

## *Ba'er Miriam*

### *Student Course Catalog*

*Course material is studied from varying approaches to achieve maximum benefit.*

#### **Tanach:**

<i>Textual</i>	<i>In depth study of the text to reveal the beauty and depth of our Tanach.</i>
<i>Contextual</i>	<i>Exploring the multiple meanings of the text in relation to situation and intention.</i>
<i>Hashkafa</i>	<i>The lessons and approach to life that come from the textual sources.</i>

#### **Halacha:**

<i>Development</i>	<i>Learn the development of Halacha from the Torah through contemporary sources.</i>
<i>Sources</i>	<i>In depth study of the Achronim to understand practical Halacha.</i>

#### **Midrash & Aggadata:**

<i>Midrash Textual</i>	<i>Learn analytical skills in order to decipher and uncover deeper meaning in Midrash.</i>
<i>Aggadata</i>	<i>Gain an appreciation of the wisdom of Chazal through Aggadata.</i>

*Incorporated into the program are organized preparation ("Hachana") periods for the study of the texts underlying each session. The Hachana takes place in the lively Beit Midrash atmosphere, using the many sources of the reference library. A 'shoel u' meishiv', teachers and tutors are available for help. The Chavruta learning of the Hachanot periods enables you to polish and further develop your learning and analytical skills. In addition, there is a full lending library of books and media available for you to use. .*

**Studies in Sefer Bereishit**  
(Mrs. Karp)  
Class: twice weekly 1 hr. each  
Prep: twice weekly 1 hr. each  
*JSB 100a/101a Studies in Biblical Literature*

Discover both the deeper meaning and the practical relevance of fundamental concepts in Sefer Bereishit through the use of Mefarshim, Sifrei Mussar and Midrash. Topics include 'The sin of Adam redefined', 'Who's greater: man or angel?', 'A closer look at Dina', and 'The innate power of Shabbat'.

**Advanced Studies in Sefer Bereishit**  
(Mrs. Solomon - Adv.)  
Class: twice weekly 1 hr. each  
Prep: twice weekly 1 hr. each  
*JSB 100/101: Studies in Biblical Literature*

An in-depth examination of core themes found in Sefer Bereishit, including an analysis of the styles of different Rishonim. Gain a deeper understanding of episodes such as the account of Creation, Gan Eden, Kayin and Hevel, The Flood, and Yosef and his brothers.

**Studies in Sefer Vayikra**  
(Mrs. Taragin)  
Class:  
Prep:  
*JSB*

A new inspiring look at karbonos: the most powerful tefillah. This class examines the avodah of the Mishkan as described in Sefer Vayikra.

**Chumash Bekiut**  
(Mrs. Taragin)  
Class: once weekly 1 hr.

Take a step back and see the whole picture. This intensive class covers all the five chumashim over the course of the year. You can now see the flow of events and recurring themes in the Torah.

**Studies in Rashi**  
(Mrs. E. Moskowitz)  
Class: twice weekly 1 hr.  
Prep: twice weekly 40 minutes  
*JSB 100b/101b Studies in Biblical Literature*

An exploration of puzzling sections in Chumash, this course assists the student in developing skills in understanding the deceptive simplicity and deciphering the complexity of Rashi's commentary.

**Parshat HaShavua**  
(Rebb. Orbach)  
Class: once weekly 1 hr.  
Prep: once weekly 1hr.  
*JSB 117/117 Topics in Biblical Literature*

A stimulating discussion of the Torah portion. Students are invited to participate by preparing their own Divrei Torah and presenting them in class. They become familiar with commentaries ranging from the Rishonim to contemporary Torah scholars, and their knowledge is solidified through weekly

**Sketchy Women in Tanach**  
(Mrs. Halberstadt)  
Class: once weekly 1 hr.  
*JSB 110/111 Women in Tanach*

review sheets.

An exploration of the female personalities not-often learned about in Tanach. Through the prism of Midrash we aim to understand the role they play and the lessons they can teach us. Some examples include Bat Yiftach, Naama, Eishet Lot, and Asnat.

**Parshat Mishpatim**  
(Rabbi Freilich)  
Class: once weekly 1 hr.  
Prep: once weekly 1 hr.  
*JSB 116a/117a Topics in Biblical Literature*

A thought-provoking presentation of Parshat Mishpatim as a source for the Talmud and the Shulchan Aruch. Emphasis is placed on ethics and morality, and their application to contemporary society.

**The Beit HaMikdash: An Understanding and Application**  
(Elana Jacobs)  
Class: once weekly 1 hr.

This course is designed to give the student a basic understanding of the Beit Hamikdash. Through lecture and class participation we will b'ezrat Hashem discover together the beauty of what was and how it directly affects our lives today. Each class will address a different aspect of the Beit Hamikdash, which will lead into a discussion about our lives in this day and age.

**The Wisdom of Torah**  
(Rabbi Freilich)  
Class: once weekly 1 hr.  
*JSB 122/123 Adv. Biblical Literature*

A careful study of passages in Tanach which demonstrate the brilliance of Torah and the obvious truth of its Divine Source.

**Gur Aryeh**  
(Rabbi Freilich - Adv.)  
Class: once weekly 1 hr. each  
Prep: once weekly 1 hr.  
*JSB 122/123 Adv. Biblical Literature*

An intensive analysis of the Maharal's approach to Rashi.

**The Rav on the Parsha**  
(Rabbi Taragin)  
Class: once weekly 1 hr.

An exploration of the haskafa of Rav Solovetchik through the Parshiot. In this class we hold up the intricate nuances of the Torah narrative to the light, in an attempt to allow them to impact our lives.

**Parshat HaShavua**  
(Rabbi Yosef Wolicki)  
Class: once weekly 1 hr.

An in-depth study of themes from the weekly Torah portion utilizing the classic commentaries such as Rashi, Ramban, and Ibn Ezra; and more recent commentaries such as Malbim, Samson Raphael Hirsch, and Haamek Davar.

**Parshanut**  
(Staff)  
Class: once weekly 1 hr.  
Prep: once weekly 1 hr.  
*JSB122/123 Adv. Biblical Literature*

The goal of this class is to familiarize students with the classical Medieval Mefarshim. Each week we take a topic from the Parsha and use it as a springboard to study the methodology, approach and goal of the Rishonim. The meforshim of Rashi, Ramban, Even Ezra, and the Rashbam are viewed in a whole new light.

**Nevi'im Rishonim/ Shmuel Bet/  
Melachim Aleph & Bet**  
(Mrs. Solomon - Adv.)  
Class: twice weekly 1 hr. each  
Prep: twice weekly 1 hr. each  
*JSB 130/131 Selections from Prophets*

Through a systematic exegesis of the texts in conjunction with a challenging self-study program, students acquire a deeper understanding of their capabilities as Jews and the requirements that this status confers upon them. During the course of the year students experience a profound improvement in their skill level and a heightened appreciation of the navi as a medium for transmitting timeless lessons.

**Nevi'im Acharonim/ Ketuvim**  
(Mrs. Taragin-Adv)  
Class: once weekly 1 hr.  
Prep: once weekly 1 hr.  
*JSB 130b/131b Selections from Prophets*

An eye-opening journey through Nach using classical sources and covering texts such as Trei Asar, Daniel, Ezra and Nechemia. Emphasis is placed on exploring the relevant application the Sefarim have to the current era in which

we are living.

**Ezra/ Nechemia**

(Mrs. Taragin)

Class: once weekly 1 hr.

An enthralling in-depth study of the last of our prophets, learn to understand the messages that resonate through time.

**Sefer Shoftim**

(Mrs. Tarshish)

Class: Once weekly 1 hr each

Prep: Once weekly 1 hr. each

*JSB 130d/131d Selections from Prophets*

Navi like you've never learnt it before! The innovative approach of this class includes a thorough examination of the major personalities and events in Sefer Shoftim, using classic commentaries in addition to Biblical, Midrashic and Rabbinic sources. Special emphasis is given to theological symbols and the underlying connections of themes in the Torah.

**Megillot**

(Mrs. Furst)

Class: once weekly 1 hr.

Prep: once weekly 1 hr.

*JSB 166/167 Scriptures*

This course offers students a new way to look at the five Megillot. We combine an overview of each Megilla with an in-depth study of the relevant issues and questions the text brings up. We focus on building both textual and analytical skills.

**Malchut Beit David**

(Rabbi Orbach)

Class: once weekly 1 hr.

*JSB 130d/131d*

Discover the real David Hamelech: find out about the unbelievable impact he has had on Jewish history and the deeper meanings behind the trials and tribulations he had to overcome. We study this course through the eyes of *Sefer Shmuel*, the Rishonim, Acharonim and Chazal.

**Tehillim**

(Rebb. Silber/ Mrs. Karp/ Rebb. Garden - *Hebrew*)

Class: once weekly 1 hr.

*JSB 166c/167c Scriptures*

Delve into the world of the Psalms; discover the awesome power within the words you say. Become familiar with the different sections and understand their connection to special occasions. Using Tehillim, students are inspired and guided to greater connection to, and awareness of, Hashem in our lives.

**Chronicles of the Kings**

(Devorah Lubner)

Class: once weekly 1 hr.

An in-depth and unique analysis of the kings throughout Tanach and their reigns.

**Mishlei**

(Mrs. Karp)

Class: once weekly 1 hr.

*JSB 166b/167b Scriptures*

This class introduces students to the wisdom of Shlomo Hamelech and shows how we have him as a guide to follow in all areas of life. Major topics include "Why me?" – an approach to suffering, reaching true joy and keeping it, friendship, and the infinite value of a woman.

**Nach Bekiut**

(Mrs. Peritzman)

Class: once weekly 1 hr.

Prep: once weekly 1 hr.

*JSB 166c/167c Scriptures*

The Nach Bekiut class covers all of Nevi'im Rishonim in a systematic form. Students gain a more mature understanding of the situations Benin Yisrael faced in those times and how they dealt with their situations. Tanach comes

**Nach Bekiut** (*continued*)

alive through the use of Mefarshim that explore technical, psychological, and sociological perspectives.

### **Courses offered in Halacha**

#### **Hilchot Shabbat**

(Rabbi Freilich/ Rabbi Apelbaum/  
Rabbi Talansky - *Adv.*)  
Class: twice weekly 1 hr.  
Prep: twice weekly 1 hr.  
*JSL 110/111 Topics in Jewish Law*

Be prepared for Shabbat. A survey of Melachot using the Shulchan Aruch and Mishnah Brurah commentary, in conjunction with relevant applications of the Halachot in the modern day world.

#### **Kashrut**

(Rabbi Freilich)  
Class: once weekly 1 hr.  
Prep: once weekly 1 hr.  
*JSL 110a/111a Topics in Jewish Law*

Every Jewish person needs to know how to keep a kosher kitchen. This class covers the practical aspects of keeping a kosher kitchen, including topics such as cooking, meat and dairy, koshering, and trumot and ma'asrot.

#### **Mishnah Brurah**

(Rabbi Apelbaum/ Rabbi Freilich - *Adv.*)  
Class: once weekly 1 hr.  
Prep: once weekly 1 hr.  
*JSL 110b/111b Topics in Jewish Law*

A study of various halachic topics pertinent to everyday life, such as Tefilla and Brachot. Texts include Shulchan Aruch, Rambam and Mishnah Brurah. Students become familiar and comfortable with using modern sifrei halacha to look up piskei halacha.

#### **Nashim B'Halacha**

(Mrs. Karl/ Mrs. Gersten- *Adv.*)  
Class: once weekly 1 hr.  
Prep: once weekly 1 hr.  
*JSL 110c/111c Women in Jewish Law*

An in-depth analysis of the laws that apply to women and the deeper meanings behind them. Students gain an understanding of the development of the laws from Biblical and Talmudic sources to modern day Poskim, and topics such as Tzniut, Kisui Rosh and Taharat HaMishpacha are addressed with integrity and sensitivity.

**Hilchot Shmirat HaLashon**

(Mrs. Merzel)

Class: once weekly 1 hr.

*JSL 110d/111d Topics in Jewish Law*

Who wants long life? Tehillim tells us that the way to get long life is through pure speech. This course is a workshop designed to help you perfect your language using the Sefer of the Chafetz Chaim on Shmirat HaLashon and Rechilus.

**Halacha Bekiut**

(Rabbi Freilich)

Class: once weekly 1 hr.

Prep: once weekly 1 hr

*JSL 110e/111e Topics in Jewish Law*

A broad self-study program covering daily routine, Shabbat, Yom tov, and mezuzah.

Students learn on their own using the Kitzur Shulchan Aruch and Shmirat Shabbat K'Hilchata. Their learning is then supplemented by a review session.

**Contemporary Issues in Hilchot Shabbat**

(Rabbi Apfelbaum)

Class: once weekly 1 hr.

*JSL 112/113 Contemporary Issues in Halacha*

An in-depth study of the positive Mitzvot of Shabbat using the Talmud and its commentaries as well as modern-day Poskim. Topics include kiddush, hadlakat neiros, and lechem mishna.

**Contemporary Issues in Halacha  
The Halachic Process**

(Rav Yammer)

Class: once weekly 1 hr.

*JSL 112a/113a Contemporary Issues in Halacha*

Learn the development of Halacha from its earliest sources through the Achronim. Students will study texts to gain an understanding of how Piskei Halacha are derived. Topics will include: Heart transplants, questions during the Holocaust, relationships between religious and non-religious, adoptive parents, Agunot, fertility issues and more.

**Sephardi Halacha**

(Rabbi Levi)

Class: once weekly 1 hr.

*JSL 112a/113a Contemporary Issues in Halacha*

This class provides students with an understanding of the nuances of Sephardi Halacha, and shows how it differs from its Ashkenazi counterpart. Includes question and answer sessions concerning day-to-day Sephardi Halacha.

**Inyanim B'Halacha**

*Contemporary Issues in Halacha*

(Rabbi Taragin - Adv.)

A study of the connection between the Shulchan Aruch and its Talmudic sources

Class: once weekly 1 hr.  
Prep: once weekly 1 hr.  
*JSL 112c/113c*

with an emphasis on application to daily life. The course helps develop familiarity with the ideas and Sefarim of Torah Sheba'al Peh. Topics include the system of halacha, the kedusha of man, and the philosophy of Shabbat.

### **Courses offered in Hashkafa and Philosophy**

#### **Pirkei Avot**

(Mrs. Teller)

Class: once weekly 1 hr.

*JSH 126/127 Jewish Ethics & Values*

A life-changing journey through Pirkei Avot, analyzing the statements made by the Rabbis in the Mishnah and discovering their impact on our development as individuals.

#### **Modern Jewish Woman**

(Dr. Kaufman)

Class: once weekly 1 hr.

*JSH 126a/127a Jewish Ethics & Values*

Delve into the meaning of the role of the Jewish Woman and Male/Female differences. Develop practical skills for marriage, relationships, raising children, and finding balance and harmony in our lives based on Kabbalistic insights.

#### **Shalom Bayit**

(Elicia Mendlowitz)

Class: once weekly 1 hr.

This course uses the Torah as the guidebook for providing students with the knowledge and skills necessary to build a healthy, happy home. Lessons provide a healthy foundation for the role of the wife in creating an atmosphere where she and her husband together can reach their potential.

#### **Torah Psychology**

(Rebb. Silber)

Class: once weekly 1 hr.

*JSH 126b/127b Jewish Ethics & Values*

A presentation of a system of psychology based on Torah sources. Students acquire skills to understand themselves, cope with challenges and help others. This class practices methods of transforming negative attitudes and destructive behavior patterns into healthy positive ones.

#### **Bein Adam L'Chaveiro**

(Mrs. Mann/ Rebb. Garden - *Hebrew*)

This course teaches you how to improve your interpersonal relationships with a

Class: once weekly 1 hr.  
*JSH 126d/126d Jewish Ethics & Values*

**Bein Adam L'Chaveiro**  
(Rabbi Weinblatt)  
Class: once weekly 1 hr.

**Timeless Lessons**  
(Rabbi Yager)  
Class: once weekly 1 hr.

**The Kuzari**  
(Rabbi Yager)  
Class: once weekly 1 hr.

**Social Ethics**  
(Rabbi Manning)  
Class: once weekly 1 hr.

special emphasis on judging others favorably, cultivating an attitude of gratitude, and confronting unproductive emotions such as jealousy, resentment, and anger.

Hilchot Bein Adam L'Chaveiro, the Torah laws governing interpersonal relationships, are relevant to nearly every facet of daily life and comprise more than half of the Mitzvot that apply today. These Halachot include relationships, business ethics and family life, and range from honesty to Tzedaka, from Lashon Hara to copyright laws. However, while the concepts are familiar, many of the Halachot for practical observance are rarely studied, and remain unclear. The objective of this course is to provide the resources an insight to help guide the student in the many difficult situations they experience on a daily basis. Vibrant group discussions are inspired by a wide range of commentary and personal input on the ethical maxims of 'Pirkei Avot'. Students prepare the commentaries that speak to them and share in a forum geared to guide them to adapt old torah lessons towards their own contemporary life issues.

One of the most famous works of the medieval Spanish Jewish philosopher and poet Rabbi Yehuda Halevi. Divided into 5 essays, it takes the form of a dialogue between the pagan king of the Khazars and a Jew who was invited to instruct him on the tenets of Judaism. The class strengthens our faith and fortifies our basic beliefs as it empowers us to articulate intelligible disputations to others.

An in-depth analysis of the Halachot of Mitzvot Bein Adam L'Chaveiro, using detailed mekorot and developing the

**Machshavat Yisrael**  
(Rabbi Nissel)  
Class: once weekly 1 hr.  
*JSH 126e/127e Jewish Ethics & Values*

halachic and hashkafic framework of these mitzvot in Chazal, Rishonim, Shulchan Aruch, Acharonim and contemporary principles and being able to apply them to practical situations. In general terms, the course is designed to encourage a more sophisticated and analytical approach to learning halacha.

Ideas central to Jewish philosophy are presented in an engaging and entertaining format, giving students a chance to experience the beauty and depth of Torat Yisrael.

**Kitvei HaMaharal**  
(Rebbetzin Heller)  
Class: once weekly 1 hr.  
*JSH 136/137 Classical Jewish Philosophy*

A powerful exploration of the conceptual ideas of the Maharal using the texts *Netivot Olam* and Rav Hutner's *Pachad Yitzchak*.

**Chassidut**  
(Rebb. Silber/ Ms. Sisso)  
Class: once weekly 1 hr.  
*JSH 136/137 Classical Jewish Philosophy*

A historical and in-depth survey of the Chassidic Movement. We study the personalities and teachings of the contemporary Chassidic world, with the aim of increasing the passion and enthusiasm in our own Avodat Hashem. Areas of discussion include Breslov, Chabad, Slonim, and Kotsk.

**Self-Discovery Workshop**  
(Rabbi Cowland)  
Class: once weekly 1 hr.  
*JSH 136/137 Classical Jewish Philosophy*

Using the text, *Mesillat Yesharim* as a starting point, we discuss fundamental questions such as the purpose and meaning of life, goals and priorities, and 'Is perfection possible?'

**Derech Hashem**  
(Rabbi Nissel)  
Class: once weekly 1 hr.  
*JSH 136/137 Classical Jewish Philosophy*

In-depth analysis of the philosophical principles discussed in the Ramchal's Sefer, *Derech Hashem*. Ideas covered include belief in G-d, the concept of angels, and Divine Providence.

**Tefilla**  
(Rabbi Nissel/ Rabbi Wagensburg)  
Class: once weekly 1 hr.

The "What"s, "Why"s, "When"s and "How"s of Siddur davening and *Hitbodedut*. Learn about your ability to

*JSH 136/137 Classical Jewish Philosophy*

**Chibat HaAretz**

(Rabbi Moshe D. Lichtman - *Adv.*)

Class: once weekly 1 hr.

Prep: once weekly 1 hr.

*JSH 136/137. Classical Jewish Philosophy*

connect to Hashem through Tefilla. The course touches upon techniques that can enhance prayer such as preparation and meditation.

So you're living in the holy land. Now learn to love it. Develop your feelings towards Eretz Yisrael through an inspiring study of Tanach and modern-day sources.

**Providence**

(Staff)

Class: once weekly 1 hr.

*JSH 136/137 Classical Jewish Philosophy*

In this course we examine two medieval approaches to Divine Providence and its relationship to human suffering. The opinions of the Rambam and the Ramban on this subject are compared through rigorous analysis of their exegetical and philosophic texts, especially their comments on Sefer Iyov.

**Jewish Philosophy**

(Staff – *Adv.*)

Class: once weekly 1 hr.

*JSH 136/137 Classical Jewish Thought*

In this intensive course we survey the thought of medieval Jewish philosophers such as HaRav Sadya Gaon, HaRav Yehuda HaLevi and Maimonides. Topics include the Unity of G-d, belief vs. faith, Mashiah, and the land of Israel.

**Topics in Jewish Thought**

(Rabbi Karesh/ Rabbi Horn)

Class: once weekly 1 hr.

*JSH 138/139 Modern Jewish Thought*

An exploration of core topics in Judaism, including the purpose of Mitzvot, Olam Haba, the Holocaust, and the Jews as the Chosen People.

**Torah in Current Events**

(Rabbi Orbach)

Class: once weekly 1 hr.

*JSH 138i/139. Modern Jewish Thought*

See current events from a perspective you won't find in the newspapers. Study Hashem's plans as they unfold on a weekly basis.

**Michtav M'Eliyahu**  
(Mrs. Mann)  
Class: once weekly 1 hr.  
*JSH 138/139 Modern Jewish Thought*

Insights into the ethical and philosophical writings of Rav Dessler with an emphasis on seeing how they pertain to our lives.

**Netivot Shalom**  
(Rabbi Freilich)  
Class: once weekly 1 hr.  
*JSH 138/139 Modern Jewish Thought*

A study of the Slonimer Rebbe's thoughts on the weekly Torah reading with a focus on practical spiritual growth.

**Topics**  
(Rabbi Wagensburg)  
Class: once weekly 1 hr.  
*JSH 138/139 Modern Jewish Thought*

This course addresses a number of topics of interest using a wide range of philosophical, halachic and esoteric sources. Topics include the meaning of your Jewish name, the Jewish outlook on love, and tradition vs. self discovery.

**Acharonim**  
(Rabbi Taragin - Adv.)  
Class: once weekly 1 hr.  
*JSH 138/139. Modern Jewish Thought*

This course introduces students to the contemporary thought of the Gedolim, with a strong focus on the works of Rav Soloveitchik and Rav Kook.

**Musagim, Chagim U'Moadim**  
(Mrs. E. Moskowitz)  
Class: once weekly 1 hr.  
Prep: once weekly 1 hr.  
*JSH 138/139 Modern Jewish Thought*

Have you ever asked yourself "Is it ok for me to love Purim just because it's so much fun?" or "Does Rosh Chodesh have any meaning for me as a women's holiday?". Did you ever wonder "What makes Shabbat significant enough for us to have it every week?" or "Isn't preparation for Pesach just Jewish version of spring cleaning?"

Get answers to these questions and more in the class where we explore the meaning and depth of the Jewish calendar and learn to make the Chagim actually impact our spiritual selves.

**Modern Jewish Thought**  
(Rabbi Teller)  
Class: once weekly 1 hr.  
*JSH 138/139 Modern Jewish Thought*

Analysis of issues that affect the outlook of a Torah-thinking Jew. Special emphasis is placed upon the lives of the Gedolim behind the ideas discussed.

**Sefer HaChinuch**  
(Rabbi Freilich/ Rabbi Talansky)  
Class: once weekly 1 hr.  
*JSL 120a/121b Jewish Laws and Traditions*

Explore the reasons behind the many Mitzvot discussed in the Torah. Includes a comparison to the Taamai HaMitzvot taught by the Rambam and Rav Hirsch.

**Hashkafa**  
(Rabbi Horn/ Ms. Sisso)  
Class: once weekly 1 hr.  
*JSL 120b/121b Jewish Laws and Traditions*

A dynamic discussion of topics pertaining to daily life in Judaism and growth in spiritual areas. Including emuna, kibud av v'em, and the philosophical side of halachot.

**Mishnah Torah**  
(Rabbi Freilich/Rabbi Talansky - Adv.)  
Class: once weekly 1 hr.  
*JSH 140/141 Adv. Selections from the Rambam*

An analysis of selections from the Rambam's major work, including Hilchot Teshuva, Yesodei HaTorah (philosophy), Talmud Torah and Melachim (Mashiach).

**Ramban**  
(Mrs. Merzel)  
Class: once weekly 1 hr.  
*JSB 140/141 Selection from the Ramban*

A study of the writings of the Ramban from his commentary on Chumash as well as Kitvei HaRamban. The goal of this class is to provide students with the fundamentals of the Ramban's Hashkafa as well as tools to develop textual skills. Topics include miracles, hishtadlut vs. bitachon, suffering, and divine providence.

**Life Techniques**  
(Mrs. Cowland)  
Class: once weekly 1 hr.

This is an intense workshop devoted to personal growth that takes the high spiritual concepts you have been learning in seminary and shows you how to bring them down to earth and make them real.

**Tzniut Past the Hemline**  
(Mrs. Karl)  
Class: once weekly 1 hr.

The secrets of covering up – revealed! In this class we learn how tzniut is not just about the length of your skirt – it's an entire way of being. Discover the depth and beauty behind this beautiful mitzvah.

**Shearim B'Tefillah**  
(Mrs. Furst - *Adv.*)  
Class: once weekly 1 hr.

Using Rav Pinkus' monumental work as a guide, we explore the modes of prayer known to human experience, thus expanding our notions of what prayer is so we can better open up our hearts to our Creator.

**The Wonders of the Universe**  
(Dr. Schroeder)  
Class: once weekly 1 hr.

In this intensive course world-renowned scientist and author Dr. Gerald Schroeder takes us on a journey beyond the stars drawing on sources from Onkelus to Einstein in order to reveal the beauty and synchronicity of science and Torah.

**Through the Prism of Chassidut**  
(Mrs. Karl)  
Class: once weekly 1 hr.

Learn the hidden message of the holidays in this inspiring class, which draws upon sources such as the Netivot Shalom and Lekutei Hamaharan infusing the Jewish year with the light and warmth of Chassidut.

**The World of Machshava**  
(Yona Zalesch)  
Class: once weekly 1 hr.

Welcome to a world filled with encouragement, introspection, and personal growth. This class focuses on building the skills necessary to delve into Hebrew Mussar Sefarim. Become familiar with Gedolim of past generations and the wisdom they have offered us. Special focus on writing from the last 100 years.

**Ta'amei HaMitzvot**  
(Mrs. Furst)  
Class: once weekly 1 hr.

Ever wonder why we do all these rituals and actions? Explore the reasons and deeper meanings behind the various Mitzvot that we do. Understand the mysticism and beauty underlying the commandments, so as to be able to perform them with greater awareness and

**Hashkafot for Life**  
(Mrs. E. Moskowitz)  
Class: once weekly 1 hr.

excitement. Learn to transform Mitzvot that were either non-existent in your life or done by rote to activities filled with inspiration and depth and opportunities of self growth and connection to G-d. In this class we discuss the hashkafic issues that a Jewish women will often find herself facing in life. We look at sources from Torah She'Bichtav and Torah Sheba'al Peh, and refer to contemporary Mussar and Machshava texts to aid our understanding. Topics include the purpose of existence, attitudes towards wealth, and discovering your individual spiritual job in this world.

**Beneath the Surface**  
(Mrs. Halberstadt)  
Class: once weekly 1 hr.

This course grapples with deeper issues in Jewish thought based on the teachings of Chazal, Rav Dessler and Rabbi Tatz.

**Ein Yaakov**  
(Devorah Lubner)  
Class: once weekly 1 hr.

A riveting class that examines the depth and profundities cryptically hidden in the Aggadic texts of the Oral Torah.

**Bayit Yehudi**  
(Rabbi Levintal - *Hebrew*)  
Class: once weekly 1 hr.

Discover the deeper significance and beauty of a Jewish home and learn about what it takes to create one.

### **Other Courses Offered**

**Hebrew Ulpan**  
(Mrs. Nevis/ Mrs. Klein - *Adv.*)  
Class: once weekly 2 hr.  
*HEB 100/101 Hebrew Language*

*At rotzah l'daber ivrit?* Improve your Hebrew skills in the Ba'er Miriam Ulpan.

- Intermediate level: conversation and basic grammar, with a focus on building a broad vocabulary
- Advanced level: conversation and learning to understand radio and newspapers

**Skills in Chumash**

(Staff)

Class: once weekly 1 hr.

*HEB 100/101 Hebrew Language*

Learn the deeper meanings of the words in biblical verses through study of their sources, and gain an understanding of logic of Hebrew grammar.

**Pirkei Shira**

(Rebb. Silber)

Class: once weekly 1 hr.

*JSH 128b/129b Midrashic Literature*

Written by an anonymous author, Sefer Pirkei Shira describes how all aspects of nature praise Hashem. In this course we study the Sefer in an attempt to expand our hearts and minds to seeing the Gadlut of Hashem and the miracles in our daily lives.

**Chasidus in The Matrix**

(Rabbi Greenfield)

Class: once weekly 1 hr.

Provides an in-depth personalized study into basic philosophical concepts of Chasidus, Mussar and general Jewish Hashkafa. Including: introduction to Penimius Hatorah, Kabala and Tefilla. Learning to become sensitive to the revelation of Hashem in the world around us towards the goal of creating/discovering ones' personal role in the process of Revelation.

**Yediat HaAretz**

(Staff)

Class: 4 hrs.

*HIS 416/417 Geography of Israel*

An inspiring overview of the geography and history of Israel using the Tanach and modern-day sources in conjunction with on-the-spot visit to the places discussed.

**Psychology of Human Development**

(Rebbetzin Freilich)

Class: once weekly 1 hr.

An in-depth study of human development with an emphasis upon cultivating positive self-esteem throughout each age and stage from birth until old age. A focus upon the adolescent stage and its common deviant behaviors includes how learning disabilities can attribute to a turbulent journey into the adult stage. The usage of audio-visual tapes are integrated to gain a deeper education and understanding of the various topics.

**Education**

(Mrs. Cohen)

Class: twice weekly 2 hr.

Including student teaching

*EDU 100/101 Education Seminar*

An informative and fulfilling preparation for teachers and leaders within the Jewish community. The program includes courses in methodology, classroom management, child psychology, communication skills, and detecting learning disabilities.

Classroom observations are arranged in various pre-schools and elementary schools. A teaching certificate is awarded upon completion of the course.

**Extra-Curricular****Torah and Art**

(Yael Reshef)

Class: once weekly 1 hr.

*ART 100/101 Fine Art*

Discover how Torah can inspire us to creative expression and develop skills of art and design in this fun and rewarding class.

**Aerobics**

(Ariel Price)

Class: once weekly 1 hr.

*Phys Ed 100/101*

A healthy soul needs a healthy body. Enhance your spiritual growth in seminary with this intense yet highly enjoyable cardiovascular workout.

**Simcha Dancing**

(Eve Levy)

Class: once weekly 1 hr.

*Phys. Ed 104/105*

Did you ever hear how exercise makes you happy? Well, this course certainly will! Perfect the Mitzvah of being Mesameach HaKallah and learn all the latest wedding dance moves in this fun and energizing class.

**Karate**

(Sara)

Class: once weekly 1 hr.

Introduction to the art of self defense.

**Kickboxing**

(Faige Ashenberg)

Class: once weekly 1 hr.

A hard-core exerting class that teaches the skills, techniques, and stamina involved in kickboxing.

**Basketball**

(Yael Attias)

Class: once weekly 1 hr.

Weekly basketball game to keep your blood pumping and your shooting skills honed.

**Choir**

(Sara Freide)

Class: once weekly 1 hr.

A year long choir experience that culminates in a performance at the final banquet and a professional CD recorded at a studio.

**Jewelry Making**

(Eve Levy/Shira Fruchter)

Class: once weekly 1 hr.

A relaxing class that encourages creativity and personal style while introducing new techniques of jewelry making.

**Scrap booking**

(Eve Levy/Shira Fruchter)

Class: once weekly 1 hr.

Keep the memories of your year forever in this creative and fun class.

**Cake Decorating**

(Eve Levy)

Class: once weekly 1 hr.

Enjoy learning the techniques for culinary art in this classic kitchen course

**Baking**

(Yael Attias)

Class: once weekly 1 hr

Learn how to bake different delicacies and impress your friends and family

### Ba'er Miriam Core Program

*Ba'er Miriam classes are taught on an advanced level and require the prerequisite level of textual skills. They are designed to further develop your textual skills, help you grow in Ahavat Hashem and Yirat Shamayim, and give you a deeper understanding and appreciation for the wisdom of Torah. All students enrolled in Ba'er Miriam are required to take the following core curriculum, which reflects our balanced and integrated approach to advanced Torah learning.*

#### **Core Classes:**

**Chumash:**

*Chumash – Mrs. Solomon  
Studies in Rashi – Mrs. E. Moskowitz*

**Halacha:**

*Mishnah Berurah – Rabbi Freilich  
Nashim B'Halacha – Mrs. Gersten/ Rebbetzin Orbach  
Hilchot Shabbat – Rabbi Talansky*

**Nach:**

*Sefer Shoftim – Rebb. Tarshish  
Nevi'im Rishonim/ Ketuvim – Mrs. Taragin*

**Parsha:**

- Hashkafa:** *Parshat HaShavua – Rebbetzin Orbach*  
*Kitvei HaMaharal – Rebbetzin Heller*  
*Topics in Hashkafa – Rabbi Nissel*
- Bekiyut:** *Nach Bekiyut – Mrs. Peritzman*  
*Or*  
*Halacha Bekiyut – Rabbi Freilich*
- History:** *A history class needs to be taken during one semester.*