

Basics of Jewish Life



Jan 29 - Feb 12 2017

Chabad SnoCo

Lesson One - The Jewish Life Cycles

I. Pre Birth

- A. "Neshamah" and "Guf" – soul and body
- B. The Neshama's mission in life
- C. Time - our most precious possession, and our power to elevate time to a higher plain
- D. The cycle of life and the power of events that shape our physical and spiritual lives

II. Birth – Girl

- | | |
|----|-----------------------|
| A. | Baby Naming |
| 1. | When to name |
| 2. | How to name |
| 3. | How to choose a name |
| 4. | Kiddush – celebration |

III. Birth – Boy

- | | |
|----|--|
| A. | Sholom Zachar – Welcoming of the baby boy |
| B. | Brit/ Bris |
| 1. | Origins |
| 2. | When to perform the Bris |
| 3. | Order of Service |
| 4. | The spiritual and Kabbalistic significance of the Bris |

IV. Pidyon Haben (Redemption of the first born)

- A. Origins of ritual**
- B. Who can perform this ritual and when**

V. The Formulative Years – Age 3 - 12

- A. Chinuch – Educating our children in our traditions**
- B. Girls start to light Shabbat candles, modesty in dress**
- C. Boys – upshernish (first haircut)**
 - 1. Origins of ceremony**
 - 2. How ceremony is performed**
 - 3. Boys start wearing a kippah and Tzizis**

VI. Adolescence – Time of intellectual development and responsibility

- A. The spiritual development of the soul reflects the physical development**
- B. Beyond the ritual and celebration – the true meaning of what Bar/ Bat Mitzvah means, independence in treading the G-dly Path**
- C. Bat Mitzva**
 - 1. The correct age of Bat Mitzva**
 - 2. Special Mitzvot for women and mitzvot they are not responsible for**
 - 3. Celebration**
- D. Bar Mitzva**
 - 1. Special mitzvot begun at Bar Mitzvah**
 - 2. Rituals and celebration – Torah reading, Aliya, etc.**

VII. Marriage

- A. The Foundations of a Jewish Marriage**
 - 1. Finding the right partner
 - 2. Engagement – rituals – behavior, length of time for preparation of wedding, etc.
- B. The Marriage Ceremony**
 - 1. The Chatan and Kallah – Bride and groom
 - 2. The Ketubah and marriage contracts/ Kabbalat Panim
 - 3. The chupah
 - 4. The Yichud/ Room
 - 5. The wedding meal and dancing
 - 6. Sheva Brachot

VIII. Birthdays

- A. The Kabalistic explanation of the birthday and its affect on the soul**

IX. Death and Mourning

- A. Life after death**
- B. What happens to the soul**
- C. The Levaya – funeral ceremony**
 - 1. The Tahara – purification rituals
 - 2. The Hespel – eulogy
 - 3. The actual burial
 - 4. The Kabbalistic significance of reciting Kaddish
- E. After the Levaya**
 - 1. Shivah – Seven days of mourning
 - 2. Shloshim – the thirty day period
 - 3. setting up the gravestone
 - 4. The first year
 - 5. Yahrtzeit

Life Cycle Terms

General

Mazel tov _____

Seudas Mitzvah/ Kiddush _____

Chinuch _____

Tzniut _____

Pre-birth

Neshama _____

Guf _____

Gan Eden _____

Birth

Shalom Zachar _____

Brit(/bris) _____

Mohel _____

Kevater _____

Keysay shel Eliyahu _____

Sandek _____

Kiddush _____

Pidyon Haben

Kohen _____

Levi _____

Yisroel _____

Bechor _____

Bar/ Bat Mitzva

Aliya _____

Talit _____

Tefillin _____

Kriyat Hatorah _____

Minyan _____

Marriage

Mikveh _____

Chattan _____

Kallah _____

L'chaim/ Vort _____

Kabbalas Panim _____

Tenaim/ Kinyan _____

Ketubah _____

Eidim _____

Mesader Kiddushin _____

Kiddushin _____

Airusin _____

Chupah _____

Nisuin _____

Yichud _____

Simcha _____

Sheva Brochot _____

Shalom bayit _____

Get _____

Burial Mourning

Chevra Kadisha _____

Levaya _____

Tachrichim _____

Kaddish _____

Shivah _____

Shloshim _____

Yahrtzeit _____

Lesson Two - Bringing Judaism into your home

I. Introduction

- A. The classic difference between Judaism and other religions
- B. Customs, Traditions, and laws to permeate the house with holiness and meaning
- C. The Jewish Woman – minister of internal affairs, the key to the house and family

II. Mezuzah

- A. The spiritual security system
- B. A sign of welcome and pride
- C. The laws of mezuzah, how it is made, and its biblical source

III. Kosher

- A. The metaphysical and Kabbalistic understanding of food
- B. You are what you eat

C. The laws of Kosher and their biblical source

1. Meat/ Poultry

- a. How to determine Kosher status
- b. The slaughtering process
- c. The salting process
- d. The separation of meat, dairy, and parve
- e. Buying Kosher meat/ poultry

2. Fish

- a. **Determining Kosher status**
- b. **Buying Kosher fish**

3. Dairy

- a. **Determining Kosher status**
- b. **Buying Kosher dairy foods**

4. Fruits and Vegetables

- a. **Determining Kosher status**

5. Processed and packaged foods

- a. **Mashgiach – Rabbinical food supervisor**
- b. **Hechsher – Kosher seal of approval**

6. Other Categories of foods

- a. **Wine and other alcoholic drinks**
- b. **Bread and baked goods**

7. Eating out at restaurants

8. The Kosher kitchen

- a. **Meat, dairy, and parve dishes**
- b. **Separate ovens and sinks**
- c. **The Koshering process**

IV. Taharat Hamishpacha – Family Purity

- A. Making the most physical of actions spiritual**
- B. The mystical quality and significance of the Mikveh ritual bath**
- C. The most powerful way to keep intimacy vibrant and to enhance marriage**

E. Practical applications

- 1. The biblical source for Taharat Hamishpacha**
- 2. Days of separation and keeping distance from intimacy**
- 3. The mikveh/ rebirth**

V. Shabbat

- A. A tranquil island of time after a turbulent week – our way of life is different on Shabbat**
- B. Shabbat as a completion of G-d and ourselves – a union between us and G-d**
- C. The biblical source for Shabbat**
- D. Lighting the Shabbat candles**
- E. Baking challah for Shabbat**
- F. 3 family meals**
- G. Kiddush**
- H. Zemirot (songs), Dvar Torah (Jewish food for thought),**
- I. Festive dress on Shabbat,**
- J. Havdalah**

VI. Other important Mitzvot of the home

A. A house full of Jewish Books....

B. Saying of Shema

C. Netillat Yadayim (hand washing)

D. Brachot over food

E. Charity

Lesson Three - Basic Principles of Judaism

I. Understanding of G-d

A. The Ein Sof – The Omniscient and omnipotent G-d

B. The term Hashem – “the name” or the holy one blessed is He

C. The unity of G-d expressed in the single most powerful sentence in Judaism – Shema Yisroel – and the difference of this belief with other faiths

D. Hashgach pratis – individual divine providence

II. Creation of Beriat Haolam

A. Yesh Mayayin – ex nihilio

B. Age of the world

C. Physical (material) and spiritual

III. Creations – Humans

A. The divine soul/ animal soul

B. Good inclination/ evil inclination

C. Free choice

D. The nations of the world/ 7 Noahide laws

IV. The Jewish People

A. The chosen nation – what were we chosen for

B. Conversion

C. Sanctification of G-d's name/ Desecration of G-d's name

D. Bitachon – faith

E. Belief in Tzadikim – righteous sages and leaders

F. Belief in prophecy

V. The Torah

A. The written Torah, Oral Torah, Kabbalah, Mesorah - Chain of tradition

B. The Eternity of the Torah

C. The 613 commandments of the Torah

- a. 248 positive
- b. 365 negative
- c. 7 Rabbinical laws

VI. Reward and punishment – during life and after life

A. Midah Kineged Midah – measure for measure

B. Do we serve G-d because of reward or out of fear of punishment

C. The Rabbinical Courts, fines, penalties, Capital punishment, lashes

D. Immortality of the soul

VII. The Messianic Era
A. Exile and redemption

B. The Messianic era and Messiah/ Moshiach

C. The Beit Hamikdash – The Holy Temple in Jerusalem

E. Resurrection of the dead

Bonus Lesson

The Jewish Calendar

- I. Introduction to the Jewish Calendar
 - A. The first Mitzvah given to the Jewish people as a nation
 - B. A lunar cycle as opposed to a solar cycle
 - C. The leap year

- II. The Jewish Calendar from 2448 - around 4100 (from creation)
 - A. The witnesses testimony to the Rabbinical courts & the confirmation of the new month
 - B. In the Diaspora “Sefeika D’yoma” – the doubt of the correct holiday led to an additional day of Yom Tov
 - C. How the 1600 year old system was aborted

- III. The fixed Jewish Calendar from Talmudic times to the present
 - A. The basic setup of the calendar
 - B. The difference between holidays in Israel and holidays in the Diaspora
 - C. The Jewish day starts at sundown
 - D. The importance of the Jewish calendar for lifecycle events

- IV. Calendar Events
 - A. Biblical Holidays
 - 1. Rosh Hashana
 - 2. Yom Kippur

3. Succot
4. Simchat Torah – Shmini Atzeret
5. Pesach
6. Shavout

B. Rabbinical Holidays

1. Chanuka
2. Purim

C. Other Festive Days

1. Tu B'shvat
2. Tu Be'av
3. Rosh Chodesh
4. Lag Ba'omer
5. Pesach Seini
6. Shushan Purim
7. Purim Katan

D. Fast Days (other than Yom Kippur)

1. Tisha B'av
2. Tzom Gedalia
3. Asara B'teives
4. Tanis Esther
5. Shiva Asar Bitamuz

E. Chassidic Holidays and important days

1. Yud Tes Kislev
2. Yud Shvat
3. Yud Aleph Nissan
4. Gimmel Tamuz

V. Shabbat

1. Fixed in time
2. The weekly Torah portion
3. Candle lighting time
4. Shabbat ends

Important Jewish Calendar Terms

1. Luach _____
2. Ta-arich _____
3. Shana _____
4. Chodesh _____
5. Shavua _____
6. Yom _____
7. Yom Rishon, Sheini, Shlishi, Riviyy, Chamishi, Shishi, Shabbat

8. Parshat Hashavua _____
9. Rosh Chodesh _____
10. Shana Peshuta _____
11. Shana Meuberet _____
12. Maleh _____
13. Chaser _____
14. Shabbat Mevorchim _____
15. Yomim Tovim – Yom Tov _____
16. Tanis _____
17. Molad _____
18. Levanah _____

19. Shemesh _____

20. Beit Din _____

21. Eidim _____

22. Kiddush Hachodesh _____

23. Re-iyah _____

24. Kutim _____

25. Gemara _____

26. Shalosh Regalim _____

27. Yamim Noraim _____



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