collection of wise sayings. Here, Chazal challenge us to rethink the way we view ourselves, our relationships, and our purpose. We'll uncover the keys to developing strong character, making wiser choices, and living a life that positively influences everyone around 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 <u>you</u> 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 Rebbi, 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"

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.

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 (friend s / 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.



The 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.






Lech Lecha 5787





RELATIONSHIPS

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

TEXT SKILLS

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 <u>not</u> 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* 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? 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

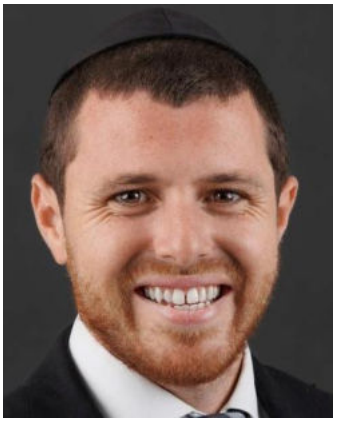
How can we stop assuming the worst of people and begin to judge them favorably? How can we handle difficult conversations with friends, parents, and roommates, sensitively making ourselves heard while also hearing others and finding ways to work out tough issues? How can we waste less time? Be more thoughtful,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



"It's Complicated": Navigating Difficult Relationships

RAV ZEV RHINE

Your brother invites you for Shabbat, but you're not sure you can eat in his home. Your relatives don't understand the choices you're making, and every family gathering feels like you're walking on eggshells. Your closest friend is moving in a different religious direction than you are. You love your family, but you don't always agree with them. Of course it doesn'have to be all or nothing, but how do you handle the in-between with grace and wisdom? Clearly, you're not the first person to face these challenges. From Avraham and Lot to Ya'akov and Esav to Yosef and his brothers, Chazal recognized that relationships are often complicated. Together, we'll explore what the Torah, Gemara, and contemporary poskim teach about navigating difficult relationships with wisdom, sensitivity, and conviction. We'll tackle real-life questions about family, friendships, boundaries, kashrut, Shabbat, and sticking to our values without sacrificing the people we love.



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 being 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.

Raising Kids the Way Hashem Raises Us

RAV YONATON HIRSCHHORN

Becoming a parent may seem far off, but the time to start thinking about how to do a good job of it, especially with very young children, is… kind of now! How will I get my child to listen? How do I discipline without damaging our relationship? How do I be an engaged parent but not a "helicopter mom," helping where needed but also creating independence and confidence? Why do some children thrive while others shut down? How do I raise children who actually love Judaism instead of simply complying with it? What does the Torah teach about parenting?



Why are the first six years of life some of the most important years a parent will ever have? This course explores one revolutionary idea: that Hashem created the parent-child relationship as a model for us to understand our relationship with Him. Long before children learn about Hashem, they experience Him through the way they are parented. The ways we respond to mistakes; how we discipline, give affection, unconditional love, and forgiveness; handle conflict and conversation; all become the language through which our children later understand God. Drawing from Torah, Chazal, Chasidut, modern psychology, neuroscience, attachment theory, and practical parenting research, this course presents a deeply Jewish philosophy of raising children that prioritizes connection before correction, relationship before rules, and teaching over punishment. We will learn how to raise emotionally healthy, spiritually connected children by understanding how children develop during the earliest years of life; why emotional safety is the foundation of discipline; how parents can repair after mistakes; and why modeling is always stronger than instruction. The course will demonstrate that every interaction with a child is a teachable moment—not merely for behavior, but for identity, resilience, trust, responsibility, and ultimately, a lifelong relationship with God.

"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 the words mean (which, let's be honest, we often don't), 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.)



Tehilim in Tefilah

MRS. SHOSHANA ROTHSTEIN

Of the 150 perakim in Tehilim, why were some chosen to become part of our daily tefilah? How does Tehilim deal with the greatest theological catastrophe to ever strike our nation, and how can that help me personally? Did you know that there are five "books" within Tehilim, and that they're parallel to the five books of the Torah? How can Moshe Rabbeinu be the author of a perek in Tehilim ("Tefilah Le-Moshe," perek 90), if Tehilim is attributed to David Ha-Melech? How is the poetry of Tehilim different from that in the rest of Tanach? We encounter Tehilim regularly, but often, we don't understand its deeper significance. We will explore these questions by focusing on some of the perakim we are most familiar with: the ones from tefilah. Through exploration and analysis of these perakim, we will strengthen our relationship to Hashem and have real kavanah when we next daven.



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… Yaaaaawwwwwn. "—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!

Living on a Prayer

RAV EITAN AVINER

If what I'm davening for is actually good for me, why doesn't Hashem just give it to me? And if it isn't good for me, how is asking supposed to help? Can a human being really change the will of God – does prayer even "work"? And why has something that's supposed to bring us close to Hashem so often turned into a place of distance, frustration, guilt, and quiet self-doubt instead? Let's be honest: Tefilah is one of the hardest religious experiences of our generation. Yes, it's hard because the words are unfamiliar and our minds wanders. But more deeply, it's hard because the whole act of davening raises enormous questions about God, about wanting things, about being dependent, being vulnerable, being in a relationship at all. This course opens that box. We're going to start by taking tefilah apart, putting all of our questions on the table. Then will we come back to the siddur itself and ask whether the words you've been saying for years might have meant something very different all along. The goal here isn't just to make davening easier. It's to make it real. If we're willing to ask the hard questions and really listen, the words we recite might finally start becoming our own tefilot.





Tefilot of Shabbat (Adv)

MICHAL PORAT-ZIBMAN

What is the connection between all of the mizmorim of Kabbalat Shabbat? What is the difference between the various Shemoneh Esreis we say throughout Shabbat, each of which is unique? What is everyone mumbling from when we finish the Haftarah until we start Musaf? And what is Musaf anyway? Understanding how Shabbat davening works is a "segulah" for an inspired week and makes Shabbat itself more than just a day of rest. Join us to go through the tefilot of Shabbat and understand.

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*.



Halacha IRL: Tefilah and Shabbat

RAV EFRONI SCHLESINGER

You finished Shemoneh Esrei, but you forgot Ya'aleh Ve-Yavo, do you need to repeat it? You're late to shiur, but you haven't davened, should you daven now or after? Skip straight to Shemoneh Esrei? When is it too late to daven? You had soup at Friday night dinner, but can you put it back on the hotplate to keep it warm? What about the crockpot? What if you took it out of the fridge? You're going to sleep and realize your phone is on your bed, can you move it? What if it's your computer? You're out of the house and you find 100 dollars in your pocket, do you have to drop it right there? We've all learned a lot of halachah, but we still constantly find ourselves in situations where we struggle to apply what we learned to real-life situations. That's where Halacha IRL comes in. Each week, we'll examine practical scenarios we're likely to encounter and discuss how to handle it. When these questions come up in your own life, you'll know exactly what to do.

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

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.



Judaism Reimagined

Rav Eitan Aviner

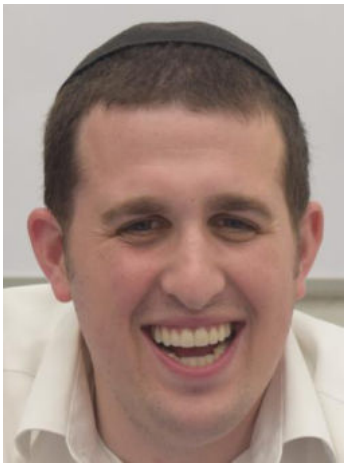
Many of us have good questions: What is the point of this life we're living? What's the goal of Judaism? Why do we have mitzvot? What is the need to have a nation or a land (especially since we spent the last 2,000 years without one)? Do we really need the Torah in order to be good people – aren't there good non-Jews? Many of us carry questions like these. There are two very different ways to answer them. One is simple: go find some good answers. The other is far more profound: discover a whole new perspective, a different way of looking at the entire world, in which everything looks different, including the questions we started with! Most courses take the first approach: offering good answers. In this course, we'll take the second, discovering an entirely fresh worldview, one in which these questions begin to solve themselves. Join us to ask the biggest questions and, instead of walking away with a collection of disconnected answers, to build together a whole new framework for understanding Judaism and our place within it. If you've always sensed there's something more underneath, and you're ready to go looking for it, here's your chance to go deep.



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.



Rambam vs. Kuzari: Choose Your Path

RAV EFRONI SCHLESINGER

Especially in the year in Israel, many of us think about questions like these: What is the best way to strengthen your emunah? Can human reason alone lead a person to Hashem? Why was the Torah given specifically to us? What is the purpose of the mitzvot? How do we understand prophecy, miracles, and Hashem's intervention in our lives? What is our purpose as a nation? Great questions. But what if I told you that even on crucia basics like these, our mesorah gives opposing answers! Join us to watch two of Judaism's greatest thinkers look at the same Torah and arrive at completely different conclusions – and then choose which approach speaks most to you! The Rambam and the Kuzari are foundational



works of Jewish philosophy, but they approach the same questions from strikingly different perspectives. In this course, we'll compare their approaches, exploring where they agree, where they differ, and how each presents a compelling picture of Judaism for us to adopt for ourselves. Studying these two giants side by side, we'll develop a deeper appreciation for the richness and diversity of Jewish thought while sharpening our own understanding of faith, Torah, and the Jewish mission.

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 techiyyat 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 wrestling 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 *techiyyat 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.



Controversial Mitzvot

VICTORIA BERMAN

How can we say the Nazis were wrong for attempting genocide against us, when we are commanded to commit genocide against Amalek (and perhaps the seven Cana'anite nations)? How can the Torah permit polygamy – isn't it just wrong, creating never-ending strife (as we see in all the polygamous marriages in Tanach) and violating the Torah ideal of "He shall cleave to his wife and they will become one flesh"? And if it's OK, why isn't polyandry (multiple husbands) OK? How can the Torah permit slavery, after we ourselves experienced the terrors of slavery in Egypt? And isn't it just wrong to think you can literally own another human being and force them to work for you forever and never pay them? How can the Torah give parents the right to potentially cause their rebellious child's death? How can the Torah allow Jewish soldiers to sleep with beautiful non-Jewish captive women that appeal to them – why doesn't the Torah just forbid the whole thing and that's it? Join me as we explore these topics and more!

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.

Rav Kook's Judaism of Positivity

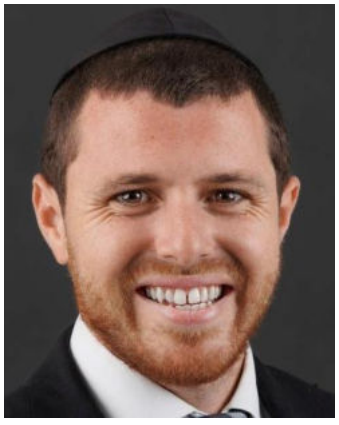
RAV ARI SHVAT



Imagine if everything we think of as evil in life – every failure or disappointment of ours, every bad person out there, every setback for our people – was really not bad, but rather "on its way to good" – and not just as a trick to be more optimistic, but for real? Imagine if ideas some people consider "outside Torah," like evolution and other modern ideas, could actually fit in and be part of a larger truth? Is Israel, which was founded mostly by anti-religious people, significant only for Jewish pride and as a refuge for us, or can what began so secular somehow turn into the beginning of mashiach's arrival? As we face Yom Kippur, is teshuvah basically negative – a regretful look at our mistakes and an attempt to do better – or is there a positive approach to teshuvah? Rav Kook is considered one of the most positive and original thinkers of modern times, with a perspective that shows how everything is more connected than we first thought and how so many things we thought of as negative are actually the seeds of huge positives. Join us to explore his optimistic, inspiring, holistic approach, which engages just about every question we face today and has given meaning and direction to generations.

Ta'amei Mitzvot

RAV ZEV RHINE



How exactly am I drawing closer to Hashem by listening to a ram's horn on Rosh Ha-Shanah or holding the four species on Sukkot? Why does it matter if an animal was slaughtered properly before I eat it? How can a simple scroll of pesukim placed on my doorway (a mezuzah) really protect my house? The Sefer HaChinuch invites us to look beyond *what* we do and discover *why*. Through his explanations of the *ta'amei ha-mitzvot*, we'll uncover how each mitzvah shapes our character, deepens our relationship with Hashem, and transforms everyday actions into opportunities for growth. We'll leave not only understanding the *ta'am*—the reason—behind the mitzvot, but also experiencing their *ta'am*—their sweetness.

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 *Gehenom*? 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*.

Emunah Through the Parshah

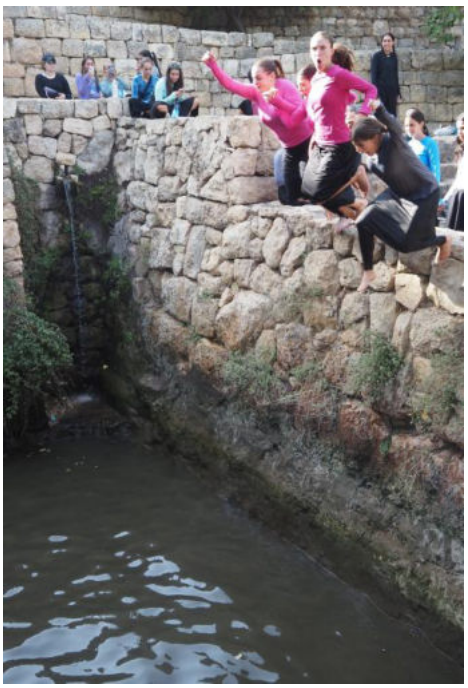
RAV EFRONI SCHLESINGER / SHANA BET

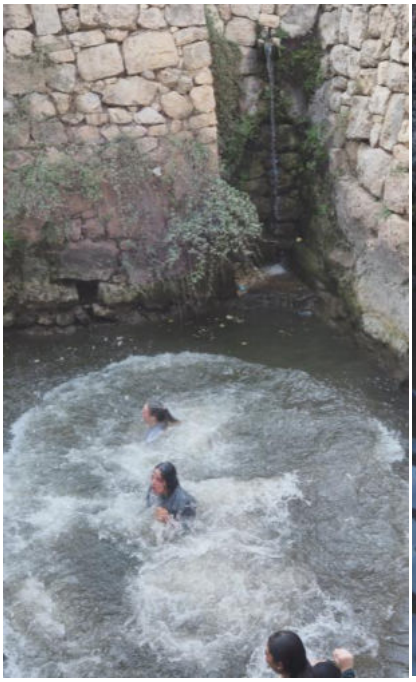
What is the purpose of miracles – is it just to impress us with Hashem's power? Why does God allow suffering for those who don't deserve it? What should be the role of Eretz Yisrael in each of our personal Jewish lives? How do free will and Divine intervention coexist – is it me choosing, or all Hashem, or some combination? What is the goal of the mitzvot? The Torah is more than laws and stories – it is the foundation of our beliefs, values, and worldview. Hidden within the weekly parshah are some of Judaism's most profound philosophical ideas, waiting to be uncovered. In this course, we'll use the weekly parshah as a gateway into the world of Jewish thought. Centered around the philosophical insights of the Ramban and enriched by the perspectives of other great Jewish thinkers, we'll explore the questions that emerge from the Torah itself and discover how the parshah can shape our understanding of emunah, hashkafah, and Jewish life today.









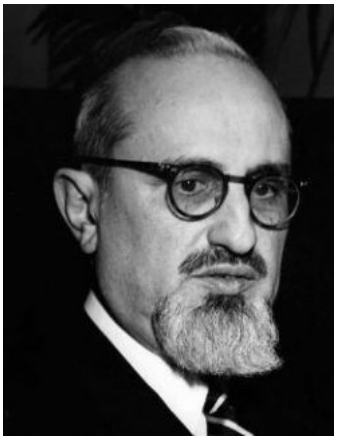






HASHKAFAH

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.



Rav Kook's Judaism of Positivity

RAV ARI SHVAT

Imagine if everything we think of as evil in life – every failure or disappointment of ours, every bad person out there, every setback for our people – was really not bad, but rather "on its way to good" – and not just as a trick to be more optimistic, but for real? Imagine if ideas some people consider "outside Torah," like evolution and other modern ideas, could actually fit in and be part of a larger truth? Is Israel, which was founded mostly by anti-religious people, significant only for Jewish pride and as a refuge for us, or can what began so secular somehow turn into the beginning of mashiach's arrival? As we face Yom Kippur, is teshuvah basically negative – a regretful look at our mistakes and an attempt to do better – or is there a positive approach to teshuvah? Rav Kook is considered one of the most positive and original thinkers of modern times, with a perspective that shows how everything is more connected than we first thought and how so many things we thought of as negative are actually the seeds of huge positives.



Join us to explore his optimistic, inspiring, holistic approach, which engages just about every question we face today and has given meaning and direction to generations.

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 cliches 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?

RABBI YAAKOV YISROEL WENGLIN

Among the more than 8 billion people on the planet, there is a small group of people known as the Jews. You've probably heard of them. But what's the difference between a Jew and a non-Jew? We all look pretty much the same. We all need to eat and sleep. We all basically want to live a good, meaningful, happy life together with family and friends. So,



what's the diff? And if there is a difference, how much of a difference does it really make? To answer these questions, this text-based course will draw from Sefer Nefesh Ha-Chaim to go behind the scenes of physical reality, revealing the way things work in spiritual reality. We will understand what a Jew is and what a Jew does. The second part of the semester will bring us to the Rambam, who will show us our role in advancing the world to its final destination.

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.

Finding Your Hashkafic Balance

RAV EFRONI SCHLESINGER

Society is full of boxes – it seeems like you need to choose whether to be in this group or that group, to believe in this extreme or that extreme. Judaism, on the other hand, has always taught balance. Where do you draw your line? For example, does Halachah change over time? Traditionally, women's roles in society were far more limited, and co-ed environments were far more rare in the Orthodox community. Did halachah in these areas change to keep up with society? How do we deal with comments made by respected rabbis that seem outdated, such as remarks that may be seen as derogatory to women or exclusionary to marginalized groups in society? We will deal with big, general topics like where should our values come from, should we be engaged in the world around us or secluded from secular society, as well as more specific questions like: Are people who learn Torah all day required to draft to the army? How do we understand parts of the Torah that contradict science, like the age of the universe or evolution? Is it better to be engaged in society and try to make an impact, or stay isolated in order to shelter ourselves and our families? In this course, we'll explore some of the most pertinent hashkafic topics discussed in our communities today and learn how every individual can develop a hashkafah that is both personal and true to our tradition.



The Joy of Being a Jew ("JOBAJ")

RABBI YY WENGLIN / TWO SECTIONS TO CHOOSE FROM) CHASIDUT

Does your Judaism make you happy? Is your connection with Hashem and your identity as a Jew something that makes you proud and fills you with simchah? Wait, not always? Not often? Not since you can remember? Come to "JOBAJ," where we'll build a foundation together for a lifetime of joy in being Jewish. We'll clarify foundational principles in hashkafah (what's important in life) as we acquire useful tools in building self-esteem, great techniques in positive thinking, and help you clarify your goals and make your decisions. JOBAJ moves fast, and then it moves slow; it goes deep and then it gets simple; it makes you think, and then it makes you think some more. And laugh! Bottom line, by the end of this course, once you see how *useful* and *helpful* your Judaism can be for you as you navigate life, you will feel so joyous to be a Jew!



Israel: Miracle 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.

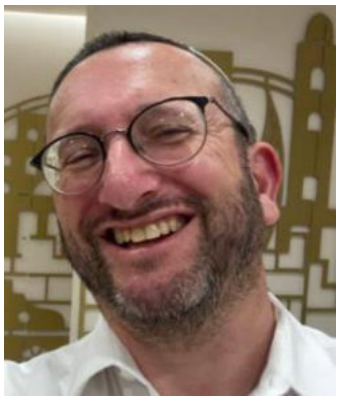




Find Your Personal Hashkafah

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

Israel: Miracle or Mess?

RAV AHARON WEXLER

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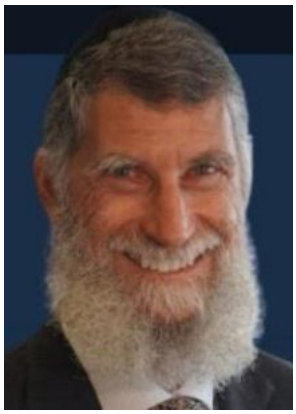


in 1848, a century before the State was declared – could you ever have imagined that 100 years from then, Jews would suddenly move from all over the world back to Israel, after 2,000 years wandering the world? Why did Zionism begin out of nowhere in the 19th century and not earlier? Why would people who didn't even keep Shabbos 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.

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.



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?

Sho'ah ve-Emunah

RAV JASON KNAPEL

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

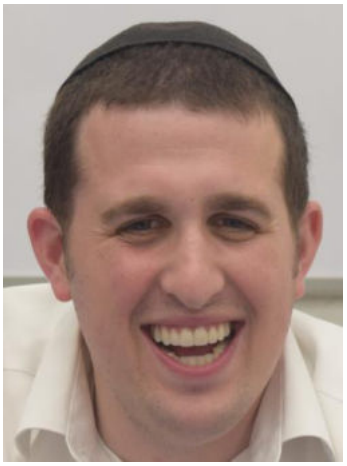


for us to learn and remember what happened: What makes the Sho'ah unique in Je wish and world history? What was Jewish life like in Europe before the Sho'ah – what did we lose? How do we understand why people would hate Jews so much that they would devote their nation's energies to killing us – when 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*.

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

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*.

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

"CHAVRUTOT & CHABUROT"

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.



CNC OPTIONS

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, our Menahelet, teaches Tanach, Mussar, 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 Michlala, 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 Mizrachi School and the Women's Beit Midrash in Cleveland before making aliyah in 2008. Bracha currently serves on the educational staff of Camp Stone, where she returns each summer. Bracha lives in Efrat with her family and is the proud mother of three children, two in-law children and one granddaughter.



Rabbi Eitan Mayer, our Menahel, teaches Tanach, Halachah, Jewish Philosophy and Gemara. Rav Eitan is known both for his deadpan sense of humor and his shiurim in Tanach and Machshavah, which emphasize creative thinking, challenging what we know and how we know it, 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 Gemara and Halachah at the Graduate Program for Women 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



Mrs. Eliana Alter is a Rakezet. Originally from Boca Raton, Florida, she made Aliyah in 2023 after earning her B.A. in Business from Touro University. Eliana's warmth, positivity, and genuine care for others allow her to build meaningful relationships with her students and create an environment where every girl feels comfortable, supported, and valued. She enjoys learning Torah, having meaningful conversations, and helping others recognize their unique strengths and potential. Eliana also works on the Development Team at Aish World Center. She and her husband, Elisha, live in Yerushalayim with their son. Eliana is excited to guide and support this year's students as they grow, navigate challenges, and make the most of their seminary experience.

Rabbi Eitan Aviner's shiurim bridge Torah, science, philosophy, and psychology. Rav Aviner has Semichah from RIETS; Advanced Semichah (Rav Ir) from the Chief Rabbinate of Israel; and is a graduate of Eretz Hemdah's Manhigut Toranit Program. He holds a B.Sc. in Applied Physics and Medical Engineering from Machon Lev and an M.A. in Science and Halachah from Bar Ilan University. He has taught and led in schools, shuls, summer camps, and communities across North America and Israel, including five years as a shaliach in Toronto, where he served as Director of Judaic Advancement at Yeshivat Or Chaim and Senior Rabbi of Congregation Ayin L'Tzion. Outside of the walls of MidMo, he is also a Mashpia at MMY and the lead translator and editor of the Peninei Halakha English Series. Rav Aviner lives in Efrat with his family and his beloved garden.





Mrs. Victoria Berman teaches Tanach and Jewish Thought. Her infectious curiosity and enthusiasm are some of her trademarks. She has a true love for her students and for Torah that is apparent in and outside of the classroom. Victoria earned a BA at Stern College and three MAs at Yeshiva University's graduate schools. Originally from Brooklyn, Victoria is so excited to be living in Jerusalem with her family.



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 returned 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 and also serves as MidMo's librarian. His vast knowledge, infectious curiosity, 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, receiving Semichah from RIETS and Yeshivat Hamivtar. He earned a BA in Jewish Studies, an MS in Medieval Jewish History, and an MS in Jewish Education from Yeshiva University. Rav Uri and his wife, Dr. Yocheved Engelberg Cohen, served as the first couple of the Jewish Learning Initiative on Campus (JLIC) at Princeton University. They live in Ramat Beit Shemesh. In his spare time, he is on a quest to read as much as possible, and is always looking for book recommendations!



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 as well as a kallah teacher in Yerushalayim. Ayelet holds a BA in Social Work from Bar Ilan and an MSW from Wurzweiler. She lives in Yerushalayim with her family.

Rabbi Moshe Fixler teaches Halachah and Chasidut, bringing a warm, down-to-earth energy and a deep love for Torah to the classroom. His own learning journey includes years spent at Yeshivat Sha'arei Mevaseret Tzion,



Mercaz HaRav, and Yeshivas Mir, culminating in semichah from the Rabbanut haRashit and the Mizrachi Musmachim program. He also holds a certificate in personal training from ISSA, as well as a BA in Cultural Studies from SUNY focusing on Jewish philosophy and cultural dynamics. In addition to his shiurim at Midreshet Moriah, Rav Moshe serves as a morning Ram at Yeshivat Moreshet Yerushalayim and Rosh Night Seder at Midreshet Ora. Rav Moshe lives in Karmei Tzur, where he loves hosting students for Shabbat and Chagim (and where he is still working on perfecting the world's most concise chabura).



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 educational institutions, always creating meaningful relationships with students and staff alike, and has spoken about her personal spiritual journey to various audiences. Dena has also been an actress for women in her spare time and has been active on stage and behind the scenes for a variety of shows. She loves hosting very large meals for the singles community and strives to find inspiration and meaning in everyday life. Dena and her family live in Rechavia.



Mrs. Roni Goldscheider is our Eim Bayit. Roni's down-to-earth style of interacting with everyone and her calm, easygoing 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 family 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 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 Nerya with his family.



Mrs. Sarala Kilimnick, a proud alumna of Midreshet Moriah (Shana Aleph and Bet!) teaches Tefilah and Jewish thought. Sarala received a Masters in Jewish Education from Azrieli Graduate School, taught at HAFTR High School, and is a qualified kallah teacher. Sarala lives in Ramat Shlomo with her family and looks forward to having her students come over to bake challah and hang out!



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. Before making aliyah, Sepha taught Tanach at the Ramaz Upper School, where she was also Senior Grade Advisor, Israel Advisor, and involved in extracurricular programming. Sepha received her BA from Stern College with a Major in Judaic Studies and a Minor in Psychology. She received a dual Master's in both special and regular Education from Hunter College, and a Master's in Social Work from Wurzweiler. Sepha lives in Efrat with her family.



Rav Jason Knapel ("Rav Jason"), our Shana Bet Director, 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, teaches at Shaalvim for Women, Yeshiva HaKotel and Midreshet Eshel. 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.



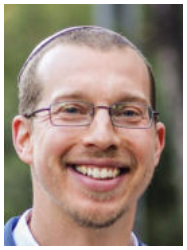
Mrs. Neima Novetsky teaches Tanach. Neima creates a unique environment in her shiurim – setting a high standard of learning, she also embraces her students with personal caring, shares her own enthusiasm for learning, and in every shiur, gives over some of her own love for Torah. Neima's unique approach 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. She and her husband Hillel are co-founders of alhatorah.org and live in Yerushalayim with their children. In her free time, Neima enjoys doing art projects, watching sunset over the Old City, and dreaming of one day opening a Tanakh museum.



Mrs. Michal Porat-Zibman teaches Jewish Thought and gives shiurim in Tanach. Michal is a teacher of great charisma and passion, inspiring her students with her exciting shiurim in Mussar and Machshavah and devoting countless hours to personal conversations and one-on-one shmoozes. Michal has expertly and inspiringly guided many groups touring Poland, learning not only about the destruction of European Judaism but also about the beautiful communities which used to flourish there. She has been a member of the Camp HASC administration for many years. Michal earned a BA in Jewish History from Bar-Ilan University and lives in Neve Daniel with her family.



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 maintains a private therapy practice, taking an integrative approach that nurtures the whole person -- mind, body, and soul.



Rav Eden Reshef is a fellow in the prestigious "Torah Leadership" program at Eretz Hemdah and World Mizrachi, preparing for rabbinic leadership and Torah outreach in the Diaspora. He is a certified NLP therapist (Master & Practi tioner), with additional background in couples counseling and halachic-medical consultation (Kedushat HaChayim – Puah Institute). Rav Eden serves as a Major (Res.) in the IDF, commanding an Attack Coordination Cell in Central Command, with extensive operational experience from the elite Maglan unit and fire-support coordination centers across combat brigades and divisions. Rav Eden has rich educational and communal experience, having taught and delivered lectures in synagogues, IDF units, pre-military academies, and high schools. He is also the author of various halachic and philosophical articles on practical Halacha, Jewish holidays, and the weekly Torah portion. Rav Eden lives in Jerusalem with his wife and their five children.



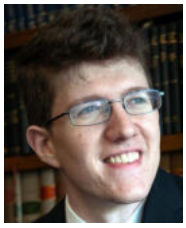
Rabbi Zev Rhine is super excited to be teaching Mussar, Halachah, Tanach, and Hashkafah! After growing up in West Hempstead, New York and spending two years at Yeshivat Sha'alvim, Rav Zev continued his studies at Yeshiva University for six years, where he earned a BA in Psychology, an MA at the Azrieli Graduate School of Jewish Education, and Semichah at RIETS. After teaching in New York for three years, Rav Zev moved to Boca Raton, Florida, where he spent five years working at Brauser Maimonides Academy and Boca Raton Synagogue. Rav Zev recently made Aliyah and moved to Beit Shemesh with his wife, Kira, and their five children. He is incredibly excited to join Midreshet Moriah and to learn and grow together with its students! Most of all, Rav Zev hopes to inspire his students not only to learn Torah, but to live the Torah they are learning and allow it to shape the people they become.



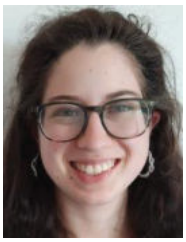
Mrs. Lizzie Rosenbaum made Aliyah from NY in 2022 after learning for a year and a half at Midreshet Harova. Lizzie spent a year in Sherut Leumi, has served in various madrichah and Em Bayyit positions, abd erned a degree in Social Work at Wurzweiler. It is a deep zechut for Lizzie to live in Yerushalayim and be a part of Midreshet Moriah, sharing Torah and creating relationships with students.



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 has taught at many seminaries and yeshivot in Israel and is a Rebbe at Yeshivat Mevaseret Zion. In his spare time, Rav Rafi can be found playing roller hockey, ultimate frisbee, boardgames with his children, or whipping up a dessert in the kitchen. Rav Rafi made aliyah in 2012 and lives in Ramat Beit Shemesh with his family.



Rav Ben Rothstein teaches Machshavah and Tanach and is particularly drawn to the thought of the Rambam. He was born in East Barnet Village, England, studied at Yeshivat HaKotel for two years, and holds a BA in Ancient Languages from UCL and an MPhil in Hebrew and Semitic Studies from Cambridge. Ben's courses present alternative perspectives on Jewish life, encourage students to meaningfully engage with texts, and promote a high level of critical thinking. When not burrowing into second-hand bookshops looking for old copies of Geonic responsa, Ben can be found playing Iron Maiden on his guitar, bouldering, and enjoying Sci-Fi films.



Mrs. Shoshana Rothstein teaches Tanach and Midrash. Originally from London, she studied at MMY before returning to England to complete her BA in English Literature at the University of Bristol. She continued studying at the London School of Jewish Studies, whilst teaching high school English and completing an MA in Education. Shoshana's courses encourage students to connect with the characters and stories in Tanach through careful and thoughtful analysis. She enjoys reading, writing poetry and rummaging through second-hand bookshops, and she lives in Jerusalem with her family.



Rav Efroni Schlesinger Rav Efroni Schlesinger teaches Machshevet Yisrael and Tanach. Rav Efroni's shiurim are very source-based, and he looks to cover popular topics in breadth as well as depth. He is also a Rebbe (Ra"M) in Yeshivat Hakotel's Overseas Program. Rav Efroni served as a First Lt. in the IDF, after which he studied for Semichah from Israel's Chief Rabbinate and received his Masters in Education from YU's Azrieli Graduate School. Rav Efroni lives in the Jewish Quarter (Rova) of the Old City with his family.



Mrs. Aliza Schwartz is a Rakezet. Herself an alumna of our Shana Aleph and Shana Bet programs, Aliza has a "been there myself" sense of how to relate to our students. 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 at Midreshet Moriah and is the founding Rosh Midrashah and senior lecturer at Orot Israel College in Elkana. Rav Ari's shiurim, infused with the inspirational and spiritual Torah of Rav Kook, are beloved by our students. He did Hesder at Ohr Etzion and Kiryat Arba, where he received semichah. Rav Ari is a popular international lecturer and has published widely. 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. Rav Ari has run various programs internationally for Bnei Akiva, as well as teaching at Midreshet HaRova, Midreshet Lindenbaum, Yeshivat HaKotel 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 and YUTorah. 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 three 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, their stellar middot and private everyday behavior. His unique courses are a primer for how to lead a courteous life of moral sensitivity. Rav Teller earned his undergraduate degree 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 Mizrachi. 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 Mizrachi 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.





Rav Avraham Wein teaches Jewish Thought and Tanach. He loves learning both from and with his students through dynamic and thoughtful discussions. Prior to making aliyah in 2026, Rabbi Wein served as Assistant Rabbi of Congregation Keter Torah in Teaneck for five years and as a Rebbe at Torah Academy of Bergen County (TABC), where he taught Gemara, Tanach, and Jewish History. He currently serves as a Ram for Shana Aleph students at Yeshivat Har Etzion (Gush). Originally from Queens, Rabbi Wein studied at Yeshivat Har Etzion and earned a B.A. in Psychology and Jewish Studies from Yeshiva University's Schottenstein Honors Program. He received semikha from RIETS as a member of the Wexner Semichah Honors Program and holds an M.A. in Medieval Jewish History from Yeshiva University. He lives in Efrat with his wife, Shira, and their children.



Rabbi "Y.Y." Wenglin teaches Chasidut and Jewish Thought. Rav Wenglin's 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 Hashem. Rav Wenglin earned a BA in History and Literature at Harvard University 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 – all three years. After law school, Rabbi Wenglin joined the Manhattan law firm of Paul, Weiss as a corporate associate in mergers and acquisitions. But then, let's just say, he changed course. Rabbi Wenglin teaches at yeshivot and semi naries and serves as a guest speaker for various organizations 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.


Lauren Setton
Brooklyn
Amari Suissa
Potomac
Hannah Rieder
New Milford
Dena Gleiberman
San Diego
Rachel Sabbagh
New York
Baila Shapiro
Lauderhill, FL
Kelli Glaser
Queens
Elana Heyman
Baltimore


Where do we go from here?
Hillel (Deal)
BY Montreal
Boca Raton
Ida Crown
Evanston
Berman
Magen David
HANC
Queens
Shulamith Bklyn
Hollywood
Encino
Suffern
Fuchs Mizrachi
Denver
Woodmere
Bay Harbor Islands
Ilan
Hewlett
Scarsdale
Lawrence
Dallas
SAR
Cherry Hill
Sherwood HS Ramaz
Jamaica
Bronx
Beis Chana
Hanna Sacks
Margolin
Columbus
Hillel Pittsburgh
SKA Cote St Luc
Bruriah
Kohelet
Delray Beach
Shalhevet
Shaker Heights
Laurel
Aventura
Newton
Melbourne
Barrack (Phil)
Evanston
Rochester
Brookline
Beachwood
WentWorth College
Forest Hills
Vaughan
Kohelet
Maayanot
Margolin
Naaleh
Ateres
Bais Yaakov
Fresh Meadows
Toronto
Hillside
Memphis
YULA
Ida Crown
Antwerp
HANC
Teaneck
Staten Island
Farber HDS
Chevy Chase
Beth Rivkah Melbourne
Pittsburgh
Maimonides
Maayanot
White Plains
Manhattan
Hebrew Academy
Montreal
Passaic
Yavneh Cleveland
North Shore
Dallas
HAFTR
London
Solon
Beachwood
Poway
Chaviva
Gaithersburg
Shalhevet
RASG
Englewood
Fort Lauderdale
Caulfield
North Atlanta
Encino
Kadimah
Fashion Retail Acad
Winston Churchill HS
Kohelet
Baltimore
Yavne Antwerp
North Woodmere
Miami
Hillel (Deal)
Far Rockaway
Ridge HS
Solon
Basking Ridge
Kadimah
BY of LA
Bal Harbour
Surfside
St. Louis
Naaleh
Columbus
Queens
Newton
Great Neck
Katz YHS
Cedarhurst
Montreal
Haberdashers Aske's
Valley Stream
Clifton
Hillel (Deal)
Oakhurst
Denver Academy of Torah
Skokie
Rae Kushner
Brooklyn
Frisch
Airmont
Chicago
Radlett
Highland Park
Miami Beach
Pembroke Pines
Roslyn
Beth Tfiloh
Torah High (SD)
Yeshiva Gr Wash
Immanuel College
Flatbush
Merion
Columbus Torah Academy
East Brunswick
Skokie
St Albans
CHAT
Denver
Evanston
Pomona
SAR
YULA
HAFTR
Agoura Hills
Tarzana
Kushner
Saint-Maur-des-Fosses
Elizabeth
Hasmonean
Miami Beach
Shaker Heights HS
SKA
YUHSG
Valley Torah HS
Flatbush
Bronx
RASG
SAR
Valley Village
Oakhurst
Edison
Ocean
Ilan
Brooklyn
Ramaz
New Rochelle
Suffern
Chicago
Dunwoody
Quince Orchard HS
Vaughan
SKA Jacksonville
Potomac
Edison
Ilan
Chevy Chase
Bruriah
Bergenfield
Hollywood
Solon
Miami
Frisch
Atlanta
Ocean
Ramaz
Lakewood
Los Angeles
Monsey
David Posnack JDS
Kushner
Dunwoody
Ilan
Shulamit LI
San Diego
North Shore
YUHSG
Berman
Flushing
Metairie
Ulpanat Orot
West Orange
Merrick
Spring Valley
Farber HDS
Cote St Luc
Philadelphia
Charles E. Smith
Aventura
Radlett
Passaic
Southfield
Fair Lawn
Livingston
Atlanta Jewish Academy
SAR
Sha'arei Bina
Jamaica Estates
Belle Harbor
Atlantic Beach
Bergenfield
Silver Spring
Lycee Yabne
BY Baltimore
Plainview
Royal Academy
New Milford
Berman
Elizabeth


Ella Zilberberg
Cedarhurst
Lily Douek
Skokie, IL
Yael Motechin
Bergenfield
Sarah Fishman
Denver
Kira Soshtain
Woodmere
Shevy Gomperts
Beverly Hills
Talia Ambinder
Hillside
Chaya Kohanbash
Los Angeles