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.

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