



Welcome to Adult Programming! - Rosalie Gerut, Director

Life Long Learning • Health & Wellness • Groups • Exhibits • Performances • Special Events

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About KS Adult Programming

KEREM SHALOM ADULT PROGRAMMING creates educational, cultural, spiritual and social opportunities for our KS adult community and beyond. We cordially invite you to explore and participate in our offerings, which are updated via the KS Grapevine and the KS website

<http://keremshalom.org/adultprogramming/>

Contact Rosalie@KeremShalom.org with questions or suggestions.

Please REGISTER via the online link, or via email to Rosalie.

SEND PAYMENT by check to *Rosalie, c/o Kerem Shalom, 659 Elm Street Concord, MA 01742. Write check to: Kerem Shalom. Include "AP" and the class name on the memo line.*

Many of our programs are free of charge. For our other programs we attempt to keep our rates as low as possible to cover the costs of our high-quality instructors. If cost is an obstacle for you, please don't hesitate to contact: Rosalie Gerut: Rosalie@KeremShalom.org

(Note: Fee based programs run only if we have enough registrants & payments prior to the noted deadline.)

UPCOMING SPECIAL EVENTS



Sunday Brunch LED* - Lost in Connection: Protecting Childhood and Family Relationships in the Digital Age
with Catherine Steiner-Adair

Sunday, April 8, 10:30-12:00n
RSVP rosalie@keremshalom.org

Dr. Catherine Steiner-Adair is a clinical psychologist and award-winning author, whose latest book, *The Big Disconnect*, was cited by The Wall Street Journal as a top 10 best non-fiction book of 2013. Her continuing focus is on how parents and educators can help children - from pre-school to teenagers - reap the benefits of tech while reducing the risks it poses at every stage of child and young adult development.

* *Special Sunday L.E.D. Talks and Brunch (Learn Explore Discuss):*
Sunday brunches (bagels and fruit) featuring exciting and inspiring speakers on topics with appeal to the entire KS community.

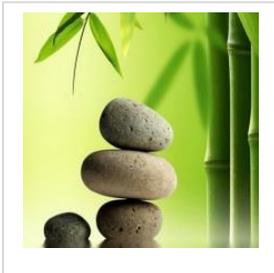


Shabbat Around the Table *with Rabbi Darby and Rosalie!*

Anyone who shared Shabbat dinner with Rabbi Darby and Rosalie in November 2017 knows how special dinner with these two can be. Join them for prayers, discussion, song and wonderful food.

Feb 23, 6:30pm

Please RSVP in advance to Rosalie@KeremShalom.org
(pot luck - some yummy food provided)



A Day of Health, Beauty and Wellness

Back by popular demand – for women and men – classes, demos, activities and food from one end of KS to the other.

SAVE THE DATE: Sun, Mar 25th

9:30am – 4:30pm

Free for KS members; a small charge for non-members

Contact: Rosalie@KeremShalom.org



Kerem Shalom Stories

KS's answer to *The Moth*.

We kicked off the first of our Storytelling programs at a Shabbat service on July 12...more to come. We are looking for members to tell stories – happy, sad, funny, life changing.

Contact: Rosalie@KeremShalom.org

NEW and ONGOING CLASSES



ME'AH CLASS, Monday Evenings, 2017 - 2019

Mondays 7:15-9:15 PM

Contact Rosalie@KeremShalom.org or ksadmin@keremshalom.org for more information or to visit a session.

Welcoming adults of all ages & backgrounds for a foundation in Judaic culture & civilization.

You don't need to be Jewish or know Hebrew to join this group. Me'ah offers 100 hours of learning over a period of two years (with many breaks for secular and Jewish holidays & summer vacation.) If you miss a class, no worries, the classes are all recorded and can be downloaded at your leisure.

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Concerned about costs?

Combined Jewish Philanthropies and Hebrew College offer scholarships to make it possible for all who wish to join in this fascinating learning experience.

Here are some testimonials from our Me'ah students at KS

"It was a life changing experience to learn about our past generations and how they lived, giving context to our lives in the present."

"The class is an amazing opportunity. I never expected such a connection to Jewish learning and to my classmates. I looked forward to what turned out to be a highlight of my week."

*"Learning about thousands of years of Jewish history in the context of World History is **absolutely fascinating, especially when it's done by brilliant, thought-provoking** teachers and surrounded by a group of wonderful interesting adults. I have found myself able to understand world events, especially those in the Middle East in modern times, more deeply than I could have before. This knowledge has been extremely useful in discussing the challenging relationship between Jews and Arabs in the present day. I highly recommend this course to people of all backgrounds."*



Torah Studies with Rabbi ALAN ULLMAN

Fall Session

Sunday Afternoons, 5:00-6:30 PM

6 Sessions: Sept 10; Oct 1 and 15; Dec 10 and 17; Jan 14

Spring Session

Sunday Afternoons, 5:00-6:30 PM

6 Sessions: Feb 18 and 25; Mar 11, 18 and 25; Apr 1

\$150 for Kerem Shalom Members; \$225 for non-KS Members

Special Offer: For KS members, first time attendees: limited seating for one free intro class.

RSVP: Rosalie@KeremShalom.org

Rabbi Alan Ullman brings Torah to life by facilitating dynamic interaction and questioning of text, enabling us to view Torah in its ancient context as well as in its relevance to our lives today.

Rabbi Ullman helps us to see the wisdom of Torah as a way to guide our own spiritual journeys and to find the sacred in our everyday lives. A brief text is introduced at the beginning of each class and no previous knowledge or experience is required.



Strange Bedfellows in the Bible – with Lynne Heller

Tuesday mornings 10:30-12:30

Mar 6, 13, 27, 27; Apr 10, 17

\$150 Kerem Shalom Members; \$225 Non-members

RSVP: Rosalie@KeremShalom.org

Reading the Bible through film, the arts, and ancient artifacts.

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Politics, love, sex, and death frame the lives of male and female lovers in Biblical patriarchal society. As fluid boundaries are drawn between battlefield and bedroom, what happens when violence becomes the weapon of virtue? Who are the villains? The virgins? The vixens?



Where did “Judaism” and “Christianity” Come From

– with Jacob Meskin

New perspectives on Jewish and Christian origins

Tuesday mornings 10:30-12:30

Apr 24; May 1, 8, 15, 22, 29

\$150 Kerem Shalom Members; \$225 Non-members

RSVP by Apr 17: Rosalie@KeremShalom.org

Modern scholarship has revealed the fascinating and intricate ways in which the people we would later come to call “Jews” and “Christians” at first coexisted, interacted, and felt **themselves bound together by a shared past... we will explore this exciting and quite different picture**, that of a community with a common past that underwent a process of “religio-cultural mitosis”

ONGOING GROUPS



Kerem Shalom Meditation Group

Wednesdays from 6:00-7:00 PM

There are hundreds of styles of meditation, but the goals are usually the same: enhanced concentration; self-knowledge and clarity; growing compassion; equanimity; stress reduction; community building.

This group meets once per week, with a mix of sitting and sharing. This is not a class – it is whatever we each bring. I look forward to sharing our personal journeys, deepening (or starting) our practices, and feeding the flames of compassion and community in our Kerem Shalom family.

Contact: Scott Sancetta, ssancetta@yahoo.com or 617-763-0914 – for questions and discussion.



KS Shabbat Morning Torah Conversations

Saturday mornings, 8:45-9:45, beginning 1/6/2018.

(Please arrive early! KS doors will be opened at 8:30, and may be locked by 8:45.)

KS Spiritual Life and Adult Programming are pleased to announce that anyone interested in discussing the weekly Torah portion (parasha) can gather at Kerem Shalom on Shabbat mornings. On the weeks Shabbat

Morning Services with Rabbi Darby are offered, all are welcome to stay at KS to attend some or all of the Shabbat services.

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Since September, 2017 a group of Kerem Shalom women, who **recently became B'not Mitzvah**, have been meeting to discuss the weekly Torah portion. As our gift to Kerem Shalom on the **special occasion of our B'not Mitzvah, we made a commitment to find ways to extend Torah study to the broader congregation.** We describe **our particular form of study as "Torah Conversations"**.

No prior knowledge of Torah or Hebrew is required to participate in these Shabbat morning Torah Conversations. Ideally, prior to our meeting, each of us reads the portion in English, and also one or more contemporary interpretations. The discussion typically flows back and forth between trying to understand the embedded meaning of the portion and connecting it to questions that have contemporary relevance in our lives.

In the weekly *Next Week at Kerem Shalom* email we will announce the week's portion (parasha). A list with some Torah Resources for the weekly parasha and contemporary commentaries will also be available.

Contact:

Susan Phillips susanphillips04@gmail.com or
Colleen Humphreys thumbelinasmmum@mac.com



Kerem Shalom Men's Discussion Group

Contact George Peabody, george.peabody@gmail.com



Rosh Chodesh*/Beginning of the Month Women's Group

Facilitated by Rosalie Gerut
For Kerem Shalom members only

* *Rosh Chodesh* = New Moon

Monday mornings 9:30-11:00 AM

2018: January 8, February 5, March 5, April 2, May 7, June 4

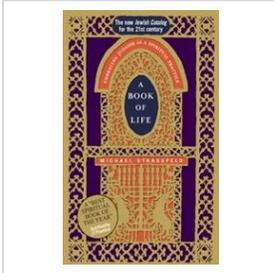
RSVP: Rosalie@KeremShalom.org

Would you like an opportunity to get to know other women in the Congregation? Would you like to reserve a morning once every month to connect with yourself and with a friendly and supportive group of women? Would you like to explore some topics that may be relevant to your life as a Jewish woman (or the partner/spouse of a Jewish individual)?

If you answered "yes" to any of these questions (or if you would just like to try something new) you are most warmly invited to participate in this Kerem Shalom Women's Group.

THERE IS ALSO AN OPTION TO CREATE A SUNDAY GROUP if there is interest. CONTACT Rosalie@KeremShalom.org

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Women's Spiritual Life Study and Share Group

Facilitated by Rosalie Gerut

Thursday mornings, 10:15 - 11:45am

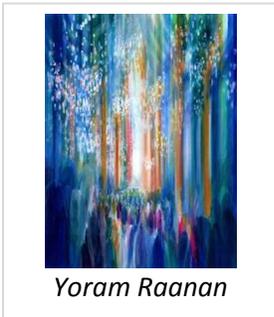
Feb 15, Mar 15, Apr 12, May 10, Jun 14

No cost for KS members / \$18 suggested donation for non-members

Contact Rosalie@KeremShalom.org with questions or to sign up

We will continue to read ahead of time and discuss chapters in “A Book of Life – Embracing Judaism as a Spiritual Practice*” by Michael Strassfeld in addition to other relevant sources. We also look forward to participating in experiences that will enhance our learning.

**Readers have found that this book “charts a clear path to a more spiritually rich practice of Judaism”*



Yoram Raanan

Support Group for People Living with Health Challenges

For KS members only

Monthly on the 4th Wednesday of each month, 10:00-11:30 AM

September 27, October 25, November 22, December 27,

January 24, February 28, March 28, April 25, May 23, June 27

Contact Kitty Stein, (781) 259-9264 or Rosalie@KeremShalom.org

Baruch Ha'bah

Blessed is the one who enters

Refuat ha Nefesh

Healing of the Soul

This group provides an open, supportive environment where people living with health challenges can make connections with each other. Here we can be ourselves and be understood and supported. We exchange information on resources and find through our conversations that we are nurtured emotionally and spiritually.

Why go through difficulties alone when you have a pillow of support right here at Kerem Shalom?



KS Writing Group

Wednesday Afternoons

Between 3:00 and 6:00 PM in our KS adult library

Are you working on a project and need to focus but are having trouble finding the time?

Come to our gatherings and overcome procrastination.

For more information and to sign up please contact:

Rosalie@keremshalom.org



Health Challenges Group

Wednesday mornings, 10:00 – 11:30am

Feb 28, Mar 28, Apr 25, May 23, Jun 27

Come and be supported: Rosalie@keremshalom.org



Jewish Content Book Club

Tuesdays at 12:30 in KS Library, and BYO lunch, unless otherwise noted.

Next meetings: TBA

Contact Jane Appell, jappell@verizon.net for up to date book choices

Kerem Shalom Book Club

Next meetings: TBA

Contact Pat Sills, pat.sills@verizon.net



Mah Jongg Club

Welcoming New Members!

Every other Tuesday 7-9 PM

Every other Monday 4-6 PM

Contact Amanda, KSmahjongg@gmail.com or 617-448-5986

KS Members free / Non-members small donation requested

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Mah Jongg is happening at Kerem Shalom and we want you to play with us! All are welcome - whether you are an experienced player or you've never played before. We will teach you to play! Mah Jongg is a fun tile game that originated in China but over the years has been adapted and popularized in America.

You are welcome to *join in any time during the year*. If you're interested in learning more about either group below, please email KSmahjongg@gmail.com or call Amanda at 617-448-5986.

- Mah Jongg Tuesdays 7-9 PM: We meet every other Tuesday with the exception of holidays. Check the KS calendar for details. All are welcome to join any week, any time. We typically have 1 or 2 tables each week.
- Mah Jongg Mondays 4-6 PM: A smaller group plays every other Monday from 4-6 PM. If you are interested in playing at that time, we are happy to help establish a second table, and the established Monday group occasionally need substitutes.



KS Local Walking & Bicycling Groups

Walk, talk, ride and stay fit!

Contact: Rosalie@KeremShalom.org for "twalking"

Contact: arthur.levine@me.com for bike riding

NEW GROUPS/SESSIONS

Sunday **Women's Monthly ("Rosh Hodesh")** Group

If you are interested in a Sunday group, please contact Rosalie, rosalie@keremshalom.org.

Moms with Teenagers

New group for moms who had their first child after age 35.

Please contact Rosalie, rosalie@keremshalom.org.