



Federation Midreshet Fall 2026-27 Session

Classes begin on Wednesday 9/23 and Thursday 9/24

Registration deadline: September 17

Wednesdays, 9:30-10:45

F1. From Statehood to Today and Beyond: Israel from 1948 to the 21st Century

This course will examine the development of Israel from its founding in 1948 to the present day. Topics include the 1948 war and other major military engagements (1956, 1967, 1973, 1982) and subsequent conflicts; relations with neighboring Arab states; the rise of the Palestinian national movement; and the numerous attempts at peace. Various social issues, including the absorption of immigrants, and the secular-religious divide will be studied. We will explore these issues thru the eyes Israel's prime ministers to see their personal impact and leadership during Israel's past 78 years.

Instructor: Leslie Goldress

12 sessions in person (online participation allowed only if necessary)

Cost: \$210

Thursdays, 9:30-10:45

F2. Mindful Jewish Living

Traditionally called Mussar, this is a thousand-year-old Jewish system for personal growth and character improvement. The contemporary approach to traditional Mussar texts is infused with Jewish mindfulness practice, and offers a renewed traditional practice that can help us to become truer to our highest selves.

Focusing on Soul Traits such as patience, loving kindness, generosity and more, Mussar provides a Jewish approach to the kinds of questions a thinking person asks about life: How can I avoid making the same mistakes again and again? How can I get better at caring for myself and others? How can I become a better version of myself? If there are areas of your character you want to improve, Mussar is a great way to get there.

No previous knowledge of Mussar is needed.

Instructor: Rabbi Molly Karp
12 sessions in person or online (hybrid)
Cost: \$210

Thursdays, 11:00-12:15

F3. Yehuda Amichai: Poems of Jerusalem

Yehuda Amichai (1924 – 2000) wrote poems that so captured the feeling of modern Israel that Israeli soldiers have often carried Amichai's poetry in their pockets when they go for their military service.

This class will read Amichai's Poems of Jerusalem - in class in English translation - and work together to understand the imagery and emotions that he captures so well within his short poems. The poems will also be available in their original Hebrew – so Hebrew speakers are invited to participate and add to our understanding of the poems.

These poems are quite accessible even if you do not usually read poetry. The experience of reading poetry in a group means that you are not alone in making sense of it, and everyone benefits from the connections and images that each member of the group provides.

Instructor: Rabbi Jill Hackell
10 sessions in person or online (hybrid)
Cost: \$180

Instructor Bios

Leslie Goldress has taught Melton and Midreshet since their inception in Rockland. A Jewish educator for over 50 years, she has a graduate degree from the Jewish Theological Seminary. Leslie served as Educational Director of the New City Jewish Center for over 20 years. She has taught Dramas of Jewish Living, a Florence Melton School of Adult Jewish Learning core class, Melton graduate courses on American Jewish Experience, Contemporary Jewish Issues, Israel, and the Development of the Jewish Denominations.

Dr. Rabbi Jill Hackell received her M.D. degree from Johns Hopkins School of Medicine and practiced pediatrics for several years. She worked for over 20 years in the pharmaceutical industry, where she did clinical research on new vaccines for children. She was ordained at the Academy for Jewish Religion, a pluralistic rabbinical school. Rabbi Hackell has served as rabbi at the West Clarkstown Jewish Center and is currently working in the role of Associate Rabbi at Congregation Sons of Israel in Nyack, with rabbinic and teaching responsibilities. She also teaches Jewish Bioethics at AJR, secular Bioethics at Dominican University in the Graduate Nursing program, and has taught a wide range of subjects at the Federation Midreshet since 2012.

Rabbi Molly Karp was ordained as a rabbi at the Academy for Jewish Religion in Riverdale, NY. She spent ten years in doctoral studies in Hebrew Bible at the Jewish Theological Seminary. Rabbi Karp holds a Master's degree in Jewish Education from HUC-JIR in New York and a BA in Judaic Studies from SUNY Binghamton. Her training in Mindfulness Practice and Jewish Spirituality at the Institute of Jewish Spirituality is at the heart of all of her work.



Federation Midreshet Fall 2026-27 Registration (September 17 Deadline)

Financial need scholarships and spouse discounts are available. For more information, contact Barry Kanarek at bkanarek@jewishrockland.org or (845)362-4200 ext 170.

To register online, go to www.jewishrockland.org/midreshet-fall-2026. To register via mail, complete the following information and send with payment to Jewish Federation & Foundation, 450 W Nyack Rd, West Nyack 10994

Please register me for the following Federation Midreshet courses:

	<u>Course Name</u>	<u>Instructor</u>	<u>Tuition</u>
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____

I plan to attend (circle one) online vs in person

Name: _____

Address: _____

City, State, Zip: _____ E-mail: _____

Cell Phone _____

Tuition covers course-related expenses such as teacher salaries. Please consider a voluntary contribution to the Federation 2025-26 general campaign (thank you!): \$ _____

Please indicate your choice of payment:

____ Check enclosed, payable to Jewish Federation of Rockland County for \$ _____

____ Charge my credit card: ____ Visa ____ MC ____ AmEx

Acct. # _____ Exp. Date _____ CV Code _____

Questions? Contact Cantor Barry Kanarek at bkanarek@jewishrockland.org or (845)362-4200 ext 170.