

Mesorah ~ Choosing Your Commitment

Embracing and Reinterpreting a Living Tradition

NAME _____

Second Trimester ~ 2014/5774

WEDNESDAY CHOICES *These courses will meet every Wednesday from 6:30-7:15pm.*

Please indicate your FIRST (1), SECOND (2) and THIRD (3) choices for Wednesdays

_____ **A Taste of Rosh Hodesh: It's a Girl Thing!** It's hard to be a Jewish girl in 2013! This elective is for girls only. Together we will create a safe, fun space to wrestle with issues that matter most. Using Jewish texts and traditions we will build our self-esteem, Jewish identity, leadership skills, and friendship networks. *With Rabbi Nadia*

_____ **A Taste of Shevet Achim: The Brotherhood** What makes you a "real man?" How can I be "one of the guys?" What are my responsibilities and roles as Jewish man?....Together we will use the texts and resources of our tradition to guide us through an exploration of some of the issues surrounding masculinity. Our brotherhood will develop long-lasting connections in a safe and supportive space. This elective is for boys only.
With Barry Shainker

_____ **Yoga and Ethics (Avodah)** In this class, we will practice yoga, meditation and mindfulness along with group discussion to cultivate ethical character traits or *middot*. We will look deeply at qualities such as gratitude (*modim/karat et ha'tov*), honesty (*emet*), forgiveness (*t'shuvah*), loving-kindness (*chesed*), honor (*kavod*), equanimity (*hishtavut*), humility (*anavah*), silence (*sh'tikah*), enthusiasm (*zerizut*), hospitality (*hachnasat orchim*), trust/faith (*bitachon/emunah*), order (*sefer*) and others through the teachings of Torah, Pirke Avot, Mussar and Chasidut.
With Robin Wald

_____ **Life of a Jew through a Creative You (Avodah)** Explore Jewish identity through the imaginative and creative methods of Jewish writers, artists, songwriters, musicians and poets throughout our collective history. After learning about the life and work of a particular artist, students will focus on that artist's chosen medium and emulate technique to inspire new creations that reflect personal identity and message. Get your creative juices flowing and discover your own innovation! *With Shelly Silverstein*

_____ **Jewish Food and Culture (Avodah; Gimilut Chasadim)** Food and eating are a big part of Jewish life. We will undertake an historical survey of Jewish eating through history. We'll talk about some of our most beloved Jewish foods and reframe a new image of healthy Jewish eating. We will discuss the history of some of our favorite "Jewish" foods, what makes them Jewish and share some of our family recipes. We'll do some tasting and do some cooking together too.
With Suzanne Fromm

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SECOND DAY COURSE CHOICES

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FRIDAY CHOICES

_____ **Jewish Ritual at Home** (*Avodah*)

Become part of a community *chevruta* (group of learners) and celebrate Shabbat at home. Participants can be matched with two other families to share a family Shabbat celebration in each other's homes and rotate as host and guest for Shabbat dinner. A guide to blessings and Shabbat table discussion will be provided; students will complete guided journal entries as part of a community historical document.

With Alix Brown

You may only sign up for this elective if you have not done it previously

Dates: Orientation for Parents - Sunday, January 12th (10:00-11:00am)

Dates and times for dinners to be mutually arranged

_____ **Shamash Shabbat** (*Torah, Avodah, Gimilut Chassadim*)

Join us for our weekly Kabbalat Shabbat services at Kol Ami. Learn what our tradition commands about welcoming and creating real entrances for all to enter. Become a Shabbat greeter and usher, escort people who need assistance by opening and holding doors and providing a warm welcome to visitors entering our Sanctuary. Help our clergy, when needed during the service and pass out juice for Kiddush.

With Felice Miller Baritz

You may only sign up for this elective if you have not done it previously

Dates: Orientation for participants - Friday, January 10th (5pm-6pm)

Any additional 4 Friday evenings in January, February and March

Plan on arriving no later than 5:50pm and leaving at 7:30pm

SATURDAY CHOICES

_____ **Shabbat Morning Spiritual Liff, Chapel in the Woods** (*Torah, Avodah*)

Spend an hour and a half (9:15-10:45am) on Saturday morning participating in open, honest, serious, spiritual Torah learning respecting the questions of all. Join a vibrant group of people engaged in ongoing, shared Jewish learning. From 11:00am-12:15pm join a different *t'filah* (prayer) experience. Be part of a relaxed, open and spontaneous Shabbat morning service.

With Rabbi Shira

choose 8 sessions of one component of the Liff, or 4 sessions of both

Dates: Any Saturday in January, February or March

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SUNDAY CHOICES

_____ **Drumming Workshop – Musical IQ** – This course will inspire a deeper understanding of music and Jewish musical culture. Classes are facilitated around the concept that music is the universal language and can be harnessed as a powerful tool to communicate, share and unify people. Drumming and musical expression will be utilized to build community and work together in an interactive, high energy atmosphere of music and fun!

Time: Sundays 11:15am – 12:00pm

Dates: 1/12, 1/26, 2/2, 2/9, 3/2, 3/9

_____ **Madrichim (Assistant Teacher) Training** (*Gimilut Chasadim*)

A special opportunity to support students in our Sunday morning Religious School program. During this course you will spend time learning what it takes to be a role model and classroom leader in support of our younger students. Orientation sessions and classroom experiences will prepare you for this important role as a classroom Madrichim.

With Rabbi Nadia

Time: Sundays 9:00 – 11:00am

Dates: 1/5, 1/12, 1/26, 2/2, 2/9, 3/2, 3/9, 3/16, 3/23

_____ **Fascinating, Edgy Novels Book Club** (*Torah, Avodah*) If you love to read, this is the elective for you. Explore a variety of topics through novels and short stories. The world of literature is filled with Jewish topics. Explore how Judaism is portrayed through the point of view of Jewish authors.

With Rabbi Tom

Time: Sundays 10:00 – 11:00am in the Rabbi's Study

Dates: 1/26, 2/2, 2/9, 3/9, 3/16, 3/23

_____ **Teamwork and Leadership** This course is geared towards mastering teamwork and leadership skills. Each session we will divide into groups to complete missions together. Each session will involve diverse challenges using a 'hands on approach'. Using stories from Torah and modern Israel, we will reflect how each missions goals were met.

With Lieutenant Amit Shuker (Res.) Israel Defense Forces

Time: Sundays 11:30am – 1:00pm

Dates - Sundays 1/5, 2/9 and 3/2