

## What can the Ma'ayanot teach about?

The Ma'ayanot are trained as educators and are willing to meet the needs and interests of each community. They are able to teach large or small groups, or the whole community. Some topics may be more suitable for women-only groups (as indicated below).

Below are examples of topics and courses that are on offer. These are just examples – please do be in touch if you have something else in mind.

### Tefillah

- Concepts behind Tefillah/understanding how to pray
- A guide to the Shema
- Understanding Rosh Hashana Mussaf
- Tehillim

### Relationships/Love/Taharat Hamishpacha

- Intimacy and sexuality in Judaism (women-only)
- Love and relationships in Judaism
- Taharat Hamishpacha refresher course (post-baby) (women-only)
- For engaged couples – understanding the wedding day and building a home

### Issues relating to women

- Hair covering
- Tzniut
- Women's role in Judaism

### Chaggim

- Rosh Hashana
- Yom Kippur
- Pesach
- Shavuot
- Tisha b'Av

### General topics

- Unknown Jewish Women in History
- Women in the Torah
- Emunah
- Shabbat
- Avelut (mourning) and kaddish
- Divorce / get refusal
- Surrogacy – Determining motherhood
- Parenting
- Genetic testing in the Jewish community
- Stories/Lessons from Nach
- Parsha shiurim