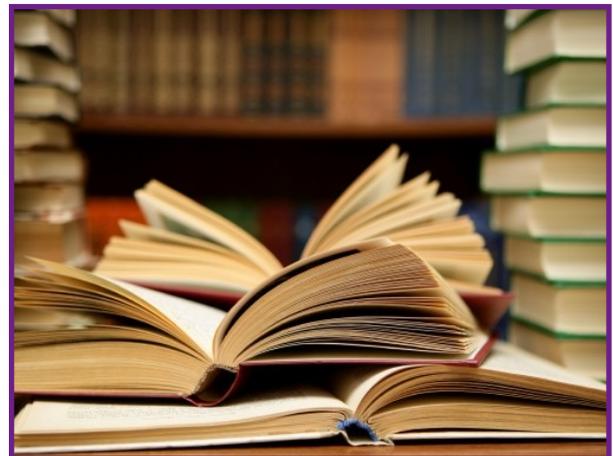




Moriah Early Childhood Center



Limud / לימוד

2016-2017 / תשע"ז

opportunities for jewish learning and personal growth

Torah

Moriah Beit Midrash

Thursdays, 8:00 - 9:10 pm, Starting September 8

Facilitated by: Rabbi Ben Kramer

This fantastic weekly evening of communal learning will begin with a forty-minute period of independent learning. This learning can be done alone, but ideally it is done in *chavruta* (that is, with a partner). You can learn with a pre-arranged *chavruta* such as your spouse, your child, or your friend, but you can also show up alone and learn with someone you just met that evening. The content of the learning is also up to you. You can come with your own text to study, or just grab something off of the shelf. Additionally, there will be texts available on various subjects with accompanying guided questions to stimulate conversation between you and your *chavruta*. This period of learning will be followed by a twenty-minute Talmud shiur from Rabbi Kramer. The evening will conclude with a ten-minute Ma'ariv service.

Parashat HaShavua Shiur

Shabbat, 8:30 am

Taught by: Rabbi Ben Kramer

In this class we will engage in an in-depth study of selected verses from the weekly Torah reading through the lens of classic rabbinic commentators such as Rashi, Ramban and Ibn Ezra. This is a great way to deepen your understanding of the Torah reading and to learn to access the profound meaning it contains. All texts will be provided in Hebrew and English. This class does not require regular attendance, so please join us any Shabbat morning!

Mishneh Torah Shiur

Shabbat, Following Mincha

Monday-Friday, Following Shacharit

Taught by: Rabbi Ben Kramer

The *Mishneh Torah*, composed by Rambam in the 12th Century, is one of the foundational works of halakha, and as such, provides the reader with a clear understanding of the fundamental issues in Jewish law. After Mincha, we are currently studying *Hilkhot Teshuvah*, the section of the *Mishneh Torah* that discusses the laws of repentance, and seeking to understand the practical and philosophical dynamics of transforming our behavior - and our life - through the process of teshuvah. After Shacharit, we are currently studying *Hilkhot Deot*, the laws of character development. All texts will be provided in Hebrew and English. This class does not require regular attendance, so please join us any time!

The Prophets and Prophecy

Tuesdays, 7:30 - 9:00 pm, Starting September 13

Taught by: Rabbi Ken Berger

Most of us encounter the prophets through our reading of the weekly *haftarot*. The passages included in the *haftarot* are often difficult to understand, because they are taken out of the context of the books in which they appear. This class will be devoted to a study of the prophets in their historical context,

providing us with a better understanding of the prophetic personality and the prophets' role in ancient Israel. While focusing primarily on the life and message of Jeremiah, we will also read selections of several other prophetic books. Among the topics to be discussed are the prophet and the prophetic experience; the medium and the message; the prophet and the state; the prophet and society; ritual and ethics; the prophet as intercessor; and "true" and "false" prophets. Please bring a Bible with you. The recommended edition is *The Tanakh*, published by the Jewish Publication Society of America.

Tefillah

Understanding The Shema & The Amidah

Tuesdays, January 10 - January 31, 7:45 - 9:00 pm

Taught by: Rabbi Ben Kramer

In this class we will look to make our experience of Tefillah more meaningful by exploring the history, structure, and theology of these two important liturgical texts and learning some of the halakhot involved in their recitation.

Gabbai Training

Monday, February 6, 7:45 - 9:00 pm

Taught by: Rabbi Ben Kramer

Have you ever wanted to serve as a gabbai? This is your chance! In this hour and fifteen minute intensive, you will learn all you need to know to be able to effectively serve the congregation in this important role. Are you already serving as a gabbai? This class will help you refine your skills and ensure that all of our gabbaim are following the same guidelines and expectations.

This class is required for all gabbaim at Moriah, regardless of knowledge or experience.

Hebrew

Conversational Hebrew

Session 1: Mondays, 9/12, 9/19, 9/26 10/31, 11/7 & 11/14

Session 2: Mondays, 1/23, 1/30, 2/6, 2/13, 2/20, 2/27

Beginner Level: 9:30 - 10:15 am Intermediate Level: 10:15 - 11:30 am

Facilitated by: Silvi Freedson

Join us for conversational Hebrew classes for all levels, in a relaxed, enjoyable atmosphere led by Silvi Freedson, principal of Be'ivrit. Silvi is a native Hebrew speaker, and is highly experienced with helping adult learners break through language barriers. Students will learn Hebrew through Israeli literature, current events, cinema, songs and much more! **Registration required to lkramer@moriahcong.org.**

Mussar

Monthly Mussar Shmuess

The First Shabbat of Each Month, Following Kiddush

Taught by: Rabbi Ben Kramer

Mussar is a Jewish spiritual discipline that views the continual improvement of one's character as an essential part of living a life of Torah. On the first Shabbat of each month, there will be a forty-five minute mussar *shmuess* (informal lecture) where we will explore a particular *middah*, or character trait, with the goal of improving ourselves, our relationships with other people, and our service of God.

An Introduction to Mussar

Tuesdays, November 1 thru December 6, 7:45 - 9:00 pm

Taught by: Rabbi Ben Kramer

Mussar is a Jewish spiritual discipline that views the continual improvement of one's character as an essential part of living a life of Torah. In this class we will learn about the history of mussar and its approach to character development and personal growth. We will also study passages from classical work of mussar such as *Mesilat Yesharim* and *Cheshbon HaNefesh*, and explore various mussar techniques and strategies for achieving our full potential as creatures created in the image of God.

Moriah Mussar Va'ad

The First Tuesday of Each Month, 7:45 - 9:00 pm, Starting in February

Facilitated by: Rabbi Ben Kramer

One of the central strategies of mussar practice is participation in a *va'ad*, a small group of people who meet regularly to study mussar texts and to provide each other support and guidance as they engage in the work of improving their character. The Moriah Mussar Va'ad will meet once a month and is open only to people who have taken An Introduction to Mussar or who have previously studied mussar.

Holidays

Join us throughout the year for a special series of shiurim designed to add meaning and inspiration to our observance of the holidays. Each shiur will be on Shabbat following Kiddush.

Yamim Noraim: October 1

Channukah: December 24

Pesach: April 1

Sukkot: October 15

Purim: March 11

Shavuot: May 27

History

Henry Ford and the Jews:

The (Not So) Good, The (Very) Bad, and The (Really) Ugly

Wednesdays, 7:30 - 8:30 pm, November 2 - December 21

Taught by: Bruce Ogron, with Prof Sheldon H. Nahmod (Chicago-Kent College of Law) and Prof Richard S. Levy (U of I)

From humble beginnings, Henry Ford became a revolutionary automobile manufacturer whose industrial advancements helped usher in the modern age. He was also a vicious anti-Semite. Taking a cue from the venomous *Protocols of the Elders of Zion*, Ford disseminated his own brand of vitriol through his newspaper, *The Dearborn Independent*, and published a compilation of those newspaper articles in a book entitled, *The International Jew*. Ford's attacks on Jews went virtually unchallenged until he was sued for libel by Aaron Sapiro. That lawsuit settled with Ford offering both a retraction and an apology, but his bigotry hardly ended there. In this class, we will explore Ford's life, study his accomplishments and try to define his legacy. In so doing, we will investigate the genesis of his anti-Semitism by examining the *Protocols* and try to appreciate why this work still has traction more than a century after its publication. We will also analyze *Sapiro v. Ford* and discuss what was gained by Ford's capitulation.

Jewish Art From Antiquity to Contemporary

Dates and times to be determined.

Taught by: Arthur Feldman

Mindfulness & Meditation

Foundations of Jewish Mindfulness

Wednesdays, 7:30 - 9:00 pm, 1/18, 1/25 and 2/1

Taught by: Rabbi Jordan Bendat-Appel of the Institute for Jewish Spirituality and the Center for Jewish Mindfulness at Orot in Chicago

Jewish mindfulness practice is an approach to living that affirms our capacity to grow as human beings. In Jewish mindfulness, we draw upon the wisdom and sensibilities of Jewish tradition and engage in them *as an accessible mindfulness practice* for the sake of renewing our experience of living. This is a practice that can help us feel more present, happier, more engaged in our lives, and closer to the Divine.

These sessions will explore foundational elements of Jewish mindfulness practice. We will define terms and look at Jewish sources that speak to this approach. Participants will also learn the beginnings of how to engage in a Jewish mindfulness meditation practice. Appropriate for those new to meditation or Jewish mindfulness as well as for those with more developed practices.

The Melding of Mindfulness Practice and Mussar

Tuesdays, 8:30 - 9:30 am, 3/7, 3/14, 3/21 & 3/28

Taught by: Dr Lena Kushnir

We all desire to live our best lives. Mussar and mindfulness practice provide two powerful and complementary ways to bring attention to who we are and how we can improve each day. The goal of mussar practice is personal growth and transformation through focusing on character traits, one at a time. Studying texts, exploring stories, examining where our weaknesses creep into our lives and documenting our progress are key components of mussar practice. Mindfulness is the ability to show up fully to each moment of our lives - to pay attention to what is happening in the present moment, noticing thoughts, emotions and sensations.

The core focus of the course will be how to use mindfulness practices to support our mussar work -- How we can cultivate a sense of regular presence in our lives to "catch" ourselves in the moment and notice either strength or weakness as it relates to a particular character trait.

Discussion Groups

The Moriah Rosh Chodesh Women's Group

Shabbat, Approximately 45 minutes after services

9/10, 10/8, 11/12, 12/17, 1/28, 2/25, 3/18, 4/22 & 5/20

Facilitated by: Elizabeth Ury

Eight years ago a group of women began a Women's Rosh Chodesh Study group. We meet for discussion and study, as our ancestors before us, to celebrate the new moon. Each month, different women serve as the leaders. Over the years the group has continued to grow. All women of Moriah are invited to join this wonderful learning experience.

Moriah Reads

Shabbat, Following Kiddush

Facilitated by: Irene Sufrin

Irene Sufrin, Principal of Solomon Schechter Early Childhood Center, has been the inspiration and coordinator of this popular reading group for many years.

September 17: [The Extra](#), A.B. Yehoshua, translator Stuart Schoffman, Houghton Mifflin Harcourt

November 19: [Pumpkinflowers](#), Matti Friedman, Algonquin

January 14: [Bread Givers](#), Anzia Yezierska, Persea Books

March 25: [A History of the Grandparents I Never Had](#), Ivan Jablonka, Stanford University Press

May 13 : [A Bride for One Night: Talmud Tales](#), Ruth Calderon, Translator Ilana Kurshan, JPS

Moriah Movie Night

Wednesdays, 7:30 pm, 9/14, 11/2, 11/30, 1/18, 3/15, 4/5, 5/17, 6/14

Facilitated by: Arnie Landis

Each session begins at 7:30 pm and will be held at Moriah Congregation. We welcome your participation and invite new members who are interested in watching and discussing movies.

For Families

Family Learning Programs

Select Sundays, 10:45-11:30 am

Taught by: Rabbi Ben Kramer

Join Rabbi Kramer for a morning of fun and engaging learning with your child. **These programs are open to all Moriah families.** Each child must be accompanied by a parent or grandparent.

Sept 25: Kindergarten and First

Jan 29: Fourth and Fifth Grade

March 19: Second and Third Grade

Feb 12: Sixth and Seventh Grade

For Parents & Grandparents

“Let's Talk” with Fred Gitles

Tuesday, Sept 6, 20 & November 1, 7:30 – 9:00 pm,

Facilitated by: Fred A. Gitles, L.C.S.W. - Child, Adolescent and Adult Psychotherapist

An informal consideration of everyday life issues with children. This session is open to both parents and grandparents. Discussion content will be guided by participants expressed interests and concerns. Please forward in advance topics for discussion. A minimum of five adults needed to run the group.

A Young Child's Jewish Identity

Thursday, October 27, 7:30 - 9:00 pm

Taught by: Sharon Goldman, Moriah ECC Educator & Cherene Radis, Moriah ECC Director

At what age does a child first understand that they are Jewish? How do parents, teachers, and clergy partner to create a rich Jewish experience that will give children an association with rich, positive experiences that add to their understanding of what it means to be a Jew in this world? Cherene Radis, ECC Director, and Sharon Goldman, ECC Educator, will share research from both in and outside of the ECC, and share practical take-home ideas that reflect our observations.

Positive Parenting Discussions

Wednesday, December 7, 7:30 – 9:00 pm

Facilitated by: Tome Allali Travers, Associates Marriage and Family Therapist, ECC Educator

An open discussion on how to create a positive home environment for ourselves and our children. On our journey with our children and families we work towards strengthening our covenant with one another by creating a positive and encouraging environment. Discussions will be based in Adlerian parenting principles

Will My Child Be Ready For Kindergarten?

Monday January 9, 7:30 - 9:00 pm

**Facilitated by: Judy Slivnick & Molly Goldstein, Moriah ECC Educators
Cherene Radis, Moriah ECC Director**

There is a big debate going on about academics versus play. Join us to hear what current research tells us about early literacy and numeracy. As a faculty, we continually research and study both developmentally appropriate practice and the new developments in early childhood. We will share some of the ways that we work at Moriah ECC to prepare children for Kindergarten and for life in general.

Helping Your Child Develop the Skills of Self Management

Thursday, January 19 & 26, 7:15 - 8:30 pm

Taught by: Sheryl Seef, Assistant Director of Moriah ECC and Executive Function Coach

Executive Function Skills are the skills we need to manage our attention, our emotions and our behavior in pursuit of our goals. These skills emerge during the early childhood years and don't fully mature until early adulthood. Join Sheryl Seef in an engaging 2-part series where you will learn practical strategies and tools you can share with your kids right away.

Seamless Judaism and the Reggio Emilia approach to Early Childhood Education

Tuesday February 21, 2017. 7:15 - 9:00 pm

Taught by: Cherene Radis, Moriah ECC Director

Join Cherene for session that explains the philosophy of the Moriah ECC and its quest for excellence in Jewish early childhood education. From infancy the child embarks on a journey for becoming lifelong Jewish learners. We immerse in joyful constructivist learning, inspired by the Reggio Emilia approach to early childhood education. Together the teachers, children and families create meaning by questioning, researching, creating, untying cognitive knots and expressing spiritual wonderings. The children and teachers share ownership of the environment and the learning. By listening, observing and documenting, ordinary moments become extraordinary.

Getting Your Seder In Order

Wednesday, April 5, 7:30 pm

Taught by: Rabbi Ben Kramer, Lori Kramer, Cherene Radis

Join us for a fun evening of learning designed to help you make this year's seder the best ever! Each of Moriah's three lead educators will be teaching a class, each focused on different aged children. The classes will be taught in a series of rotations so you can attend just the class you want or attend all three.



For Teens

Moriah Teen Beit Midrash

Tuesdays, Starting September 13, 6:15 - 7:30 pm

Facilitated by: Rabbi Ben Kramer

Moriah Teen Beit Midrash is a weekly opportunity for all of the high school students in our community to come together to eat, to socialize, and to study. Each week students study a different text that deals with important issues of ethics and morality. This class does not require regular attendance. There is no cost for this program, but we are asking all families to please make a donation to help underwrite the cost of dinner and to help us be able to have more programs like this in the future.

The Florence Melton School of Adult Jewish Learning: Core Curriculum

Core Curriculum: Year One

Wednesdays, 9:15 - 11:30 am (25 Sessions, Starting September 21)

Taught by: Lori Kramer & Rabbi Ben Kramer

This is a two-year educational program designed to offer adults well-rounded, in-depth study of Judaism in a user-friendly environment. In a format developed at the Hebrew University of Jerusalem, adult learners from diverse backgrounds learn about our heritage and culture in an intellectually stimulating, non-denominational environment. Students explore classic Jewish sources, from biblical through contemporary texts, and investigate issues of Jewish thought, practice, ethics and Jewish history.

Year 1 (25 sessions)

Rhythms of Jewish Living examines the Jewish calendar, holidays, and life-cycle events. Students explore ideas, beliefs and practices that define Jewish life. ***Purposes of Jewish Living*** explores Jewish thought and beliefs. Essential Jewish theological concepts are presented through in-depth examination of the Bible, Talmud and other sacred texts.

Year 2 (25 sessions)

Ethics of Jewish Living addresses the relationship between Jewish life and ethical behavior. The focus is on how Jewish tradition shapes our relationship with other human beings. ***Crossroads of Jewish History*** spotlights defining periods in Jewish history and provides an understanding of how these crossroads have shaped Judaism as we know it today.

No knowledge of Hebrew is required and payment plans are available. Members of Moriah receive a \$200 discount on tuition. To register please go to www.bjchicago.org or call 847.291.7788 x1321.

The Florence Melton School of Adult Jewish Learning: Rachel Wasserman Scholars Curriculum

Mysticism and Kabbalah

Thursdays, 9:30 - 11:00 am (10 Sessions, Starting September 22)

Taught by: Dr Betsy Dolgin Katz

From Seinfeld to Sinai: The History of Jewish Humor

Thursdays, 9:30 - 11:00 am (10 Sessions, Starting January 19)

Taught by: Lori Kramer

To register please go to www.bjechicago.org or call 847.291.7788 x1321

5777 Scholar-in-Residence

Shabbat, October 28-29

Speaker: Rabbi David Ebstein

Topic: Jerusalem in Space and Time: A Physical Portal between the Divine and Human

Our Scholar-in-Residence this year will be Rabbi David Ebstein. Rabbi Ebstein is a well-known figure in our community, having grown up attending North Suburban Synagogue Beth El, and we are delighted to have him share his Torah with our community, courtesy of the United Synagogue of Conservative Judaism's Scholar-in-Residence program. Rabbi Epstein's will be giving a series of three lectures over Shabbat entitled. More details will be forthcoming.

Rabbi Ebstein received his BA from Washington University in 1979 and was ordained as a rabbi by the Jewish Theological Seminary in 1988. After serving as a congregational rabbi in Virginia, Rabbi Ebstein and his family made aliyah in 1995, where they continue to live, and where Rabbi Ebstein works as a teacher and a tour guide.

5777 Speaker Event

Sunday, April 2

Speaker: Alan Dershowitz

Alan Dershowitz, the Brooklyn native who has been called: "the nation's most peripatetic civil liberties lawyer," one of the "most distinguished defenders of individual rights," "the best-known criminal lawyer in the world," "America's most public Jewish defender" and "Israel's single most visible defender - the Jewish state's lead attorney in the court of public opinion" is coming to speak at Moriah!

Dershowitz is the Felix Frankfurter Professor of Law at Harvard Law School who has published more than 100 articles in magazines and journals and more than 300 of his articles have appeared in syndication in 50 national daily newspapers. Professor Dershowitz is the author of 27 fiction and non-fiction works with a worldwide audience.

Moriah's speaker program is a community-wide fundraiser where we will join together to hear from a world-renowned expert on international relations, and educate ourselves regarding Israel's standing with her neighbors and the world beyond.