



The Ziegler School
of Rabbinic Studies

בית המדרש ע"ש זיגלר

בשביל החיים
Walking with Life

Edited By
Rabbi Bradley Shavit Artson
and Deborah Silver

דרכיה דרכי נעם

CONTRIBUTORS

RABBI BRADLEY SHAVIT ARTSON (www.bradartson.com) is the Dean of the Ziegler School of Rabbinic Studies at the American Jewish University, where he is Vice President. He supervises the Miller Introduction to Judaism Program, North America's largest conversion program, as well as offering educational oversight for Camp Ramah in California. Rabbi Artson teaches in the Philosophy Department, specializing in contemporary theology and in the integration of science and religion.

RABBI AARON ALEXANDER is currently the Assistant Dean of the Ziegler School of Rabbinic Studies at American Jewish University where he was ordained, achieved his Masters in Rabbinic Studies and now teaches Talmud and Halakhah. When he is not with students at the Ziegler School, you can find Rabbi Alexander teaching Talmud throughout Los Angeles to students of all ages. Rabbi Alexander has also been a staff member at Camp Ramah Darom since its inception in 1997 and is now honored to serve on its Board. Most recently, Rabbi Alexander contributed the traditional texts chapters to the first three volumes of JPS' newest series, *Jewish Choices, Jewish Voices*.

RABBI SARA BERMAN studied three years at the Reconstructionist Rabbinical College in Philadelphia before transferring to the Ziegler School of Rabbinic Studies where she was ordained in 2001. She is a board-certified chaplain currently working at Providence Tarzana Medical Center. Prior to being employed at Providence Tarzana Hospital, she worked for hospice serving as chaplain and bereavement coordinator, as well as at various hospitals including UCLA Medical Center where she did her residency. She visits the Jewish patients in the hospital as well as oncology and critical-care patients of all faiths. In addition to working at the hospital, she helps out in her synagogue, Temple B'nai Hayim. She is also currently teaching the chaplaincy class at the AJU.

RABBI NINA BETH CARDIN is the Director of the Baltimore Jewish Environmental Network (BJEN) at the Pearlstone Conference and Retreat Center. She most recently served as General Consultant to COEJL, the Coalition on the Environment and Jewish Life (2007-2009). Both organizations are dedicated to promoting environmental advocacy, ethics and behavior within the Jewish community and beyond. Prior to that, she served as the Director of Jewish Life at the JCC of Greater Baltimore. She is the author of several books and writings including *A Tapestry of Jewish Time: A Spiritual Guide to the Holidays and Lifecycles*, and *Tears of Sorrow, Seeds of Hope: A Spiritual Companion to Infertility and Pregnancy Loss*.

RABBI MENACHEM CREDITOR serves as spiritual leader of Congregation Netivot Shalom in Berkeley, CA. He is founder of ShefaNetwork: The Conservative Movement Dreaming from Within, co-founder of KeshetRabbis: The Alliance of Gay-Friendly Conservative/Masorti Rabbis, and author of *TheTisch: a Jewish Spiritual commentary*. A published author and popular speaker on questions of Jewish Identity, Leadership, and Spirituality, and one half of Shirav, a Jewish folk-music group, he regularly visits communities around North America and Israel. Rabbi Creditor earned his rabbinic ordination at The Jewish Theological Seminary of America.

RABBI ED FEINSTEIN is senior rabbi of Valley Beth Shalom in Encino, California. He serves on the faculty of the Ziegler Rabbinical School of the American Jewish University, the Wexner Heritage Foundation, and the Shalom Hartman Institute in Jerusalem. His books, *Tough Questions Jews Ask – A Young Adult's Guide to Building a Jewish Life*, and *Jews and Judaism in the 21st Century*, were both finalists for the National Jewish Book Award. His latest book, *Capturing the Moon*, retells the best of classic and modern Jewish folktales. Rabbi Feinstein lives in the epicenter of the San Fernando Valley with his wife, Nina, and three teenage kids. And every Friday afternoon, he bakes brownies from a recipe revealed to his ancestors at Mount Sinai.

RABBI SHOSHANA BOYD GELFAND is the Executive Director of the Movement for Reform Judaism in the UK. She was ordained in 1993 at the Jewish Theological Seminary in New York and has served in a number of professional roles since then, including Vice President of the Wexner Heritage Foundation in NYC. Following a sabbatical at the Mandel Foundation in Israel, she moved to London where she now makes her home with her husband, Jonathan Boyd, and their three children.



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RABBI DANIEL GOLDFARB is a native of Boston and a graduate of Harvard College and Columbia Law School. He received his ordination from the Jewish Theological Seminary of America. In 1976 he moved to Israel, where he worked for 25 years as an attorney, first for Israel's Ministries of Justice and Finance and then in private practice. In July 2000 Rabbi Goldfarb became Director of the Conservative Yeshiva of the United Synagogue of Conservative Judaism, in Jerusalem, where he also teaches Liturgy and Pirkei Avot. He has taught at congregations in the US, Canada, Europe and South Africa and at the Limmud conferences in England and New York.

RABBI JACOB HERBER is the spiritual leader of Congregation Beth Israel in Glendale, Wisconsin. He was ordained by the Jewish Theological Seminary of America. Rabbi Herber serves on the Board of Directors of the National Rabbinic Cabinet of State of Israel Bonds and Masorti Olami. In July 2008 he travelled to Uganda with Rabbi Bradley Shavit Artson and other leading Conservative Rabbis to supervise the conversion of over 200 members of the Abayudaya community. His work in promoting interfaith dialogue has taken him from the United States to Mexico, Germany and Poland. In his spare time Rabbi Herber races competitively for the ISCorp Cycling Team.

RABBI DEBRA ORENSTEIN, an award-winning teacher and writer, is a frequent scholar-in-residence at synagogues, universities, and conventions across North America. Her books include *From Generation to Generation* (commentaries on Genesis, Exodus, and the Jewish holidays, co-authored with her grandfather, Rabbi Israel Mowshowitz), *Lifecycles 1: Jewish Women on Life Passages and Personal Milestones*, and *Lifecycles 2: Jewish Women on Biblical Themes in Contemporary Life* (co-edited with Rabbi Jane Litman). She currently serves as spiritual leader of Makom Ohr Shalom in Tarzana, CA. Her website www.RabbiDebra.com features audio teaching CDs, as well as written spiritual resources. A seventh generation rabbi, Debra was in the first rabbinical school class at the Jewish Theological Seminary to include women. She dedicates this article to her greatest teachers about parenting: Rabbi Jehiel and Sylvia Orenstein (her parents) and Emmett and Hannah Mathilda Weisz (her children).

RABBI DANYA RUTTENBERG is the author of *Surprised By God: How I Learned to Stop Worrying and Love Religion* (Beacon Press) and editor of *The Passionate Torah: Sex and Judaism* (NYU Press) and *Yentl's Revenge: The Next Wave of Jewish Feminism* (Seal Press). She's also a contributing editor to Lilit and the academic journal *Women and Judaism* and is on the editorial board of (and blogs at) Jewschool.com. Rabbi Ruttenberg received rabbinic ordination from the Ziegler School of Rabbinic Studies at the American Jewish University. She lives in the Boston area with her husband Nir and son Yonatan, serves as the Senior Jewish Educator at Tufts University, and teaches and lectures nationwide.

DEBORAH SILVER is a 2010 ordinand at the Ziegler School of Rabbinic Studies, Los Angeles. She holds a degree in Hebrew Studies from Gonville and Caius College, Cambridge, and a Master's degree in Theory and Practice of Literary Translation from the University of Essex, both in England. Prior to rabbinic school she was the Senior English Editor of the *Oxford English-Hebrew Dictionary of Current Usage*, and subsequently qualified as an English attorney. She won the Whizin Prize for Jewish Ethics in 2009 with her *teshuvah* on the subject of fair trade. This is the third book in the *Walking With...* series that she has been privileged to edit with Rabbi Artson. She hopes it will prove both inspiring and relevant to those who read and use it.

RABBI JONATHAN P SLATER was ordained from the Jewish Theological Seminary of America in 1979, and has served congregations in San Francisco and Santa Rosa CA. He received a Doctor of Ministry degree from the Pacific School of Religion in 1992. He now serves as Co-Director of Programs for the Institute for Jewish Spirituality, which supports rabbis, cantors and others in deepening their spiritual lives through retreat based programs emphasizing prayer, meditation, body awareness and Hasidic text study. He is the author of *Mindful Jewish Living: Compassionate Practice* (Aviv Press, 2004), and is the book review editor for the journal *Conservative Judaism*.



SUGGESTED BIBLIOGRAPHY

UNIT 1 – LIFECYCLE, COVENANT CYCLE

Debra Orenstein, ed. *Lifecycles 1: Jewish Women on Life Passages and Personal Milestones*, Jewish Lights Publishing, 2001;
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Ivan G. Marcus, *The Jewish Life Cycle: Rites of Passage from Biblical to Modern Times*, University of Washington Press, 2004
Rela M. Geffen, *Celebration and Renewal: Rites of Passage in Judaism*, Jewish Publication Society, 1993

UNIT 2 – BIRTH AND CONCEPTION

Nina Beth Cardin, *The Tapestry of Jewish Time: a spiritual guide to lifecycles and holiday events*, Behrman House, 2000
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UNIT 3 – CHILDHOOD AND ADOLESCENCE

David Kraemer, *The Jewish Family, Metaphor and Memory*, Oxford, 1989
Edward Feinstein, *Tough Questions Jews Ask, A Young Adults Guide to Building a Jewish Life*, Jewish Lights, 2003
Wendy Mogel, *The Blessing of a Skinned Knee: Using Jewish Teachings to Raise Self-Reliant Children*, Penguin Compass, 2001

UNIT 4 – GROWING INTO OURSELVES

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UNIT 5 – LIVING IN THE DREAM

Steven Covey, *The 8th Habit*, Simon & Schuster, 2004
Sue Fishkoff, *The Rebbe's Army*, Schocken, 2005
Avraham Weiss & Alan M. Dershowitz, *Spiritual Actiism*, Jewish Lights, 2008

UNIT 6 – LOVE, MARRIAGE, COMMITMENT

Rachel Adler, *Engendering Judaism*, JPS, 1998
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UNIT 7 – PARENTING

Shmuley Boteach, *Parenting with Fire: Lighting Up the Family with Passion and Inspiration*, New American Library, 2006
Rabbi Nancy Fuchs-Kreimer, *Parenting As a Spiritual Journey: Deepening Ordinary and Extraordinary Events into Sacred Occasions*, Jewish Lights Publishing, 1996
Daniel Gordis, *Becoming a Jewish Parent: How to Explore Spirituality and Tradition with Your Children*, Three Rivers, 1999

UNIT 8 – SINGLEHOOD

Moshe Chaim Luzatto, *Mesillat Yesharim (The Path of the Just)*, Feldheim, 2005
Rabbi Harold Schulweis, *In God's Mirror*, Ktav Publishing House, 2003
Dr Ron Wolfson, *The Spirituality of Welcoming*, Jewish Lights Publishing, 2006

UNIT 9 – HEALTH AND SELF-CARE

David L. Freeman and Judith Z. Abrams (eds.), *Illness and Health in the Jewish Tradition*, JPS, 1999
Mitchell B. Hart, *The Healthy Jew: The Symbiosis of Judaism and Modern Medicine*, CUP, 2007
Elliot N. Dorff, *Matters of Life and Death: A Jewish Approach to Medical Ethics*, JPS, 2004



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UNIT 10 – ILLNESS

Rabbi Dayle A. Freidman, *JEWISH PASTORAL CARE, 2nd Edition - A Practical Handbook from Traditional & Contemporary Sources*, Jewish Lights, 2005

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Simkha Y. Weintraub, *Healing of Soul, Healing of Body: Spiritual Leaders Unfold the Strength and Solace in Psalms*, Jewish Lights Publishing, 1994

UNIT 11 – AGEING AND RETIREMENT

Susan Berrin, *A Heart of Wisdom: Making the Jewish Journey from Midlife Through the Elder Years*, Jewish Lights, 1997

Abraham Joshua Heschel, *Insecurity of Freedom: Essays on Human Existence*, Schocken, 1987

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UNIT 12 – LEAVING THE WORLD

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Neil Gillman, *The Death of Death: Resurrection and Immortality in Jewish Thought*, Jewish Lights Publishing, 2000

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