



Adult Programming: updated Mar 09, 2020

Welcome to Adult Programming! - Rosalie Gerut, Director

Life Long Learning • Health • Spirituality • 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 website - <http://keremshalom.org/adultprogramming/> - and occasional emails.

We are open to your suggestions for events and **offer reduced rates** for Kerem Shalom members. If the fee is an obstacle to participation in our classes, just let us know.

Specials

New Members: Welcome to Kerem Shalom. Your first Adult Programming course is FREE!
All Members: Come to the first class of a series for free to decide if you want to continue.
Couples: 10% off of course fees

Contact Rosalie@KeremShalom.org with questions or suggestions.
 (Note: Fee based programs run only if we have enough registrants.)

UPCOMING SPECIAL EVENTS



Shabbat Around the Table with Rosalie

Fridays at 6:30pm

Jan 17, Feb 20, Mar 20, Apr 17, May 15, Jun 19

\$12

Please join us for a relaxing Shabbat dinner. We will sing songs, discuss the Torah parsha, remember our loved ones with the kaddish prayer & get to know each other in a relaxed, informal way. Looking forward to being together.

Please RSVP with payment – mail* or drop off a check – by the Monday before each Shabbat dinner. Please indicate number attending and any dietary restrictions.

* Kerem Shalom, PO Box 1646, Concord 01742



Righting a Wrong: The Bialystok Cemetery Restoration Project with Amy and Josh Degen

Sunday Jan 26, 3:30 – 5:00pm
Free

When Amy Degen and her husband Josh traveled to Bialystok, Poland in the Summer of 2015, they were horrified by the condition of its only remaining Jewish Cemetery. Determined to help bring dignity back to the Cemetery, the Degens started a GOFUNDME page and formed a Board of Directors with their best friends, the Flaglers. In 2018 they established a 501c3 non-profit, The Bialystok Cemetery Restoration Fund. They have returned to Poland every summer since 2015 to lift, clean and paint headstones with at least 18 volunteers per year from the U.S., Poland, Germany and Israel. They have raised over 1,400 stones to date.

The Degens will describe their work renovating the cemetery. They have some wonderful stories to share.

This event is co-sponsored with Hadassah

RSVPs are appreciated: carolegreenfield3@gmail.com



Jewish Disabilities Month - Shabbat

Shabbat - Friday evening Jan 31 at 7:30pm

Celebrate Shabbat with Rabbi Darby, Rosalie and guest speaker, KS member Dr. Kitty Stein, who co-facilitates the KS Health Challenges Group.



Jewish Disabilities Month - A Place for All: Faith and Community for Persons with Disabilities

Emmy Award Winning Film, featuring Rabbi Darby Leigh
Sunday Feb 2 at 10:30am - Free

It is a startling number. According to the CDC, 1 out of 5 Americans has at least one disability. The fact is, we're all going to be disabled one way or another. Time takes care of that. Things happen in life. But how we cope with that disability and how we deal with other people with disabilities – well, that's a choice. A learned response. We need to change attitudes, remove barriers, and create a truly inclusive community.

A Place for All: Faith and Community for Persons with Disabilities is a unique interfaith documentary, produced in conjunction with the New York Board of Rabbis, with the support of an extraordinary range of faith groups including the National Council of Churches, the Evangelical Lutheran Church in America (ELCA), the Islamic Society of North America (ISNA), the United Methodist Church, the United Church of Christ and the U.S. Council of Catholic Bishops.

A Place for All explores the courageous stories of persons with disabilities as they succeed in making their faith communities truly inclusive. It features people such as

Rabbi Darby Jared Leigh,

a rabbi at Congregation Kerem Shalom in Concord, Massachusetts and one of the handful of deaf rabbis in the world; members of ELCA's DAYLE program, where differently abled youth unite at the 40,000 strong triennial Evangelical Lutheran youth gathering; 5 year old Max Rubin, who suffers from cerebral palsy; Rev. Beth Lockard, pastor of Christ the King Deaf Church; and Brandon Kaplan, a severely disabled boy with limited sight and speech who had the privilege of becoming a Bar Mitzvah.



Meditation Shabbat

With Rabbi Darby and KS Members Cheryl Steinberg and Scott Sancetta

**Friday Feb 28, 2020
7:30pm**

We look forward to welcoming Shabbat on Friday February 28th with song, prayer, silence and stillness. Please join us for this Shabbat service during which we will experiment with meditation to help focus our minds toward establishing a peaceful spirit and a sense of wholeness and connection to a deeper place. This Shabbat service/meditation experience will be appropriate for those who are brand new to meditation as well as those who are more experienced.



LED* Brunch and Talk – Israel: From Startup Nation to Grown Up Nation

Israel's Innovation Economy

Featuring Joe Barkai, a recognized industry analyst, strategy adviser, expert on Israeli technology, and author

**Sunday Mar 29, 2020
11:30am – 1:00pm
Free**

RSVP: dfulman1@gmail.com

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Israel has a reputation for being the Startup Nation. With over 1,000 startups established every year, and eye-popping multibillion-dollar companies such as Waze and Mobileye, Israel's technology talent has never been in higher demand.

In this talk, Joe Barkai will discuss the journey of Israel's high-tech industry from the 1990 to today, and some of the factors that made Israel the global technology hotbed that it is today.

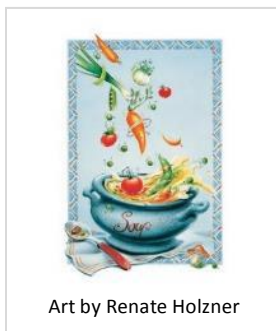
But will the startup economy be able to sustain this breakneck growth forever? Are global companies trying to tap into Tel Aviv's innovation ecosystem going to destroy the very thing they came for?

In the second half of his talk, Joe will discuss current and future trends that are shaping Israel's innovation economy. He will explore whether the industry has reached an inflection point and what factors are in play in the journey to evolve from a maverick startup ecosystem to a mature industrial economy.

Joe Barkai grew up in Israel and served in the Israel Defense Forces (IDF) and later as a lieutenant in the army reserve. During his professional career in Israel, he worked in a number of startups and new product development initiatives in established companies, mostly in developing medical imaging software and artificial intelligence systems.

Joe is the author of The Outcome Economy: How the Industrial Internet of Things is Transforming Every Business, and he has more than 30 years of experience helping organizations across diverse industries chart their product and market strategies. He provides a unique ability to "connect the dots" regarding Israel's future innovation economy.

* L.E.D. – Learn Explore Discuss – Shed a little light



The Kerem Shalom Broth Hour *True stories by our members & staff*

Watch this space for dates and times
Free

You've heard of the Moth Hour?
Kerem Shalom Adult Programs Presents
THE KS BROTH HOUR

KS members have remarkable stories to tell on topics of special interest to all of us. We've created an event to share these stories with the rest of the community. Of course, what better way is there to listen and learn than over a bowl of soup? Stay tuned for details

NEW and ONGOING CLASSES

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New! Torah Studies with *Rabbi Darby Leigh*

Monday Evenings 7:00-8:30 PM
Feb 10; Mar 30; May 4; June 1 2020
For Kerem Shalom members only

For more information or to RSVP, contact:
Rosalie@keremshalom.org



New! Torah Studies with *Reb Rachmiel Langer*

Sunday afternoons, 5:00 – 6:30 PM
Winter 2020 session:
Jan 12, 19, 26
Feb 16, 23

\$110 for the entire series, \$24 per class for Kerem Shalom members. \$160 for series, \$34 per class for non-members

Torah offers us an opportunity to discuss the spiritual aspect of life – to wrestle with the Mystery of Sacred Being in embodied life. But Torah is written without vowels and requires our living breath to be told.

The stories read a bit differently when we pay attention to the Hebrew text: Earth-being and Life-force in the Garden of Delight; or the Tower of Mingling in the Valley of Adolescence. At times we'll make use of Rachmiel's translation which aims to bring the Hebrew present (to English speakers) to draw us into dialog with the sacred text.

No previous knowledge of Hebrew or Torah is required. We'll engage the text together and uncover the sacred story between and among us.

For more information or to register, contact: Rosalie@keremshalom.org



The Modern Jewish Experience Through The Lens of Short Stories with *Dr. Jacob Meskin*

Tuesday mornings, 10:30am – 12:30pm
Feb 25
Mar 3, 17, 24, 31
Apr 7

\$180 KS members/ \$270 non-members

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RSVP by Feb 1: Rosalie@keremshalom.org

This is the follow-up to Jacob Meskin's popular mini-course held last Spring at Kerem Shalom (not a prerequisite). As in that brief course, we will use our six sessions to explore what we can learn about the experiences of modern Jews by reading unusually compelling short stories. The authors are outstanding Jewish writers living in America, Canada, England, the old Austro-Hungarian Empire, and Poland, whose stories were published from roughly the 1950's right up until today. These moving stories focus especially on issues of memory, identity, gender, relationships (both romantic and familial), and the role of Jewish religious tradition in the modern world. Our authors will include: Cynthia Ozick, Isaac Bashevis Singer, Franz Kafka, Nessa Rappaport, Sholem Asch, Naomi Alderman, Lynn Sharon Schwartz, Bernard Malamud, Ayelet Tsabari, Nathan Englander, Philip Roth, Dara Horn, and Blume Lempel.

Dr Jacob Meskin - *Dr Meskin teaches in and trains faculty for Me'ah, Hebrew College's adult Jewish learning program. He also teaches for the Tzion program, and for various synagogue groups in the Boston area. He is one of the co-authors of the curriculum for Parenting Through a Jewish Lens and works as a consultant on adult Jewish education and teacher training in the Boston area. Meskin was the inaugural holder of the Ruderman Chair in Jewish Studies at Northeastern University, and has taught at Princeton University, Rutgers University, the Bernard Revel Graduate School of Yeshiva University, Williams College and Lehigh University. His articles have appeared in Modern Judaism, The Journal of Religion, Soundings, Levinas Studies, Judaism, Cross Currents, Educational Philosophy and Theory, and in several edited volumes.*



Torah Studies with *Rabbi Alan Ullman*

Sunday afternoons, 5:00-6:30 PM

Spring 2020 session:

Mar 22

Apr 5, 19, 26

May 3, 10, 17

\$175 for the entire series for Kerem Shalom members; \$250 for non-members. Couples: 10% discount

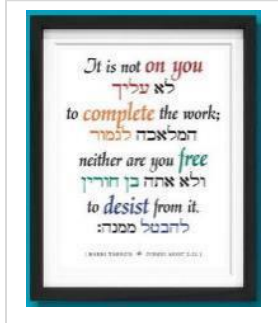
Rabbi Alan Ullman brings Torah to life by facilitating dynamic interaction and questioning of text, enabling us to view Torah in its ancient context as well as in its relevance to our lives today.

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.

Please contact: Rosalie@KeremShalom.org for more information

We are looking forward to being together

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Pirkei Avot – Chapters of the Fathers *with Rabbi Jamie Kotler and Rabbi Sonia Saltzman*

Tuesday mornings, 10:30am – 12:30pm

Apr 14, 21 (Yom HaShoah)

Apr 28 (Yom HaZikaron),

May 5, May 12, May 19

\$150 for KS members / \$225 for non-members

RSVP: Rosalie@keremshalom.org

Pirkei Avot, which translates to English as Chapters of the Fathers, is a compilation of the ethical teachings and maxims from Rabbinical Jewish tradition. It is part of didactic Jewish ethical literature.

Further description coming soon!



Learn Torah Trope

Fundamentals with Celia Shneider

Celia is available to teach this series of classes on Sunday mornings or Fridays

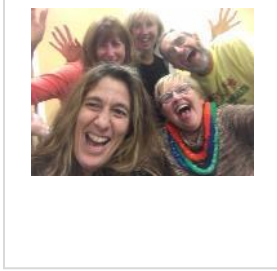
Learn the fundamentals of Torah Trope! Celia will introduce you to the 30 plus trope symbols and their tunes and functions. This ancient system of musical and grammatical notation is a wonderful way to delve into all that the Torah offers us. Become fluent in chanting and then you too can “leyn” (read Torah) for the community. A great deal of preparation and memorization is involved in getting ready to leyn but it will open up new worlds of learning for you and a deep connection to our rich heritage.

Celia Shneider is a classically-trained musician (violinist) and amateur singer, who went to 6 years of Hebrew School as a child at Temple Beth Israel in Waltham. In 2011 she took a class on Torah Trope with Cantor Ellen Band at Temple Beth Israel, who did her cantorial studies with Joshua Jacobson, author of the tome “Chanting the Hebrew Bible.” Although there are many other variations, Celia will teach the melodies from Joshua Jacobson’s book. Since 2011, Celia has been chanting Torah semi-regularly at Kerem Shalom and at Temple Beth Israel in Waltham, and would like to share her love and knowledge of this system with all those who are interested.

Requirements: Ability to read Hebrew, and sing more or less in tune!

Book: *Chanting the Hebrew Bible (Student Edition)*, by Joshua Jacobson

Contact Celia to help her schedule this group: clshneider@gmail.com



Laughter as a Spritual Practice – More Joy, Less Oy! *with Susan Phillips, M.Ed, integrative Health Coach, Certified Laughter Yoga Teacher*

Tuesday evenings 7:00-8:00 PM

Jan 7, 14, 21, 28

Feb 4, 11, 18, 25

Mar 3, 10, 17, 24, 31

Free for KS members; non-members \$5 voluntary donation per class – drop-ins welcome.

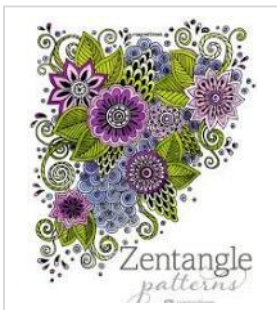
Come and experience hearty laughter as a spiritual practice — increasing joy, resilience, wellbeing and uplifting you and those around you!

We do this with seated and standing laughter exercises, alternated with deep, relaxing yoga (belly) breaths. This kind of hearty, sustained laughter boosts your mood, relieves stress, increases your energy, and is lots of fun.

Group laughter soon becomes contagious. We are able to generate laughter without relying on jokes or humor.

This practice is called Laughter Yoga and is done in 106 countries! There are no mats or yoga poses. It is easy and accessible to all.

You will leave feeling relaxed and refreshed.



Zentangle – Relaxation for the Mind *with Marla Richmond, certified Zentangle instructor*

\$5 per person for materials

Dates and times will be arranged with interested participants

Zentangle has been called “mindful doodling.” It is an easy-to-learn, relaxing and fun way to create beautiful images by using repetitive strokes to fill in odd shaped spaces. While drawing, mindfulness happens naturally. As you focus on your pattern you breathe and lower

stress and anxiety. We will have the option of meditating on the “Hashkiveynu” prayer which asks that a canopy of peace be spread over us all.

To participate, or for more information, contact: marla.richmond@comcast.net

NEW and ONGOING GROUPS

A Quick Guide to Ongoing Groups

MONDAY:

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- **Monthly Gathering Women's Group**, 9:30-11:00 am (monthly)
- **Mah Jongg Club**, 4:00-6:00 pm (most weeks)

TUESDAY:

- **Insight Meditation Class**, 9:15-10:15 (most weeks)
- **Jewish Content Book Club**, 12:45 pm (monthly)
- **Mah Jongg Club**, 7:00-9:00 pm (every other week)

WEDNESDAY:

- **Health Challenges Support Group, for KS Members**, 10:00-11:30 am (monthly)
- **KS Meditation Group**, 6:00-7:00 pm (weekly)

THURSDAY:

- **Women's Spiritual Study and Share, for KS Members**, 10:30 am-12 pm (monthly)
- **Duplicate Bridge**, 10:30 am-12 pm (monthly)

SATURDAY:

- **Shabbat Morning Torah Conversation Group**, 8:45-9:45 am (most weeks)

DATES VARY or Not Scheduled:

- **Kerem Shalom Book Club** (periodically)
- **Men's Discussion Group, for KS Members**, (periodically)
- **Kerem Shalom Drama Club** (varies)
- **Adult B. Mitzvah Group**



Shabbat Morning Torah Conversations

**Saturday mornings, 8:45-9:45 in the KS Library.
Please ARRIVE EARLY. We begin promptly.**

Each Shabbat morning, a group of Kerem Shalom members gathers in the KS library for Torah Conversations. No prior knowledge of Torah or Hebrew is required to participate in our Torah Conversations. Most of the group read English translations of the week's parasha (portion), and many read one or more commentaries as well. We announce the week's Torah parasha in the weekly Next Week at Kerem Shalom email and the KS Calendar. We have also created an evolving list of Torah Study Resources.

The KS Torah Conversations group members take turns facilitating the discussion, which typically flows back and forth between trying to understand the embedded meaning of the weekly Torah parasha and connecting it to questions that have relevance in our lives, within the Kerem Shalom community and beyond. Each person's voice is welcomed

We welcome all who would like to join us in our endeavor to support a regular practice of Jewish Torah Study in their own lives and to bring this practice to our community.

Questions? Contact:

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



Women's Spiritual Study and Share Group *Facilitated by Rosalie Gerut*

Monthly, Thursday mornings, 10:30 – 12:00
Dec 12, Jan 16, Feb 13, Mar 12, Apr 16, May 14, Jun 11
Kerem Shalom members only - Free

We read selections from a variety of Judaic sources in English and share our responses. This semester we are reading chapters from "Einstein and the Rabbi". Deepen your knowledge and your connections with one another.

Come and join us!

An evening series can be arranged if there is sufficient interest.

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



Insight Meditation *Morning Meditation class with Cheryl Steinberg*

All Tuesday mornings in Jan and Feb 2020
9:15 – 10:15am
Free

New and experienced meditators are welcome to practice and learn more about insight meditation.

Contact: Rosalie@KeremShalom.org



Monthly Gathering Women's Group 2019-20/5780 *A Rosh Chodesh* invitation to the women of Kerem Shalom*

Monday Mornings, 9:30-11:00 AM (first Monday of each month)
2020: Jan 6, Feb 3, Mar 2, Apr 6, May 4, Jun 1

Would you like an opportunity to get to know other women in the Congregation? Would you like to reserve time 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?

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. (**For Kerem Shalom members only.**)

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RSVP: Rosalie@keremshalom.org

Interested in an evening group? Contact Rosalie.

Lighting the Rosh Chodesh candle, we feel grounded with the presence of the Shechinah. Rosalie creates a meaningful, nurturing, spiritual space in which we learn together. Each of us brings our own dimensions as well. As we enhance our knowledge and our personal connection with our spirituality, this sense of belonging grows within us from month to month. Our connection with the renewing powers of the moon affirm our life cycles as we live our lives.*

* Rosh Chodesh: New Moon



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; compassion; equanimity; stress reduction; community building.

We have been meeting once per week for almost 3 years, with a mix of sitting meditation 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. Please join us.

Contact: **Scott Sancetta:** ssancetta@yahoo.com or 617-763-0914



Yoram Raanan

Support Group for People Living with Health Challenges

For KS members only

Wednesdays, (the 3rd or 4th Wed of each month)

10 - 11:30am

2020: Jan 22, Feb 26, Mar 25, Apr 22, May 27, Jun 24

*BARUCH HA'BAH — BLESSED IS THE ONE WHO ENTERS
REFUATHA 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?

If this speaks to you, please contact **Kitty Stein**, (781) 259-9264 or Rosalie@KeremShalom.org

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Kerem Shalom Men's Discussion Group

Contact **George Peabody**, george.peabody@gmail.com



Jewish Content Book Club

Tuesdays at 12:45 (place TBD)

If you like, bring lunch or a nosh to share (following KS food guidelines: no nuts or shellfish)

Next meeting:

Contact **Jane Appell**, jappell@verizon.net

Kerem Shalom Book Club

Next meeting:

Contact **Pat Sills**, pat.sills@verizon.net



Kerem Shalom Drama Club

Welcoming singers, musicians, thespians and would be thespians and assistants to participate in our spring Purimshpiel, "Megillah on the Roof" with musical direction by Julie Rohwein and pianist David Sparr. Our additional spring production will be "I Want to Be

Arrested" a one act play about the courageous suffragists written by our own KS member, Pam Swing. Stay tuned for more details.

Questions? Contact: rosalie@keremshalom.org



Duplicate Bridge – Play and Learn

Thursday afternoons, starting Apr 23, 2020

At Kerem Shalom

2:45 – 5:00pm, weekly, Apr 23 – June 25

Free for KS Members

Non-members: \$20/session or 10 weeks for \$160

Have you been interested in trying duplicate bridge, but not sure it's for you? Would you like some expert advice on improving your game? Or just looking for a couple hours of enjoyment before dinner?

Join our bridge teacher Kim Gilman for a brief mini-lesson, followed by a couple hours of bridge play. The bridge game will be friendly and relaxed — you can even ask questions and use your notes. But, real master points will be awarded!

Bridge players of all levels are invited. The only prerequisite is that you know the fundamentals of the game.

Questions: Contact our bridge teacher Kim at kgilman11@gmail.com



Mah Jongg Club

Welcoming New Members!

Every other Tuesday 7-9 PM

Every Monday 4-6 PM

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

KS Members free / Non-members, \$20 for the year

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 whether you've never played before. On Tuesdays 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.

- **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.
 - **Mondays** 4-6 PM: A smaller group of experienced players meets every 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.
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Adult B. Mitzvah Group

Interested? Contact: Rosalie@keremshalom.org