

MEET THE TEAM:



Rabbi Jason Weiner, BCC serves as senior rabbi and manager of the Spiritual Care Department at Cedars-Sinai. He earned his rabbinic ordination from Yeshivat Chovevei Torah Rabbinical

School in Manhattan as well as an additional ordination from Rav Zalman Nechemia Goldberg in Jerusalem. He graduated from the Bernard Revel Graduate School at Yeshiva University with a master's in Jewish history. Rabbi Weiner has also completed Clinical Pastoral Education units through both the Academy of Jewish Religion and Children's Hospital Los Angeles. Prior to his arrival at Cedars-Sinai, Rabbi Weiner served as the assistant rabbi at Young Israel of Century City in West Los Angeles. Rabbi Weiner is married, active in community life and the proud father of four children — three of whom were born at Cedars-Sinai.



Rabbi Sarah Barukh currently serves as a chaplain in the Spiritual Care Department at Cedars-Sinai. She received rabbinic ordination from the Ziegler School of Rabbinic Studies at the American

Jewish University and also earned a master's in rabbinic studies. Before taking on this position, Rabbi Barukh served as a chaplain intern at both Cedars-Sinai and Children's Hospital Los Angeles, where she began her Clinical Pastoral Education training. Rabbi Barukh has also worked as a rabbinic intern for Community Tikvat Jacob in Manhattan Beach. Rabbi Barukh and her husband, Mike, are the proud parents of two very busy boys — one of whom was born at Cedars-Sinai.



Not just parenthood. Jewish parenthood.

A class for beginners

JEWISH EXPECTANT PARENT WORKSHOP

Time: One session/three hours in length

Location: Cedars-Sinai Chapel, Plaza Level

Cost: \$18 per couple, which includes registration materials (need-based scholarships available through the Spiritual Care Office)

Parking: Complimentary in Lot P1 or any validated lot (see map above)

Registration, class schedule and additional information is available online at cedars-sinai.edu/prenatal, or contact the Prenatal Education Office at **310-423-5168** or the Spiritual Care Office at **310-423-5550**.



Cedars-Sinai has developed a unique Jewish Expectant Parent Workshop to educate new parents from across the spectrum of Jewish life about the critical questions they will face in bringing a child into the world.

It's not a childbirth preparation class. It's a parenthood preparation class.

Over the course of a three-hour, one-time session led by knowledgeable rabbis and educators (male and female, from Orthodox to Reform denominations), you'll have a unique opportunity to learn and ask questions about naming traditions, baby ceremonies, making one's pregnancy special, creating a safe space to explore the idea of how your family will change and much more.

Participants will discuss:

BABY NAMING TRADITIONS

Naming your newborn presents a number of unique opportunities. Do you name after someone? Or is your child the first in a new set of traditions? Whether you are from an Ashkenazic, Sephardic, Traditional or Liberal background, find out the

full scope of traditions and begin to choose the one that's right for your child.

- Honoring relatives
- Meanings and intentions
- Language, cultures and namesakes

WELCOMING CEREMONIES, PRAYERS AND CUSTOMS

While *brit milah*, or circumcision, is a long-standing Jewish custom, it is not the only traditional or contemporary approach to welcoming a child in the community. Both girls and boys have equal opportunities to be special, and parents can create moments and ceremonies ranging the spectrum from pre- to post-childbirth.

- *Simchat bat*/baby naming (for girls)
- *Brit milah*/circumcision (for boys)
- Rituals as your pregnancy progresses
- Special blessing and prayers for parents, grandparents and loved ones

YOUR JEWISH HOME AND COMMUNITY

Becoming a parent for the first time is an incredibly profound experience. It changes a home in both the most

obvious and subtle ways, particularly as you make choices about your child and the Jewish tradition. Discover how to establish new rituals for your family — whether it is Orthodox or interfaith — and also learn about connections you may wish to create with the community through local, online and national organizations.

- Daily rituals and routines
- Lifecycle events and holidays
- Shabbat
- You and your partner