



Engaging Temple Sinai's teens in their Judaism and the Temple community

[www.sinaibrookline.org/sinai-u](http://www.sinaibrookline.org/sinai-u), [rabbishoshana@sinaibrookline.org](mailto:rabbishoshana@sinaibrookline.org),

[ilevenson@brandeis.edu](mailto:ilevenson@brandeis.edu)

**Sinai U Opportunities by Grade**

**7th Grade:**

Sinai U Sunday Nights *required*  
 Tikkun Olam Sundays  
 Sheirut Sundays  
 Jewish Summer Camp\*  
 General Temple Life

**8th Grade:**

Sinai U Sunday Nights  
 Tikkun Olam Sundays  
 Madrich Corps Training  
 Rosh Chodesh: It's a Girl Thing  
 Shevet Achim  
 Sheirut Sundays  
 Jewish Summer Camp\*  
 General Temple Life

**9th Grade:**

Design Lab  
 Tikkun Olam Sundays  
 TSIPPY (High School Youth Group)  
 Madrich Corps  
 Rosh Chodesh: It's a Girl Thing  
 Shevet Achim (Boys group)  
 Sheirut Sundays

**9th Grade continued:**

Jewish Summer Camp\*  
 Legacies: High School Visits\*  
 NFTY events\*  
 General Temple Life

**10-12th Grades:**

Design Lab  
 Tikkun Olam Sundays  
 TSIPPY (High School Youth Group)  
 Madrich Corps  
 Legacies: High School Visits\*  
 Teaching Fellowship  
 L'Taken Social Justice Seminar\*  
 Northeast Teen Collective Leadership Summit\*  
 NFTY events\*  
 URJ summer programs such as NFTY in Israel & Mitzvah Corps\*  
 CIT/Machon at Jewish Summer Camp\*  
 Winter seminar with Rabbi Shoshana  
 Senior Seminar with Rabbi Vogel (*for 12th graders only*)  
 General Temple Life

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 \* These programs are not run by Temple Sinai  
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## A note about cost for Sinai U in 8-12th Grades

There is a flat rate of \$360/year for all 8th-12th Graders to participate in Sinai U activities run by Temple Sinai. (This fee does not cover outside programs run by the URJ, such as NFTY in Israel or L'Taken Social Justice Seminar).

If this fee poses a financial burden to your family, please contact Rabbi Shoshana or Heidi for confidential assistance.

## Descriptions of Sinai U Opportunities: Organized Alphabetically

These symbols give you a sense of what each opportunity offers



Jewish learning or prayer



Teen socializing and/or organizing



Social justice or direct community service



Summertime only!



## **Counselor-In-Training/Machon at Jewish Summer Camp**



Older teens can connect to their Judaism and give back to younger children by being a counselor-in-training or Machon at one of the URJ camps or other Jewish summer camps.

## **Design Lab: Sunday afternoons for 8-10 sessions. Dates and exact times TBD.**



Sinai U Design Lab is an intensive program in which a team of Sinai teens go through a rigorous design process to address a real-world challenge at Temple Sinai. In fall of 2016, nineteen teens asked and answered the question: How might we use the Temple's renovations to deeply engage members and infuse our physical space with the Temple's core values? The teens conduct interviews, pitch ideas to the community, refine their ideas, make prototypes, and present to decision-makers. Ninety percent of last year's recommendations were adopted by the Renovation committee.

## **General Temple Life**



All our teens are welcome to contribute to and participate in general life at Temple Sinai. This can include everything from chanting Torah on Shabbat or the High Holidays to helping with monthly Shabbat@Six community dinners and holiday celebrations (such as Second Night Seder, the Purim celebration, the Chanukah party), or attending Adult Learning classes and Tzedek@Sinai social justice actions.

## **L'Taken Social Justice Seminar: 4 days in Washington, D.C. Date TBD.**



L'Taken Social Justice Seminars are congregational teen trips to Washington, D.C. run in partnership with the Religious Action Center of Reform Judaism (RAC). Sinai U members join with other Reform teens from around the country for a dynamic seminar in which they learn about critical social justice issues. They then meet with their federal representatives on Capitol Hill to lobby on the issue of their choosing. Temple Israel has spots for Temple Sinai teens to join their delegation.

## **Legacies: High School Visits: External program, exact dates and times TBD**



Over the past few years, several Sinai U students have been selected to participate in Legacies: High School Visits. As a member of a Legacies cohort, 9th -12th graders learn more about the Holocaust by interviewing and working with older adult survivors. In teams of two, the teens interview the same survivor three times over the course of the year, create a meaningful project, and learn about life before, during, and after the war. This program provides 25 hours of community service. Training is provided. Application is required.

## **Madrich Corps: Every other Sunday 9:30-12:30pm, or on Tuesdays 3:45-5:30pm**



Our Madrich Corps members in grades 9-12 help in a religious school classroom on either Sunday mornings or Tuesday afternoons. On select Sunday afternoons, following religious school, Madrich Corps are treated to a special lunch and attend professional development workshops with Rose, our Sinai Youth Advisor. Eighth graders in Madrich Corps attend Sunday night training sessions with Rose in the fall to develop leadership skills, help with Camp Day and Purim Day, and sub for older Madrich Corps members, as needed.

## **NFTY Events: Weekends in fall, winter, and spring**



NFTY is the Reform Jewish youth movement. If you would like to meet Jewish teens from all over our region or the country, attending a NFTY-Northeast regional event or conclavette is a great way to go. TSIPPY is Temple Sinai's Temple Youth Group, and is a member of NFTY, but any Sinai teen can attend a NFTY event! Info at [northeast.nfty.org](http://northeast.nfty.org).

### **Rosh Hodesh: It's a Girl Thing: Once a month, time TBD, in participants' homes**



Rosh Hodesh: It's a Girl Thing is based on the Jewish tradition of women's New Moon celebrations. The program builds the self-esteem, Jewish identity, leadership skills, and friendships of adolescent girls. The monthly meetings provide a supportive environment where girls can explore the social and cultural issues they encounter, while having fun. Open to all eighth and ninth graders who identify as female. (See *Shevat Achim* for male counterpart.)

### **Senior Seminar with Rabbi Vogel: 4-6 sessions on Sunday evenings in the spring**



In preparation for the transition to college or other post-high school experiences, Rabbi Vogel offers a Senior Seminar to Sinai U 12th graders. Topics include preparing to leave home, self-care in college, and discussing Israel and the Israeli-Palestinian conflict on college campuses.

### **Sinai U Sunday Nights: Sunday evenings 5:30-7:30pm**



Sinai U Sunday Nights is our middle school Jewish learning program. Seventh & eighth graders eat dinner together and take elective classes on different Jewish topics. Past classes have included: Social Justice and Judaism; Controversial Stories in the Torah; Jewish Superheroes; Israeli Culture through Music; Jewish Mindfulness & Yoga; & Jewish Food & Cooking. 7th graders also take part in an evening service led by Rabbi Shoshana to learn more about Jewish prayer and support b'nei mitzvah studies.

### **Sheirut Sundays: 5-6 times/year on Sunday morning or afternoon**



Sheirut Sundays are one-time opportunities to volunteer at various local organizations with Temple members of all ages. This year's activities included helping Ganei Beantown: Boston Jewish Gardens with the fall harvest, delivering food with Family Table, making beautiful centerpieces for the Chanukah party at Hebrew Senior Life, cooking Christmas Dinner at the Anna Bissonnette House for formerly homeless elders, and organizing books for More Than Words, which empowers foster youth to run a business.

### **Shevet Achim: Once a month, time TBD, in participants' homes**



In Shevet Achim, participants spend time in an all-guy space where they can explore what being Jewish means to them. The experience offers them a way to build self-esteem, explore Jewish identity and healthy masculinity, and deepen the bonds of friendship. The group offers adolescent boys a place to decompress from their lives and have discussions about what Judaism has to say about the challenges of their everyday lives. Open to all eighth and ninth graders who identify as male. (See *Rosh Hodesh: It's a Girl Thing* for a female counterpart).

### **Teaching Fellows: 8 or more Sunday evenings per year**



Students in Grades 10-12 can apply to be a Teaching Fellow on Sinai U Sunday Nights. The Teaching Fellow assists an adult educator with teaching a class for 7-8<sup>th</sup> graders. Teaching Fellows can receive community service credit and should be able to commit to at least 8 Sundays in a semester.

### **Tikkun Olam Sundays: Once a month on Sundays, 8:30am-12:30pm**



Tikkun Olam Sundays is a service-learning program in which teens volunteer at Jewish Family & Children's Services Family Table food pantry. A Sinai teacher accompanies the teens both ways on the bus, helps with the tasks at the pantry, and offers a Jewish learning activity during the morning. Teens can sign up by the month. Come earn community service credit!

### **TSIPPY: Temple Sinai Passionate Proactive Youth: Monthly meetings & activities**



TSIPPY is Temple Sinai's Temple Youth Group and is a member of NFTY: The Reform Jewish Youth Movement. Members meet regularly with Rose and Rabbi Shoshana to hang out together, as well as plan and do hands-on activities that make the world a better place. In 2017, TSIPPY organized a successful fundraiser in which the teens made glazed ceramic bowls and home-made soup, and sold them to raise money for the Massachusetts Immigration & Refugee Advocacy Coalition (MIRA).

## **URJ summer programs such as NFTY in Israel & Mitzvah Corps**



The Reform Movement offers many powerful summer experiences for teens, including trips to Israel and Europe, and service trips in many different countries. More information at [nftyisrael.org](http://nftyisrael.org).

## **Winter Seminar: Hot Cocoa & Cool Torah with Rabbi Shoshana: 8-10 weekly sessions**



Come sip hot cocoa while learning together with other Sinai U high schoolers! Winter Seminar is an opportunity to discuss interesting Jewish ideas and texts. It is taught weekly by Rabbi Shoshana between fall and spring sports seasons. Topics are chosen by the teens and could include Jewish history, Torah study, Mussar (Jewish ethics & behavior), Jewish storytelling and more. This course is offered when 5 or more students are interested.