



*Vineyard of Peace
by Ilana Manolson*

KEREM SHALOM Adult Programming Newsletter

Volume 1.4 – May/June 2021

This is our last newsletter for the Spring.
We'll be bringing you lots of exciting courses and programs in the Fall.

Upcoming Special Events

Shtetl to Ellis – the Untold Story

L.E.D.* Series 2021

Sunday, May 23 from 10:30am to 11:30am

Join us to relive a journey like no other: the arduous travel of many of our ancestors from towns and villages throughout Eastern and Western Europe to America. Almost all of us had family who took this journey—fleeing poverty, religious persecution, pogroms, and grim futures without education — arriving finally at ports like Ellis Island. Many never spoke of the details.

Have you ever asked yourself how they had the courage to travel so far, under very difficult conditions, to begin a new life? Now we can all gain a better appreciation of what they lived through.

Leah Kaplan, our next L.E.D. speaker, will create a picture of what the turn-of-the-20th-century voyage was like, with details about the immigration process, the prevalent conditions, and the rules imposed on all immigrants who had little money to travel. Following her



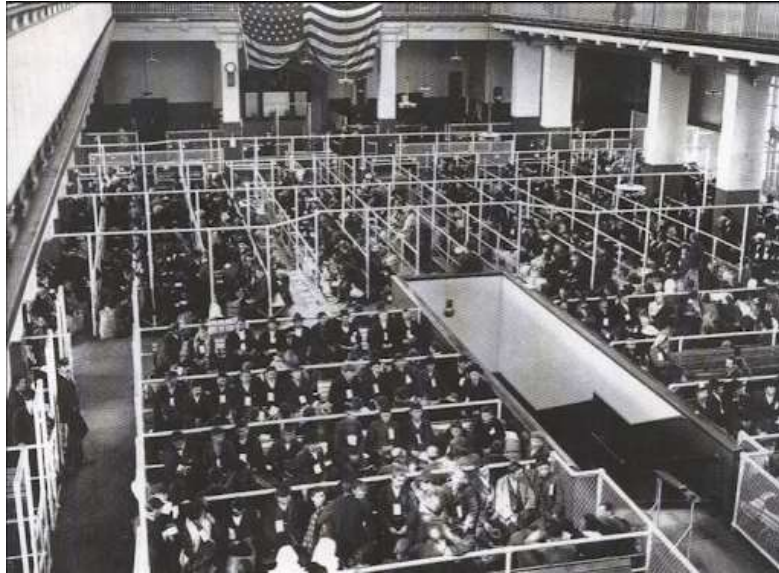
*Steerage Deck, from a stereograph, (c) 1905
Underwood & Underwood, NY*

extensive study at five major research institutions, including the Red Star Line Museum of Immigration in Antwerp, Dr. Kaplan will relate stories of these immigrants and share some surprising facts.

The circumstances of many immigrants now making the trek to the U.S., although challenging in different ways, still resonate with those of our ancestors and make Leah's presentation especially relevant and timely for all of us.

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

[REGISTER HERE](#) or on the [KS website](#)



*Pens at the Ellis Island Great Hall, filled with immigrants in 1907.
(Credit: New York Public Library/Smith Collection/Gado/Getty Images)*

"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."

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."



Art by Yorem Raanan

Questions? Contact Rosalie at Rosalie@KeremShalom.org

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Rosh Chodesh (Beginning of the Month) Group

Mondays, 10 – 11:30 am

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

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."



Art by Yorem Raanan

May 3, June 14

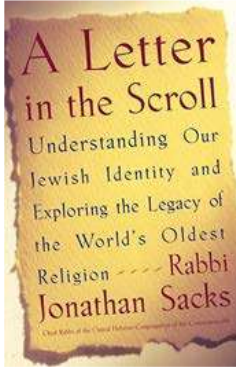
Questions? Contact Rosalie at Rosalie@KeremShalom.org

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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 May 10 we will be discussing Chapters 9-10 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."

May 10, June 14

Questions? Contact Rosalie at Rosalie@KeremShalom.org

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Soulful Seeking Group

Wednesdays, 10 – 11:30 am for KS Members

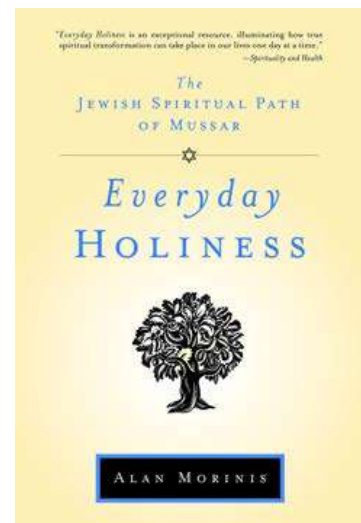
Join us for monthly meetings to read and discuss ideas that are meaningful and life transforming. On May 26 we will discuss chapters 10-12 of *Everyday Holiness, The Path of Mussar* by Alan Morinis. On June 23, we will discuss chapters 13-15.

"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."

May 26, June 23

Questions? Contact Rosalie at Rosalie@KeremShalom.org

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*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: torah-conversations-info@keremshalom.org

[REGISTER HERE](#) or on the [KS website](#)

Marla's Corner

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

Last month we asked who had been in the Oval Office during the George W. Bush administration.

...

It was our own Rabbi Darby! Ask him about it!

May Question

What member of the Kerem Shalom community was a state and federally permitted Apprentice Falconer?

The answer will be revealed in the Fall

Support Group for People Facing Health Challenges

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



Art by Yorem Raanan

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).

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: Rosalie@KeremShalom.org

May 19, June 16

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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:

meditation-with-cheryl-info@keremshalom.org



Art by Yorem Raanan

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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 laughter-yoga-info@keremshalom.org 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 and connecting. Some of us have meditated for years, some of us are new.

Please consider joining us. Contact Scott for the Zoom link:

meditation-with-scott-info@keremshalom.org

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:

mens-group-info@keremshalom.org

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.

Literary Groups

Kerem Shalom Book Groups

We offer 2 different book groups for KS Members

Jewish Content Book Group with Jane Appell

Meets monthly, Wednesday mornings, normally at 10:30 am

Next meeting: Wednesday May 19 at 10:30am – **A Conspiracy of Paper** – by David Liss



June meeting: Wednesday June 16 - **House on Endless Waters** by Emuna Elon

To join, contact Jane Appell at jewish-content-bookgroup-info@keremshalom.org

Kerem Shalom Book Group

Meets monthly, evenings

Next meeting Thursday AFTERNOON May 27, 4:00pm – ***The Girl Who Wrote in Silk*** by Kelli Estes

To join, or for details on future books, contact Pat Sills, bookgroup-info@keremshalom.org. Current members will receive an email a week before the meeting to confirm attendance and receive a Zoom link.

(C)Haikus from Chelm

Her lips near my ear,
Aunt Sadie whispers the name
Of her friend's disease.

Quietly murmured
At Saturday Synagogue services,
Phillies 5, Red Sox 3.

Today I am a man
Tomorrow I will return
To the seventh grade.

A lovely nose ring?
Excuse me while I put my
Head in the oven.

Sorry I'm not home
To take your call. At the tone,
Please state your bad news.

Be here now.
Be someplace else later.
Is that so complicated?

Is one Nobel Prize
So much to ask from a child
After all I've done?

Wherever you go, there you are.
(Your luggage is another story.)

*For up-to-date info on all the happenings at Kerem Shalom,
see the **KS Weekly News** (emailed each Thursday),
the [KS website](#), and [website calendar](#).*

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 and good humor 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.