



KEREM SHALOM Adult Programming Newsletter

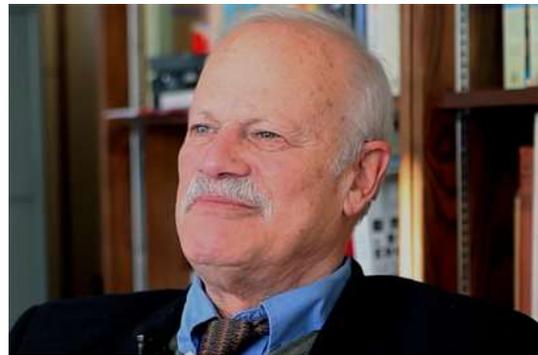
Volume 1.2 – March 2021

Upcoming Special Events

The Genius of the Gershwins **L.E.D.* Series 2021**

Sunday, March 7 from 4 pm – 5:30 pm

Join us for another L.E.D. program: a talk by **Stephen Whitfield**, Professor Emeritus of American Studies at Brandeis University and an expert on 20th century American cultural history. Throughout this talk, KS cantor Rosalie Gerut and KS father-and-son members Steve and Benjamin Pixley will perform a selection of Gershwin songs.



*Professor Emeritus Stephen Whitfield,
Brandeis University*

In the first third of the twentieth century, no ascent in America's musical culture seemed more spectacular than the Gershwins. Starting in the plebeian precincts of Tin Pan Alley, George, with his lyricist brother Ira, rose to success with popular hits, then with Broadway musicals and finally with the most famous of American operas, *Porgy and Bess*.

George Gershwin's death at an early age was heartbreaking because his unfulfilled talent seemed so close to unlimited. His music achieved a timelessness that Steve Whitfield will reveal with examples from the rich musical legacy of works by the Gershwins.

Steve, joined by our very own vocalists, wowed us a few years ago with a program entitled "Jews on Broadway".... we look forward to being wowed once again with history, insight, and music.

Professor Whitfield taught American Studies at Brandeis University from 1972 until 2017. He is the author of 9 books on politics, culture, and Jewish history. He has taught

abroad – in Jerusalem, Paris, Belgium, and Munich – and has won a number of major teaching awards.

**L.E.D. = LEARN, EXPLORE, DISCUSS – Shed a little light.*

[REGISTER HERE](#)

“From the Kingdom of the Sick to the Kingdom of the Well” - My Journey Through a Covid-Like Illness

Broth Hour #11

With KS Member Carolyn Gold

Sunday, March 14 from 4 pm – 5 pm

KS Member and past president, author, entrepreneur and Harvard M.Ed., Carolyn Gold was a founder and principal of The Gold Group, a management consulting company, where she worked with Fortune 500 companies. She is also a certified executive coach and has coached executives around the country. Carolyn was on several boards, managing fundraising events, and leading a group of KS members to Cuba many years ago. She has worked with Communities for Restorative Justice for over twenty years and won their Volunteer Award in 2017.



KS Member Carolyn Gold

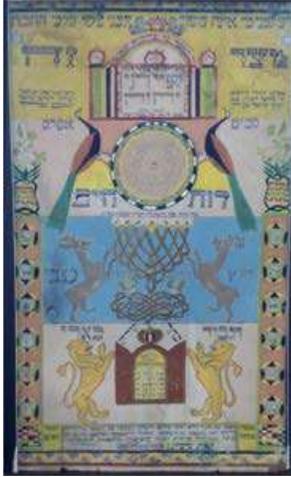
In October, 2017, Carolyn was struck down by West Nile Encephalitis, spending a month in an ICU on full life support, with no memory of the time. She will tell the remarkable story of her recovery and share how she mobilized internal and external resources to survive. These will be useful to anyone who faces or might face a serious illness or aging issue. She recently published her remarkable story in a book, *When I Died: Rx for Traumatic Brain Injury*, available on Amazon.com.

[REGISTER HERE](#)

"Thanks to Rosalie and the AP Committee members who have worked so hard during the pandemic to provide us with wonderful adult programming online. It has enabled members of the congregation and other friends to come together in new ways. People gather virtually to share information and to learn more about one another than we did in the rush of our daily lives in pre-Covid times. We have been given the unexpected gift of intimacy in a time when we are forced to be physically separated."

Reclaiming the Psalms - From Poetry to Prayer

With Rabbi Jamie Kotler and Rabbi Sonia Saltzman



**6 sessions: Tuesdays, 10:30 am – 12:30 pm
March 23 – April 27**

For KS Members and Non-Members.

Psalms have been a source of courage, comfort and celebration in the Judeo-Christian tradition for centuries. They form a large portion of our liturgy. The difficult poetic language has made them increasingly inaccessible to modern, liberal Jews, and our relationship with them has become tenuous. As the COVID pandemic has tightened its grip on us, more people have wanted to explore these ancient texts as an aid to expressing our feelings and emotions. This class is aimed at helping us re-engage with psalms, exploring the beauty of their poetry, and experimenting with them as a source of spiritual connection and personal prayer.

\$120 for KS Members; \$180 for non-KS members (10% discount for couples)

To learn about discounts and to RSVP by March 10th, please contact Rosalie@Keremshalom.org

Please make tuition checks out to Kerem Shalom and mail to:
Kerem Shalom / P.O. Box 1646, Concord, MA 01742 / Attention Rosalie
Hope to see you soon!

Member Creative Spotlight



Untitled, Photograph by Amir Viskin

Longtime Kerem Shalom member **Amir Viskin's** beautiful photography was shown in a group exhibition this February: <https://photographyatelier.org/>

Read about Amir, and see more of his work here:
<https://photographyatelier.org/artist/amir-viskin-2/>



Betty Gram Swing, Suffragist

Through the Women's Study Research Center

WSRC Scholar and KS member **Pamela Swing**, in collaboration with actress Sarah Ford, will present selected chapters from her creative non-fiction manuscript about her suffragist grandmother, Betty Gram Swing and lead a discussion.

Tuesday, March 2, 2021
5 – 6:30 pm EST

[REGISTER HERE](#) (not a Kerem Shalom program)

Read more about Betty Gram Swing
<https://iwanttogotojail.com/betty-gram-swing-biography/>

*Check next month's newsletter for a link to see Pam Swing's play inspired by Betty Gram Swing, **I Want to go to Jail!** performed by the Kerem Shalom Players*

Judaic Studies

The following groups (with the exception of Torah Conversations) are facilitated by the Director of Adult Programming, Rosalie Gerut. Contact Rosalie@KeremShalom.org for additional information.

Shabbat Shalom Group

Fridays, 11 am – 12 pm for Kerem Shalom Members.

We explore spiritual connections from the mind, heart and soul through song, prayer, meditation, and the inspirational messages of our weekly Torah commentaries. Let's deepen our relationship with YHVH and the spiritual world.

"The Shabbat Shalom group, held every Friday morning is a unique preview and glimpse at the weekly Torah portion. Wonderful sharing together in spirit, song and meditation touches all of our hearts and souls."

Contact Rosalie at Rosalie@KeremShalom.org if you would like to join.



Art by Yorem Raanan

Rosh Chodesh (Beginning of the Month) Group

Mondays, 10 – 11:30 am

An invitation to **Women Members** of Kerem Shalom.



Art by Yorem Raanan

Come and join a friendly and supportive group of women to explore topics based on Judaic wisdom that are relevant to our lives. (No previous knowledge needed.)

“[Among other topics,] this group celebrates the matriarchs in the Torah and explores the role of women in our Jewish history. In the course of spirited discussion and personal reflections, often stimulated by a Torah story, we share our perspectives on womanhood as it has evolved through time, seeking a better understanding of where we are today and where we would like to be in our Jewish lives.”

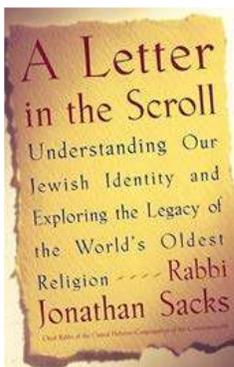
March 1, April 5, May 3, June 14

Contact Rosalie at Rosalie@KeremShalom.org if you would like to join.

Spiritual Study & Share Group

Mondays, 10 – 11:30 am for KS Members and their Friends

As we read and share our responses from a variety of Judaic sources (in English) we deepen our knowledge, consciousness, and connections with one another. On March 8 we will be discussing Chapters 2-4 of *A Letter in the Scroll, Understanding Our Jewish Identity and Exploring the Legacy of The World's Oldest Religion* by Rabbi Jonathan Sacks.



“Our conversations take us to individual journeys exploring and listening to our souls in a very supportive community. I love this group as I know that each session leads us to new fulfilling and passionate conversations about our soul and spirituality.”

“Einstein and the Rabbi: Searching for the Soul [our first book] is probably not a book I would have read on my own. But discussing it in a small group was an amazing experience.”

March 8, April 12, May 10, June 14

Contact Rosalie at Rosalie@KeremShalom.org if you would like to join.

Soulful Seeking Group

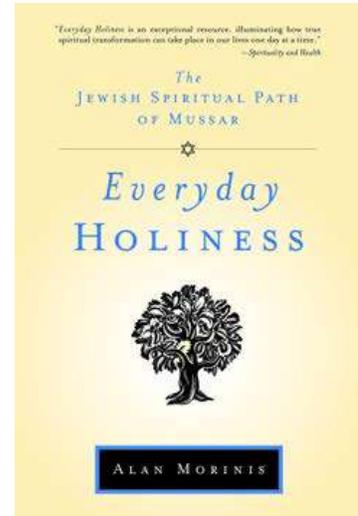
Wednesdays, 10 – 11:30 am for KS Members

Join us for monthly meetings to read and discuss ideas that are meaningful and life transforming. On March 24 we will discuss Chapters 4-6 of *Everyday Holiness, The Path of Mussar* by Alan Morinis.

“Spiritual studies lead us to expanding our horizons through our conversations during which we include personal experiences and share communal insights. So uplifting! I cannot say enough about this group and our leader.”

March 24, April 28, May 26, June 23

Contact Rosalie at Rosalie@KeremShalom.org if you would like to join.



KS Torah cover by Colleen Humphreys

Torah Conversations Group

Saturdays, 8:45 – 9:45 for KS Members and Non-Members
Please ARRIVE EARLY. We start promptly.

Each Shabbat morning, a group of Kerem Shalom members gathers for Torah Conversations. No prior knowledge of Torah or Hebrew is required to participate in our Torah Conversations, although attendees are asked to read the week's parasha (Torah portion). Most read English translations, and many read one or more commentaries as well.

The 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 contemporary relevance in our lives, within the Kerem Shalom community and beyond. Each person's voice is welcomed. We have also created an ever growing list of resources that group members have found useful. We welcome all who would like to join us in our endeavor to bring a regular practice of Jewish Torah Study to our community, whether you commit to weekly participation, or more occasional participation.

Questions? Contact: Colleen Humphreys thumbelinasmum@mac.com

Registration can be found via the [KS Website Calendar](#)

Kerem Shalom Men's Group

Over 15 years ago, the first KS Men's Group was formed. Composed of eight to ten members, our group has witnessed one another's transitions from fathering children at home, job and career changes, eldercare, and other life transitions. Meeting for two hours every other week at one of our homes, the group's rules are simple: no unsolicited advice and share what you are moved to say. The current group's members are in their late fifties and sixties. The benefits have been substantial for each of us. The simple witnessing of one another's journey has turned into long term friendships.

If this of interest to you, get in touch with George Peabody:

george.peabody@gmail.com

Interested in forming a Men's Group?

Members of the current group would be glad to help form one or more new groups for men in younger age groups. Reach out to George if you're interested. We can help you form a group that works.

Marla's Corner

Featuring surprising tidbits of information about Kerem Shalom staff and members, compiled by our very own Marla Richmond.

In answer to February's question regarding the identity of a community member arrested by the KGB, it was our cantor, Rosalie Gerut! Ask her for further illumination.

March Question

Which member of the Kerem Shalom community has performed wing-overs, loops and barrel rolls in an airplane?

The answer will be revealed in the April newsletter

Wellness Programs

Support Group for People Facing Health Challenges

Third Wednesday of the month, 10 – 11:30 am, for KS Members



This group provides an environment where people living and thriving with health challenges can make meaningful connections with each other. We can exchange information on resources, be ourselves and support one another. We find ourselves feeling nurtured emotionally, spiritually (and with humor too).

Art by Yorem Raanan

Why go through difficulties alone when you have a pillow of support right here at Kerem Shalom? If this speaks to you or you have questions, please contact: Rosalie at Rosalie@KeremShalom.org or Kitty Stein (781) 259-9264

March 17, April 21, May 19, June 16

[REGISTER HERE](#)

Morning Meditation with Cheryl Steinberg

Tuesdays, 9:15 – 10:15 am for KS Members and Non-Members

This class is great for anyone who would like to learn to meditate as well as those already meditating who would like the support of others. The class is based on Insight Meditation and offers instruction and learning around the practice. Contact Cheryl if you have any questions: csteinberg83@gmail.com



Art by Yorem Raanan

[REGISTER HERE](#)

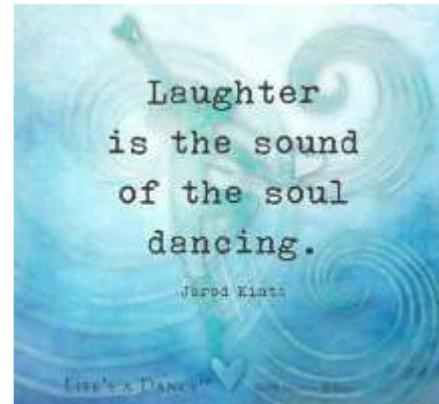
Laughter Yoga with Susan Phillips

Tuesdays, 7 – 7:45 pm for KS Members and Non-Members.

The practice of Laughter Yoga is a way to generate our own laughter without relying on jokes. We practice easy and fun group laughter exercises, with short breaks of deep belly breaths, and end with guided relaxation. In this way, we stay centered in our body and breath and connected to each other through contagious giggles and warm appreciation.

Susan Phillips, M.Ed., Certified Integrative Health Coach and Laughter Yoga Teacher

Please contact Susan at susanphillips04@gmail.com for the Zoom link.



Evening Meditation with Scott Sancetta

Wednesdays, from 6 – 7 pm for KS Members and Non-Members



We are a group of KS members and friends, meeting at Kerem Shalom (and now on Zoom) since January 2017. We spend an informal hour, early Wednesday evening, with 30 minutes of meditation and 30 minutes of chatting/connecting. Some of us have meditated for years, some of us are new.

Please consider joining us. Contact Scott for the Zoom link: ssancetta@yahoo.com or 617-763-0914

Literary Groups

Support for Your Writing Project

This group meets the last Monday of the month from 4 – 5:30 pm for KS Members

This group is open to folks who are working on a book or other writing projects. We provide peer support, ideas and feedback to assist members to bring their projects to fruition.

"If you know you want to write it - why not try?"

Contact Rosalie at Rosalie@KeremShalom.org for more information.

[REGISTER HERE](#)



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Kerem Shalom Book Groups

We offer 2 different book groups for KS Members

Jewish Content Book Group with Jane Appell

Meets monthly, Wednesday mornings at 10:30 am

Next meeting: Wednesday 3/17 – ***The Color of Love; A story of a Mixed-Race Jewish Girl*** by Marra Gad

To join, contact Jane Appell at jappell707@gmail.com

Kerem Shalom Book Group

Meets monthly, evenings

Next meeting Thursday 3/4, 7:30 pm – ***The Midnight Library*** by Matt Haig
Following meeting in April (date to be determined) – ***Caste: The Origins of our Discontent*** by Isabel Wilkerson

To join, contact Pat Sills, pat.sills@verizon.net. Current members will receive an email a week before the meeting to confirm attendance and receive a Zoom link.

Musings from Chelm

Morty visits Dr. Saul, the vet, and says, "My dog has a problem."

Dr. Saul says, "So, tell me about the dog and the problem."

"It's a Jewish dog. His name is Moishe and he can talk," says Morty.

"He can talk?" the doubting doctor asks.

"Watch this!" Morty points to the dog and commands: "Moishele, Fetch!"

Moishe the dog, begins to walk toward the door, then turns around and says, "So why are you talking to me like that? You always order me around like I'm nothing and you only call me when you want something. And then you make me sleep on the floor with my arthritis. You give me this terrible food with all the salt & fat and you tell me it's a special diet? It tastes horrible! YOU should eat it yourself! And do you ever take me for a decent walk? NO, it's out of the house, a short pee, and right back home. Maybe if I could stretch out a little, the sciatica wouldn't kill me so much! I should roll over and play dead for all you care!"

Dr. Saul is amazed, "This is remarkable! So, what's the problem?"

Morty says, "He has a hearing problem! I said 'Fetch,' not 'Kvetch'."

*Be sure to check out our online calendar,
<https://keremshalom.org/events/month/> for up-to-date info on all the
happenings at Kerem Shalom.
Members can also check their email for *The KS Weekly News*.*

“At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think, with deep gratitude, of those who have lighted the flame within us.”

Albert Schweitzer

Special Thanks

To KS member and artist extraordinaire, **Ilana Manolson**, for her beautiful illustration of Kerem Shalom/Vineyard of Peace; to **Jill Cote** and **Scott Sancetta** for the many hours they spent editing and formatting along with **David Luberoff**, **Sue Wolff**, **Jody Kotkin** and **Robyn Barabe**; to **Rabbi Darby Leigh** and **KS President Deena Whitfield** for their support of this effort; to **Diane Fulman**, **Nancy Sokol** and **Carol Barron** for their contribution to writing and editing; to **Marla Richmond** for creating “Marla’s Corner” and to **the AP Committee** for their assistance in creating these offerings: **Elaine Allen**, **Jane Appell**, **Carol Barron**, **Diane Fulman**, **Carole Greenfield**, **Marla Richmond**, **Nancy Sokol**, **Kitty Stein**, **Sue Wolff** and to **KS Board VP Scott Sancetta** for his patience with this challenging effort. Finally, I offer my deep, heartfelt thanks to all these terrific folks and to Kerem Shalom for giving me the opportunity to create and direct Adult Programming.

- Rosalie Gerut



Kerem Shalom is committed to making our programs accessible to all members of the community. Click [here](#) for more info on inclusion at Kerem Shalom.