



2023 | 2024  
THE NESHAMAH INSTITUTE

# Program Guide





# Shalom Friends



August 2023 / Av 5783

Shalom Friends,

Off we go into the new year together! Each fall opens the door to the new Jewish year. You may recall that the rabbis of our tradition actually offer us four new years throughout the calendar. Rosh Hashanah in the fall of course, but also Tu B'shvat in mid-winter, Passover in the spring and the least known new year, the first of Elul - one month before Rosh Hashanah.

I love this innovation of multiple new years because it reminds us that there is always the opportunity to start again, correct our course, make the changes we need. It's never too late, we're never too old, one step in the right direction is always worthwhile. If I had to sum up Judaism in a few words it would be: Hope in action. We take small actions, each season, each day, perhaps even each moment, to do t'shuva and return ourselves to the most fulfilling life path we can create.

I wish you sweetness and strength as we enter this new year, 5784, together.

With love and blessings,

Rabbi Amy Rader

# 2023 - 2024 Program Guide



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**For the latest details about programs or events, please contact us:**

*Phone: 561.368.1199*

*Email: [info@niboca.org](mailto:info@niboca.org)*

*Web: [niboca.org](http://niboca.org)*

*Rabbi Rader is available for private consultations about any lifecycle events or educational programs.*

# Judaic Studies



## JUDAIC STUDIES PROGRAM (GRADES K-5)

Judaic Studies is Neshamah's educational program for students in grades K-5.

Using a state-of-the-art digital curriculum, students learn Hebrew, Torah, Prayer and Jewish values. Students work in small groups to progress through a series of computer-based units in Hebrew and Judaics. All classes are team taught by Rabbi Rader and the Neshamah faculty.

### NESHAMAH FACULTY

Neshamah is fortunate to attract professional, passionate Jewish educators. Many of our faculty are ordained rabbis or cantors, others have masters degrees in Jewish education. All are nurturing and supportive of our students and their individual needs.

### NESHAMAH'S FLEXIBLE SCHEDULE

Because of our individualized curriculum and open format, students are welcome to attend any class session each week that fits their schedule. Please enroll for the class time that is your first choice. Alternate days are always available for make-up sessions.

### JUDAIC STUDIES

Tuesdays  
Wednesdays  
Sundays  
Sundays

### Location

### Tuition

### CLASS TIMES

5:15 - 6:30 pm (Zoom)  
5:15 - 6:30 pm  
10:00 - 11:15 am  
4:30 - 5:45 pm

Temple Beth Shalom

\$2500



# Judaic Studies



## FAMILY EVENTS

### SCHOOL OPEN HOUSE

Join Neshamah's faculty and Rabbi Rader for an engaging overview of our school program. Enjoy our fun-filled Jewish community.

### PARENT ORIENTATION

Meet our exceptional faculty, learn about Neshamah's innovative educational tools, and enjoy a warm welcome to our school community.

### FAMILY HOLIDAY EXPERIENCES

Parents and siblings are invited to join us for holiday fun during school sessions on the dates below.

#### High Holy Days

Sunday, Oct. 15, 2023  
Tuesday, Oct. 17, 2023  
Wednesday, Oct. 18, 2023

#### Hanukah

Sunday, Dec. 10, 2023  
Tuesday, Dec. 12, 2023  
Wednesday, Dec. 13, 2023

#### Passover

Sunday, Apr. 7, 2024  
Tuesday, Apr. 9, 2024  
Wednesday, Apr. 10, 2024

#### Israel Independence Day

Sunday, May 19, 2024  
Tuesday, May 21, 2024  
Wednesday, May 22, 2024

### SCHOOL OPEN HOUSE

### TIMES

\*Friday, Sept. 8, 2023  
Sunday, Sept. 10, 2023

6:00 pm  
10:00 am

### PARENT ORIENTATION

### TIMES

Sunday, Oct. 29, 2023  
Wednesday, Nov. 1, 2023  
Sunday, Jan. 21, 2024  
Wednesday, Jan. 24, 2024

10:00 am  
5:15 pm  
10:00 am  
5:15 pm

### Location

Temple Beth Shalom  
\*Delray Beach Pavilion

# B'nai Mitzvah



## B'NAI MITZVAH PROGRAM (GRADES 6-7)

Neshamah's unique B'nai Mitzvah Program offers the highest level of ritual training paired with the personal touch of teachers who know (and enjoy!) each student.

Classes focus on Torah portions, Prayer services and the spiritual meaning behind both. In class, students study with teachers in small groups and then join the larger group to sing together and practice chanting in front of others.

Customized online videos and computer-based learning tools are available for all enrolled students to access at home. All classes are team-taught by Rabbi Rader and the Neshamah faculty.

During the B'nai Mitzvah process, Rabbi Rader meets with each family individually several times to plan the service details.

### B'NAI MITZVAH

Tuesdays  
Wednesdays  
Sundays  
Sundays

**Location**  
**Tuition**

### CLASS TIMES

6:15 - 7:30 pm (Zoom)  
6:15 - 7:30 pm  
11:00 am - 12:15 pm  
4:30 - 5:45 pm

Temple Beth Shalom  
\$5500

### NESHAMAH'S FLEXIBLE SCHEDULE

Because of our individualized curriculum and open format, students are welcome to attend any class session each week that fits their schedule. Please enroll for the class time that is your first choice. Alternate days are always available for make up sessions.

**Students: Please bring a device with your Torah recordings and headphones to all B'nai Mitzvah classes.**

# B'nai Mitzvah



## FAMILY EVENTS

### PARENT ORIENTATION

Review all the details for your simha, access Neshamah's innovative learning tools, and enjoy a warm welcome to our B'nai Mitzvah Program.

### FAMILY MEETINGS

Families will have periodic private and small group meetings with Rabbi Rader to explore the spiritual meaning of the B'nai Mitzvah. Our B'nai Mitzvah Liason will set up these sessions during the year.

### PARENT ORIENTATION

### TIMES

Sun., Oct. 29, 2023  
Wed., Nov. 1, 2023  
Sun., Jan. 21, 2024  
Wed., Jan. 24, 2024

11:00 am  
6:15 pm  
11:00 am  
6:15 pm

### Location

Temple Beth Shalom



# Teen Leadership



## TEEN LEADERSHIP COUNCIL

Teens learn to connect, give back and grow with Neshamah's innovative Teen Leadership Council. Our students will create new social connections, teach in our school community and explore what it means to be a responsible, caring teen in the modern world. Teen Leadership includes several components:

### **COUNCIL**

Monthly on Sundays, teens will gather to discuss modern issues including friendships, peer pressure, social media, technology, dating, accepting peers who are different and other student driven topics

### **MITZVOT**

Teens will organize and implement several mitzvah projects throughout the year.

### **MADRIKHIM**

Neshamah offers qualified teens a paid job as teachers (madrikhim) in our school. Teens can earn community service hours or hourly pay by committing to a regular schedule of teaching in the school.

*Teen Leadership Director:* **Jennifer Young**

TEEN LEADERSHIP COUNCIL	CLASS TIMES
Sundays	4:30 - 5:45 pm
Tuition	\$360



# Mitzvah Projects



## MITZVAH PROJECTS

As a congregation, Neshamah puts our Jewish values into action with mitzvah projects. Join us for these hands-on activities that make a real difference in our world. Donations to support our mitzvah work are always welcome.

### FALL MITZVAH FAIR

Deliver fresh Thanksgiving food to seniors, pack Thanksgiving supplies for homeless families, decorate Houses for Change and other mitzvot to support local families in need.

Sunday, Nov. 12, 2023      12:30 pm

### SPRING MITZVAH FAIR

Enjoy a kid-friendly carnival and sports day with foster care children. Sports, arts and crafts, snacks, music and more. Appropriate for families with children of all ages.

Sunday, Apr. 14, 2024      3:30 pm

### MITZVAH SUGGESTED DONATION

\$54 Per Family  
\$18 Per Individual

<b>Location (Fall)</b>	Temple Beth Shalom
<b>Location (Spring)</b>	SOS Children's Village

# High Holy Days



## HIGH HOLY DAYS

Celebrate the High Holy Days with Neshamah's unique spirit and warm community. Our services are a blend of traditional prayers, joyful music and relevant teaching.

High Holy Days services feature family honors on the bima, student Torah readers and congregational singing.

Kol Nidrei and Yizkor services are especially personal and meaningful.

Rabbi Amy Rader officiates; Musical Director Sharon Shear conducts the musical program.

### TICKETS

<b>Adult Ticket</b>	\$170	<b>Child Ticket</b> (Ages 1-12 years)	\$35
<b>Adult Partial Ticket</b> (One service only)	\$125	<b>New Student Ticket</b>	FREE*
<b>Teen Ticket</b> (Ages 13- college student)	\$60		

One ticket per person (including children) is required for entry to all services.

\*New students in Neshamah's Judaic Studies or B'nai Mitzvah program receive complimentary tickets.

# High Holy Days



## HIGH HOLY DAYS

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### **ROSH HASHANAH**

Saturday, Sept. 16, 2023

9:30 am Doors open  
10:00 am Service begins  
12:30 pm Approximate service conclusion

**Atlantic High School Theater**

### **YOM KIPPUR KOL NIDREI**

Sunday, Sept. 24, 2023

7:00 pm Doors open  
7:30 pm Service begins  
9:00 pm Approximate service conclusion

**Atlantic High School Theater**

### **YOM KIPPUR**

Monday, Sept. 25, 2023

9:30 am Doors open  
10:00 am Service begins  
12:30 pm Approximate service conclusion  
1:00 pm Yizkor

**Atlantic High School Theater**

### **YOM KIPPUR HAVDALAH & BREAK-FAST**

Monday, Sept. 25, 2023

6:30 pm Beach Service Begins  
8:00 pm Approximate Service Conclusion

**Delray Beach Pavilion**



# Shabbat Havurah



## SHABBAT HAVURAH

Shabbat Havurah is the centerpiece of the Neshamah community. Our unique Shabbat experience offers spiritual prayer, inspiring study and a warm and joyful congregation. The service includes the traditional Shabbat evening prayers in Hebrew along with upbeat, modern Jewish music that bring fun and energy to the service.

Shabbat Havurah is also a time when we mark the important lifecycle events in our community. Recent birthdays, anniversaries, B'nai Mitzvah are all honored at each service. Prayers for healing and remembering loved ones are also included.

Our service is family-friendly and casual attire. Children are invited to the bima for the Shabbat blessings and other honors during the service. The service is open to the public and free of charge. We encourage you to wear an item of white clothing to honor Shabbat.

Have a drink and share a casual Shabbat family dinner after our service.

### SOULMATES BAND

The Soulmates are volunteer Jewish musicians who bring spirit and warmth to Neshamah's congregational services. Our talented Musical Director, Sharon Shear, leads adult and youth musicians from our congregation at each Shabbat service.

### SHABBAT HAVURAH Fridays

October 13, 2023  
November 10, 2023  
December 8, 2023  
January 12, 2024  
March 1, 2024  
May 17, 2024

**Time** 6:30

**Location** Temple Beth Shalom

# Shabbat Havurah



## SPECIAL SHABBAT EVENTS

### PURIM SHABBAT

Neshamah, along with CyberSynagogue, present a themed sing-a-long Purim Schpiel. Join us for a lively, interactive musical service.

Friday, Mar. 1, 2024 6:30 pm

**Temple Beth Shalom**

### SHABBAT SUGGESTED DONATION

\$36 Per Family  
\$18 Per Adult  
\$5 Per child

### BEACH SHABBAT HAVURAH

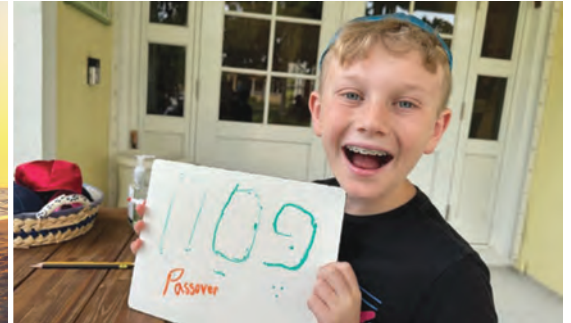
Neshamah's Soulmates Band and Rabbi Rader present live music and a spiritual Shabbat under the stars. Gather at our favorite beach spot for a unique Shabbat experience. Bring a picnic dinner and a dessert to share.

Friday, Sept. 8, 2023 6:00 pm

Friday, Apr. 12, 2024 6:00 pm

**Delray Beach Pavilion**

# Jewish Holidays



## JEWISH HOLIDAYS

### HOLOCAUST EDUCATION DAY

Honor and learn from local Holocaust survivors at Neshamah's annual Holocaust Education Day. This program offers a personal connection along with a meaningful Memorial Service for the Six Million.

Sunday, Jan. 14, 2024 11:00 am

**Temple Beth Shalom**

### PURIM SHABBAT

Neshamah, along with CyberSynagogue, present a sing-a-long Purim Schpiel. Join us for a lively, interactive musical service.

Friday, Mar. 1, 2024 6:30 pm

**Temple Beth Shalom**

### FAMILY HOLIDAY EXPERIENCES

Parents and siblings are invited to join us for Family Holiday Experience during school class sessions on the dates below.

#### High Holy Days Family Education

Sunday, Oct. 15, 2023

Tuesday, Oct. 17, 2023

Wednesday, Oct. 18, 2023

#### Hanukah

Sunday, Dec. 10, 2023

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Wednesday, Dec. 13, 2023

#### Passover

Sunday, Apr. 7, 2024

Tuesday, Apr. 9, 2024

Wednesday, Apr. 10, 2024

#### Israel Independence Day

Sunday, May 19, 2024

Tuesday, May 21, 2024

Wednesday, May 22, 2024



# Adult Education



## ADULT EDUCATION

### WOMEN'S TORAH STUDY

This year we will be studying women in the Bible. Explore how our female ancestors influenced all spheres of Jewish life. Compare biblical role models to Jewish women of today. No Hebrew knowledge or previous Jewish education required. Contact Rabbi Rader for more information.

### NESHAMAH MAMAS

Neshamah Mamas is a gathering for women in our congregation. Join us for Jewish learning, personal reflection and supportive friendship. Light bites and drinks are included. Contact Stacy Stein for more information at [drstacystein@gmail.com](mailto:drstacystein@gmail.com)

### NEW! BOOK CLUB

Read, and explore literature in our new book club. Join in a lively discussion of Jewish-themed books from a variety of genres - fiction, memoir, history and more. For more information, contact Carol Safran at [Safran.carol@gmail.com](mailto:Safran.carol@gmail.com)

### ADULT EDUCATION

Details for Adult Education programs will be announced via Neshamah's weekly newsletter.

# Lifecycle Events + Israel



## LIFECYCLE EVENTS

Rabbi Rader is an experienced pulpit rabbi with over 20 years of service officiating at lifecycle events. She is known for her compassion in comforting mourners as well as her ability to personalize and add spirituality to weddings, baby namings and other celebrations.

Contact Rabbi Rader for a private consultation about any lifecycle event.



## SIMHAS & MEMORIALS

Neshamah is a community that celebrates important life moments and cares for each other at time of illness or death. We honor all birthdays, B'nai Mitzvah, weddings and anniversaries at our monthly Shabbat service. Yarzheits and recent deaths are also remembered at each Shabbat service.

Rabbi Rader and other Neshamah clergy are available for hospital visits, hospice visits, shiva minyan services and other pastoral care as needed by the congregation.

Contact Ellen Lapin to commemorate any lifecycle events or arrange for pastoral care.



## ISRAEL

Neshamah partners with Travelujah, an experienced tour operator, to plan private or group tours to Israel. This once in a lifetime adventure brings Jewish tradition to life from Biblical times to the modern era. Climb Masada, dig for archaeological ruins, meet IDF soldiers, sleep in Bedouin tents, enjoy outdoor sports like zip lining, swimming in natural springs and river rafting.

Experience Shabbat in Jerusalem, and celebrate the ultimate B'nai Mitzvah! New Israel group forming 2023 - 2024. Contact Rabbi Rader for more information.

# Mazal Tov

## B'NAI MITZVAH & WEDDING FAMILIES

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<b>Gavin Laufer</b>	09.02.23	<b>Gray Maxwell</b>	01.20.24
<b>Riley Kronen</b>	09.09.23	<b>Hank Frisch</b>	01.27.24
<b>Cutler/Rubin Wedding</b>	10.14.23	<b>Muratore/Markowitz Wedding</b>	02.03.24
<b>Ryder Adams</b>	10.14.23	<b>Gavin Hilf</b>	02.17.24
<b>Isabella &amp; Addison Kurstin</b>	10.14.23	<b>Garan Braunschweiger</b>	02.24.24
<b>Meyer/Scanlon Wedding</b>	10.15.23	<b>Elana Sigel</b>	03.02.24
<b>Ashley Befumo</b>	10.21.23	<b>Marti Feinberg</b>	03.02.24
<b>Brooke Falk</b>	11.11.23	<b>Brady Koenig</b>	03.30.24
<b>Abbie &amp; Annie Towbis</b>	12.09.23	<b>Chase Davret</b>	04.27.24
<b>Ari Nelson</b>	12.16.23	<b>Remy Sager</b>	05.11.24
<b>Rebecca Berman</b>	01.13.24	<b>Grant Newman</b>	05.18.24
<b>Julia Sherman</b>	01.13.24		



# Our Team

## FACULTY

**Gail Bank**

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**Rabbi-Cantor Stephanie Shore**

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**Rabbi-Cantor Sharon Steinberg**

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**Jennifer Young**

youngjennifer2021@gmail.com

*\*Shlomit Karasik is a  
Licensed Clinical Social  
Worker available through  
Neshamah's partnership  
with Jewish Family Services.*

*For more information or  
to make an appointment,  
please contact  
**561-852-3326** or  
**shlomik@ralesjfs.org**.*

## EXECUTIVE STAFF

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*Director of  
Education & Faculty*

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*Administrative Assistant*

**Michelle Myers**

michelle@niboca.org

*Parent Liason*

# Event Locations



## **Temple Beth Shalom**

19140 Lyons Road, Boca Raton, FL 33434

(within Century Village Boca off Lyons and Yamato Roads)

Events: Shabbat, Judaic Studies Class, B'nai Mitzvah Class, Mitzvah Projects

## **Atlantic High School**

2455 W. Atlantic Avenue, Delray Beach, FL 33445

Events: Rosh Hashanah, Yom Kippur Kol Nidrei, Yom Kippur

## **Delray Beach Pavilion**

1-23 S. Ocean Blvd., Delray Beach, FL 33483

(Atlantic Avenue & A1A)

Events: Yom Kippur Break Fast, Beach Shabbat





[www.niboca.org](http://www.niboca.org)

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