



Foundations of Jewish Family Living

Values for parents to share with their children

Foundations of Jewish Family Living is a new curriculum for parents, providing a thought-provoking encounter with many of the core values of Judaism. Developed by the renowned Florence Melton School of Adult Jewish Learning, a project of the Hebrew University of Jerusalem, the curriculum brings to life the Master Stories from our tradition and the profound messages they convey.

This rich learning experience for adults will provide an opportunity for parents to bring the Jewish conversation home to share with their young child. At a time in a family's life when a child is beginning his or her own Jewish education, Foundations of Jewish Family Living provides parents with the learning, the language, and the confidence to be a teacher to their own children.

The topics explored in the curriculum include being created in God's image, welcoming guests, caring for the environment, teaching respect, creating Jewish space, the value of Shabbat rest, prayer, remembering Egypt, pursuing peace, and the Jewish value of hope. Each topic is anchored by a Master Story, a foundational story that has come to be identified with a specific Jewish value which parents can share with their children. In addition, each lesson contains a variety of traditional as well as contemporary texts surrounding the Master Stories and values providing parents with an opportunity for sophisticated engagement and discussion.

About the Author

Catriella Freedman, a Los Angeles native, was previously a faculty member for FMSAJL, and is currently part of the Gandel (Israeli version of FMSAJL) faculty. She has received degrees from Princeton and Harvard in Religion and Jewish Studies, and has studied at the Drisha Institute in Manhattan and Midreshet Lindenbaum in Jerusalem. She lived for many years in Albany, NY, where she was an adult educator and Jewish Studies Principal of the Bet Shraga Hebrew Academy. She currently resides in Zikhron Ya'akov, Israel.

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Part I: A Year of Values: Exploring values through the Jewish holidays

1	Stories and Values	Introduction to Foundations
2	Reflecting the Source	Creation, Rosh Hashanah, and our Godly Image
3	The Gift of Self Improvement	Teshuvah (Repentance), Yom Kippur, and the Golden Calf
4	Embracing the Other	Welcoming guests, Abraham, and Sukkot
5	Living Beyond the Day to Day	Shabbat: creating holy time
6	Making Our Own Miracles	Chanukah, Maccabees, religious freedom
7	Protecting Our Eden	Protecting our world, teaching our children, Tu B'shvat
8	Rising to the Occasion	Esther, Purim, freedom of choice and heroism
9	Forever Leaving Egypt	Passover, Jewish Identity: Israel and the Diaspora
10	Joining the Jewish People	Ruth, Shavuot and covenant

Part II: Day to Day Values: Exploring values for everyday family living

11	On the Move	Abraham and heeding the call
12	Creating Jewish Spaces	Jacob's dream, the home, the objects within
13	Gratitude	David and Saul
14	Essential Judaism	Hillel and treating others the way you would want to be treated
15	Words that Hurt	Miriam and avoiding gossip
16	Healing Process	The value of visiting the sick
17	Overcoming Anger	Joseph and his brothers, avoiding grudges
18	Clearing a Path for Others	Building trustworthiness
19	Giving Respect, Expecting Respect	Honor between generations
20	Eternal Hope	Concluding Lesson