**Ateres Naava 2018-2019 Course Descriptions:**

1. **Meaningful Living MRS. JACKIE BITTON**

Learning how to create & maintain healthy relationships is fundamental to living and impacts every facet of our lives. This course will focus on four aspects of relationships.

1) *Taharat Hamishpacha*: Bond between husband and wife

2) *Ben Adam lemakom*- our connection to Hashem

3) *Ben Adam le chavero*- our relationship to others

4) *Ben Adam leatzmo*- our relationship to ourselves

1. ***MIDDOT: Derech Eretz Kadma L’Torah* MRS. JACKIE BITTON**

*Chazal* teach us that the foundation of being a Torah Jew is being a *Mentch*- a person of upstanding character. In this course, we will learn in depth the many different character traits in our make up and how to use them in the most meaningful and optimal way.

1. ***Chumash Devarim* MRS. KITZIYA DAVIDOFF**

Being that each *Chumash* teaches us tools of how we can live a successful life we will explore the deeper meaning behind *Chumash Devarim*. Together we will learn the different parts of what *tochacha* (rebuke) is and what it is not, who it can be given by and when it is better to be quiet or speak up. We will also explore the qualities that make a leader…and perhaps discover those qualities in ourselves. We will delve deeper into the *Aseres hadibros*, expounding on the topics such as *emuna, bitachon*, honoring parents, *cheit haegel*, and much more. Most importantly, we will discuss in depth the necessity of cultivating a relationship with Hashem, and how to go about doing that.

1. **Pathway to Relationships RABBI REUVEN EPSTEIN**

In this course you will learn a complete system of relationships as it pertains to dating and marriage. You will gain a comprehensive understanding of what it takes to maximize the most important decision of your life. Class topics include: *Hashkafah* as to why we get married, understanding what your spouse needs from you, conflict resolution, how to find the right spouse, warning signs when dating, and how to know if you are ready to get married.

1. ***Da Es Atzmecha* RABBI GIL FRIEMAN**

A course designed to provide an in depth analysis of the Middos, Mitzvos and Techunos Hanefesh that allow us to understand our goals for ourselves and our lives. Do I, as an individual, have a unique purpose in this world? How can I discover my personal kochos? How can I know if they are being used to fulfill my personal mission? Individual *middos* will be expounded upon, and passages such as ‘*Gam zu le’tova*”,”*kol man daved rachmana l’tav avid*” will be internalized. In addition, starting from the sources of Chazal through practical applications, we will create a workable paradigm for being a successful parent, life partner and mentor for our children, our family and ourselves.

1. ***Nesivos Sholom*: *Pirkei Avos* RABBI BINYOMIN GINSBERG**

In this class, you will get into the depth of messages and lessons of *Pirkei Avos* based on the teachings of the *Nesivos Sholom* (the late Rebbe of Slonim, named after the many volumes of *Torah* and Chassidic thought). The *Nesivos Sholom* will walk you through the blue print for a life of growth and development of a member of the Jewish Nation.  You will learn what you need to know before you even begin any other book of *Torah*!  In this class, you will learn the basics of how to lead a *Torah* lifestyle with stellar *middos*.

Text: Gems from the Nesivos Sholom – *Pirkei Avos*

1. ***Nesivos Sholom:* Shabbos RABBI BINYOMIN GINSBERG**

In this class, you will gain a new appreciation for the beauty and splendor of this day, often with too much of an emphasis on only one part of *Shabbos* – the prohibitions.  Using the Gems from the *Nesivos Sholom* of *Shabbos*, based on the teachings of the *Nesivos Sholom*, you will experience a masterful blend of chassidic thought and scholarly analysis, mystical concepts and illustrative narratives, penetrating insight and inspirational messages, all of which you can apply on this special day of the week for the rest of your life.

Text: Gems from the *Nesivos Sholom – Shabbos*

1. **Living Philosophy RABBI DOVID GOLDSHTYN**

In this series we will explore core principles in Judaism in an active and energetic way.  What are the central principles of Judaism and how do we act them out? No dry ideas here, only passionate Jewish living with a solid foundation.

1. **You’ve Got Talent! MRS. MIRIAM HANDLER**

This class is specifically designed to identify your personal talents and strengths and to learn how to utilize them to create your own niche in life. We will explore various personages in Jewish History to define the unique strength that they built upon to achieve their defining moments, with the goal being to hone in on our own unique gifts. Together we will work on finding practical ways to develop and use our talents to make a difference in the world.

1. **Sanctity of A Jewish Marriage MRS. DAPHNE HANSON**

Being a wife and mother is today’s world is not what it used to be. The challenges are many and the outside world pushes harder than ever before to get into our *batei mikdash*. How can I fortify my home, my family and myself from the strong winds that threaten to blow us astray, and still retain the balance of living as a Jewish woman in the 21st Century? In our class we will focus on the 3 *mitzvos* specially given to women and learn how through these *mitzvos* and what they represent, HK”BH in His infinite wisdom has indeed set us up well armed for the battle, prepared for victory. Through the *mitzvah* of *challah*, we will learn the importance of physically nurturing our home, our family and ourselves – recipes included! Through the *mitzvah* of *Neiros* we will explore how a wife and mother is the sounding board for emotional health for those in her care. Through the *mitzvah* of *Taharas Hamishpacha* we will understand the power of being behind the scenes in every aspect of our family’s spiritual growth.

1. **The Jewish Woman MRS. NALINI IBRAGIMOV**

*Tzniut* is one of the most misunderstood *mitzvot* in our times, and at the same time *Chazal* teach us that *tzniut* is the key to a woman’s greatness. In this course, we will gain a solid understanding of *tzniut* from a *halachic* and *hashkafic* perspective. We will see what is at the heart of *tzniut* and how it impacts both men and women. Through textual sources, we will learn how to differentiate between *halacha* and *minhag*, as well as understanding the difference between *Dat Moshe* and *Dat Yehudit*. This course will include understanding *ervah*, *shomer* *negia,* hair covering, women as rabbis, ‘women of the wall’, *mechitza, kol isha* and more.

1. **The Inner Dimensions of Sefer Bereishis RABBI REUVEN IBRAGIMOV**

The early narratives in the Book of Bereishis are familiar to us from childhood, yet the meanings of these stories often seem elusive. This Shuir examines the early stories in the Book of Bereishis, calling attention to the big questions that bother us all, as well as to the hidden subtleties of text and language. As clues and questions are pieced together, deeper layers of meaning begin to emerge. The goal is for the student to gain an experience in the richness and depth of Torah, and a profound confrontation with concepts that define the core of what it means to be a Jew.

1. **The Spiritual Path to Mussar RABBI REUVEN IBRAGIMOV**

In this course, as we study and practice Mussar, we will be doing what Mussar students have done for centuries, which is to focus on cultivating the qualities of your inner life. We will examine a variety of character traits – truth, anger, kindness, gratitude and others – that are the stepping stones on the journey toward holiness. In the words of Rabbi Yechezkel Levenstein (1895-1974), who was the Mussar guide of major yeshivas in Europe and Israel, "A person's primary mission in this world is to purify and elevate his soul." That is what Mussar is all about, and this course will guide you into its pathways.

1. **Less known practical *Halachah* RABBI ELIEZER KROHN**

In this course we will delve into understanding the process through which *halachah* is derived. We will cover topics of modern, practical, less known *halachos*, including: *Yichud*, when it is permitted to lie (and why), saying and writing Hashem's Name, *halachos* of *sheimos*, *maras ayin*, hating others, hurting feelings, *v'ahavta l'reacha kamocha, halachos* of jealousy, *Yamim Tovim*,

*Chol Hamoed*, keeping a kosher kitchen, etc.

1. ***Loshon Chazal*: The Language of the Sages RABBI LABEL LAM**

In this course we will explore the wise sayings of the Sages of the Talmud. While some aphorisms seem almost too simple, others are utterly mystifying. We will learn together how to decode a wide variety of these hard to understand statements and harvest their timeless and timely messages so that they are appreciated as relevant and real, ready to be applied to our lives.

1. **Finding Ourselves RABBI EZRA MAX**

Living today requires skills and tools to adapt to the fast paced, technology driven hyper-connected world we live in. Fact: we are HUMAN and not computers. We must learn how to adapt and stay connected. In this course, we will learn how to connect with ourselves, our friends, our family and develop and authentic self.

1. ***Daas Tevunos* RABBI MORDECHAI TWERSKI**

Knowing G-ds Plan. All of the deepest questions about the purpose of this world and what we really can know about Hashem. The *sefer Daas Tevunos* by Rav Moshe Chaim Luzzato comes alive with a new translation and explanations. It allows us to explore theses essential issues without feeling awkward about asking questions that we thought that we weren't allowed to ask.

1. **Mindfulness MRS. MALKEY WALLERSTEIN**

Modern psychology has discovered mindfulness and similar skills to be powerful tools to mental and physical serenity. Judaism has had those skills available to them through the teaching of such great leaders as Maimonides and the Ramchal. In this course we will explore methods to gain greater mastery of our emotions, in order to empower our relationships with ourselves and others.

1. **The Purpose of A Jewish Life RABBI ZECHARIAH WALLERSTEIN**

Fortifying our *Emuna* in these times is one of the most important foundations of a Jew’s life. Answering questions such as: How do you KNOW? Why did Hashem create the world? What does it mean that a person is a whole world? These topics and others will be addressed throughout the course of the year.