



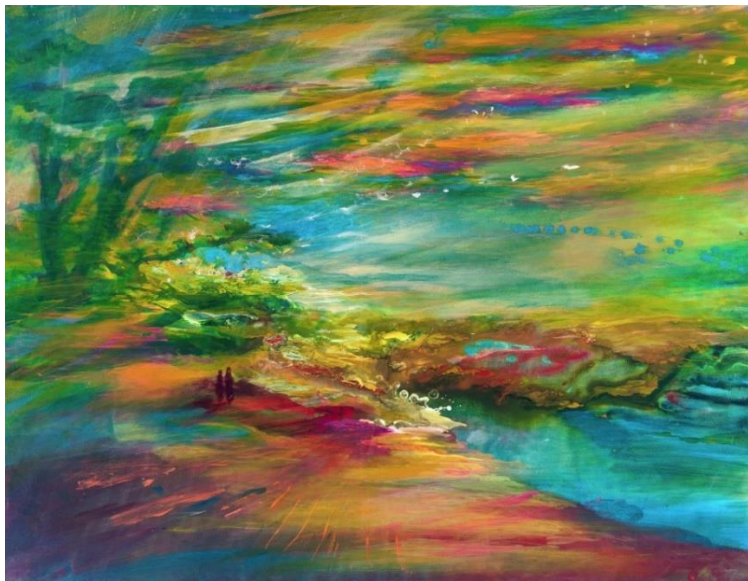
*Vineyard of Peace
by Ilana Manolson*

KEREM SHALOM

Adult Programming Newsletter

Volume 2.5 – May/June 2022/5782

Kerem Shalom's Congregational Theme for the Year
"Renewing Creation"



"Creation" by Israeli artist Yoram Raanan

Welcome to our varied offerings.
Programs are on Zoom only unless otherwise noted.

*Brought to you with Creativity, Calmness, Commitment and Camaraderie by your
Adult Programming Committee*

You can always find the latest offerings at: <https://keremshalom.org/adult-programming> and check out the *KS Weekly News* (emailed each Thursday), for the most up-to-date information.

***This is our last issue until the end of the summer.
Watch for the Sept/Oct issue then!***

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Challenges in Hearing for Older Adults

Broth Hour with KS Member Honore I. Weiner, EdD, CCC-SLP

**Sunday, May 15
10:30 – 11:30 am**

Challenges related to hearing loss become very common as people get older. The National Institute on Aging reports that hearing loss affects one in three adults aged 65-74 and nearly half of those aged 75+. Hearing loss can also affect people earlier in life - as many as 11% aged 45-54 and 25% of those aged 55-64 experience some hearing loss.



Following her Broth Hour session in February, there were requests that Honore talk with us about the hearing difficulties that many of us face. As a result, on May 15th Honore will talk about the different types of hearing loss and its impact on our lives, with time to engage in conversation and respond to questions. Honore, with expertise in aural rehabilitation, has decades of professional and family experience with hearing impairment that she would like to share with us.

[**REGISTER HERE**](#)

Jump and the Net Will Appear **(or Why a Nice Jewish Girl with a Harvard Degree Went to Nursing School)**

**Broth hour with KS member
Laurie Silva, BA, PhD, BSN**

**Sunday, May 22
10:30 – 11:30 am**

Laurie will share what led her to go to nursing school at age 59, her experience working in an ICU during the first COVID surge, and her current work as a Visiting Home Health nurse

[REGISTER HERE](#)



The Answer My Friend, is Blowin' in the Wind Broth Hour with KS Member Ted Barten

**Sunday, June 5
10:30 – 11:30 am**

Ted and his wife Iris have been KS members since 2013. Ted has been on the KS Board and served as Treasurer for the past six years. Ted is an environmental engineer by training (Rensselaer Polytechnic Institute, 1973), is a Registered Professional Engineer in Massachusetts and several other states, and earned his MBA at Northeastern University (1980). Ted has devoted his 48-year environmental engineering career to siting, environmental analysis, licensing and permitting of energy generation and energy infrastructure projects throughout the Northeast.



In 1997, Ted co-founded Epsilon Associates, Inc, a principal-owned environmental engineering and consulting firm located in the former Digital Equipment Mill in Maynard. The 70 person firm is currently celebrating its 25th anniversary.

For the past five years, Ted has worked exclusively in the rapidly emerging offshore wind sector, including industry pioneer, Vineyard Wind. This work will be the focus of Ted's talk.

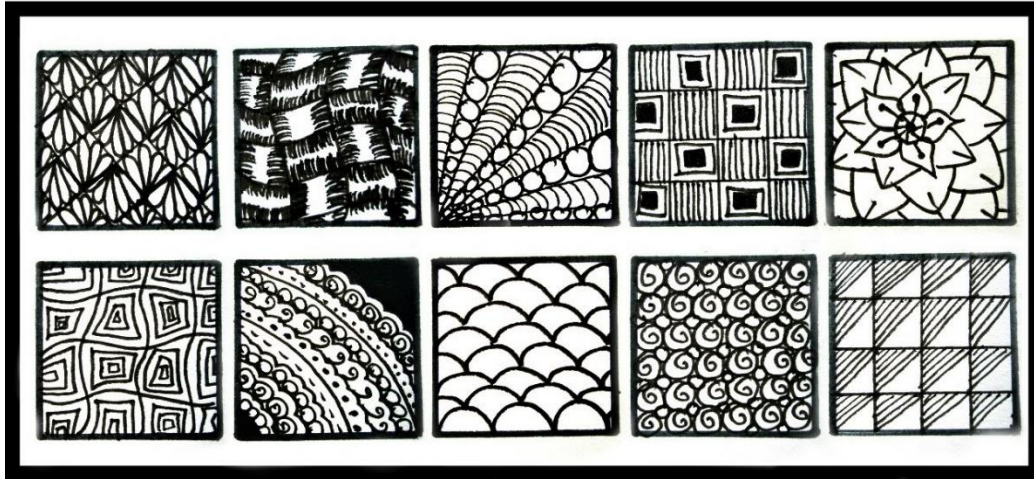
Offshore wind is the newest element of America's renewable energy initiative. After nearly 2 decades of fits and starts, the pace of offshore wind project development off New England, New York and New Jersey is accelerating rapidly, bolstered by state initiatives for the long-term purchase of large blocks of clean, renewable power.

Ted's talk will include a "case study" of Vineyard Wind 1, America's first successful utility-scale offshore wind project. Following a five-year study and permitting effort, the 800 MW project has been under construction since mid-2021. Located in Federal waters about 35 miles south of the Cape, full commercial operation is slated for late 2023

[REGISTER HERE](#)

Upcoming Special Workshop

Relax with Zentangle



with **Marla Richmond**

Sunday, June 12

10:30 – 11:30 am

Take a little time to relax and draw easy figures with us - no artistic talent necessary! Just get a glass of lemonade, iced tea or maybe a mimosa and enjoy.

Zentangle is a method of filling spaces with pre planned shapes.

You will need an 01 micron pen and a pencil. Erasers are not needed - there are no mistakes in Zentangle! *If you preregister*, Marla will arrange to send you a "tile" to tangle on and a magic stick.

[REGISTER HERE](#)

Member Spotlight

Members of Kerem Shalom's ASL (American Sign Language) Choir



From top left: Rabbi Darby Leigh (conductor), Rosalie Gerut (cantor), Marla Richmond
Iris Barten, Laura Heideman Dowd, Courtney Dunne
Liz Coolidge, Lucien Aibel, Nancy Kaplan

Inspired by Rabbi Darby Leigh and the American Sign Language (ASL) courses offered at Kerem Shalom, this group and the presence of ASL have been a wonderful contribution to our services and to the culture of Kerem Shalom.

Recent Happenings at Kerem Shalom

New Antisemitism Action Team

Kerem Shalom, in response to rising antisemitism locally, domestically and abroad, **formed an Antisemitism Action Team in February**. The group is growing and welcomes new members.

Initially we will focus on educating ourselves before creating outreach opportunities and programming for the Kerem Shalom Community at large.

If you are interested in learning more, please contact
antisemitism-action@keremshalom.org

The Cure for Hate

“Someone asked me once how I lost my humanity. I didn’t lose it; I traded it for acceptance and approval until there was nothing left.”

Tony McAleer, featured speaker at our April 3rd L.E.D. (Learn Explore Discuss) program, has a remarkable story of personal transformation. He was a former skinhead recruiter, organizer for the White Aryan Resistance, manager of a racist rock band, ardent anti-Semite and gay basher, a skillful propagandist, and designer of some of the first white supremacist websites. All in all, he seemed unlikely to become an inspirational leader for compassion and forgiveness.



Tony described his journey in fascinating detail, explaining why he became a white supremacist and what ultimately changed him...

... [Read full article here](#)

New Groups



New! - KS Women's Walk

A group of KS women are walking along neighborhood trails.
Tuesdays at 2:30pm

Contact Rosalie: rosalie@keremshalom.org

New! – Online Mah Jongg

Would you like to play Mah Jongg?
(online for now)

Contact KS Member Nanci Bell:
mah-jongg@keremshalom.org



New! – Evening Women's Group (Rosh Chodesh)

Next meeting:
Thursday May 19, 7:00pm via Zoom

Created especially for those of you who cannot make the morning group!

For more information, see the **Rosh Chodesh Women's Group** below in the **Judaic Studies** section.

If you are interested, please contact Rosalie: rosalie@keremshalom.org

Literary Groups

Kerem Shalom Book Groups

We offer 2 different book groups



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Jewish Content Book Group

Hosted by Jane Appell

Meeting monthly on **Tuesdays at 12:45 pm**

Next meetings

May 10

Woman on Fire by Lisa Barr

June 14

Hidden Places by Helene Wecker



To join, contact Jane Appell at:

[jewish-content-bookgroup-info@keremshalom.org](mailto: jewish-content-bookgroup-info@keremshalom.org)

Kerem Shalom Book Group

Hosted by Pat Sills
Meeting monthly, evenings

Next meetings

Tuesday May 17 at 7:30 pm

Off-site or Zoom - TBD

***Meet Me at the Museum* by Anne Youngson**

June TBD

To join, or for details on future books, contact Pat Sills
bookgroup-info@keremshalom.org.



Judaic Studies Groups

Unless otherwise noted, all Judaic Studies groups are facilitated by the Director of Adult Programming Rosalie Gerut.

Shabbat Shalom Group

Fridays

10:30 - 10:45 am - Informal check-ins (optional)

10:45 - 12:00 - Meaningful discussions of the Torah parsha

12:00 - 12:30 pm - Open time for conversation (optional)

We begin with a brief meditation, song, and gentle prayer to open our hearts and souls, and proceed to explore how the messages of Torah relate to our lives in today's world.



Art by Yorem Raanan

"Thank you to Rosalie and to all our Shabbat Shalom sisters for nurturing our communal spiritual consciousness."

- Jane Appell

Questions? Contact Rosalie at rosalie@keremshalom.org

[REGISTER HERE](#)

Rosh Chodesh (Beginning of the Month) Women's Group

An invitation to **Women Members** of Kerem Shalom
First Monday of each month, 10 – 11:30 am

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.)

We explore monthly themes of the Jewish calendar and discuss their meaning to us as women.



Art by Yorem Raanan

“A group of women enter the room or Zoom. A candle is lit. We greet each other by our Hebrew names and invoke the names of our mothers and grandmothers. We meditate and stretch for a moment. Then we discuss the Hebrew month: holidays or lack thereof; star sign; what is happening with planting, growing and harvesting on many levels. It is calm and quiet. This group of women may never have discussions like this anywhere else. But here we are safe and attached to our history. Jewish women together celebrating our commonality.”

- Group Member Marla (Miriam) Richmond

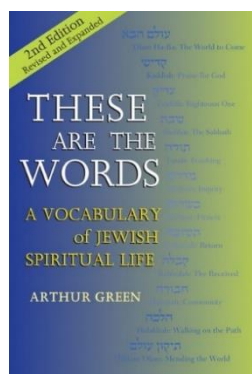
Next meetings: May 2, June 6

[REGISTER HERE](#)

If you have questions, please contact rosalie@keremshalom.org

Spiritual Studies

Second Monday of each month*
10 – 11:30 am for KS Members and their friends



In *These Are the Words*, Dr. Arthur Green, one of the greatest spiritual teachers of our time, explains the meaning, history and origin of over 150 core Hebrew words. The basic vocabulary of Jewish spiritual life is explained with humor, insight and relevance to guide us on a historical and spiritual journey through Judaism.

As we read and share our responses, we deepen our knowledge, consciousness, and connections with one another. Join us – it's not too late!

Next meetings: May 16 (* **note date change**), June 13

Questions or to register, contact Rosalie at rosalie@keremshalom.org

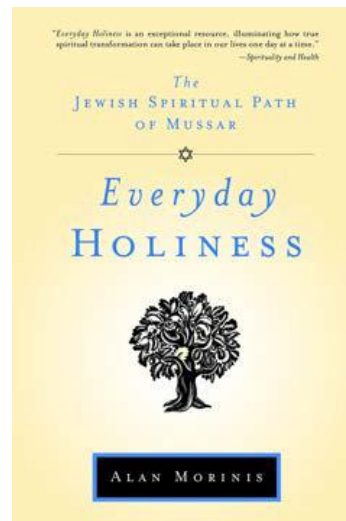
Soulful Seeking Group

Fourth Wednesday of each Month*
10 – 11:30 am for KS Members and their friends

Join us for monthly meetings during which we delve into aspects of life such as patience, gratitude, generosity, truth and many others. We find ourselves inspired to engage in meaningful and life transforming discussions through the writings in *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."

- Susan Banker, KS Chaverim* Member



Next meeting: May 11 (***2nd Wednesday, just for this May**)

Questions? Contact Rosalie at rosalie@keremshalom.org

[REGISTER HERE](#)

* **For information on becoming a Chaverim (long distance) member of Kerem Shalom please contact our administrator, Robyn Barabe: ksadmin@keremshalom.org**

Torah Conversations Group

Saturdays, 8:45 – 9:45 am
For KS Members and non-members

Torah Conversations is an ongoing conversation group that meets each Shabbat morning. No prior knowledge of Torah or Hebrew is required to participate, although attendees are asked to read the week's parasha (Torah portion). Most participants read English translations. This year, the group is also reading The [Mussar Torah Commentary](#), edited by Rabbi Barry Block, and some members enjoy reading additional commentaries as well. The parasha is listed in the KS Weekly News and can be read online at [Sefaria](#).



Torah Conversations members take turns facilitating the discussion. The conversations typically flow back and forth between trying to understand the embedded meaning of the weekly parasha and connecting it to questions that have relevance in our lives. Each person's voice is welcomed.

Rabbi Sam Pollak, Director of Congregational Learning at Kerem Shalom, will be joining us as our facilitator and learning with us on May 21.

We meet each Shabbat morning, currently on Zoom. Conversations about the week's parasha begin promptly at 8:45 am and end at 9:45 am. The room opens ten minutes earlier for general conversation. The group meets weekly, with rare exceptions, as long as there are two or more of us who are available to meet. We welcome you to join us any Shabbat morning.

[REGISTER HERE](#)

For further information, contact Colleen Humphreys at
torah-conversations-info@keremshalom.org

Wellness Programs



Support Group for People Facing Health/Life Challenges

**Third Wednesday of the month
10:00 – 11:30 am
for KS Members**

This group offers an opportunity for people living with a variety of health/life challenges to be nurtured emotionally, spiritually and with humor. As we listen to each other, exchange information on resources and just be who we are, a whole different way of experiencing life's major challenges emerges

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 Kitty Stein: 781-259-9264, or Rosalie at: rosalie@keremshalom.org

Next meetings: May 18, June 15

[REGISTER HERE](#)

Insight Meditation with Cheryl Steinberg

Tuesdays on Zoom, 9:15 – 10:15 am
For KS Members and Non-Members

Please join us for weekly Tuesday meditation sessions with Cheryl Steinberg. This class is great for any of you who would like to learn meditation and 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

[REGISTER HERE](#)



Laughter Yoga with Susan Phillips

Tuesdays on Zoom, 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, 6:00 – 7:00 pm, on Zoom and at KS*
For KS Members and Non-Members



We are a group of KS members and friends, meeting at Kerem Shalom and 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. Meeting in person* and on Zoom

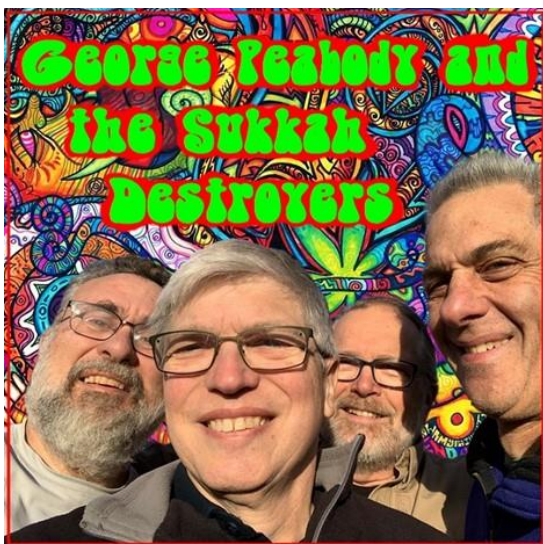
Contact Scott for the Zoom link or to attend in person:

meditation-with-scott-info@keremshalom.org

* Not all meetings take place at Kerem Shalom – contact Scott before showing up

Kerem Shalom Men's Group

**** Seeking men for a new group ****



Featuring aging folk rock musician fans and **De-Constructionist Jews**: David Luberoff, Drew Hession Kunz, George Peabody, and Larry Peltz. (Their faux-album cover at left, after a particularly challenging sukkah destruction)

Since members of the men's group also were the core group that put the Sukkah up in the first place, it's only fair to say that the "**Sukkah Destroyers**" were the progeny of a similar group called "George Peabody and the **Sukkah Deployers**." 😊

It's time to form another Men's Group. We began together when we were all in our late

Forties, a challenging, heads-down life stage for many men. Now in our Sixties, we've witnessed one another's challenges, joys, and sorrows. The relationships we've formed have become strong ties, valuable because, in this age of Zoom and digital association, we are truly known to one another. And we enjoy and appreciate each other's company.

There are many ways for Men's Group to operate. The model we've used is "advice free unless asked", non-judgmental, and confidential. It works. All of life's breadth is open for sharing. This is not a religious study group although religious and spiritual experience may be a topic. Work, children, partners, the man's "role" as caregiver, adventures are all grist for this mill.

If anyone is interested in starting a new group, we are ready to assist with participation and guidance. We'll help a new group get underway and will then step back. Reach out to me, george.peabody@gmail.com , if you would like to explore the idea.

Things to be Grateful For



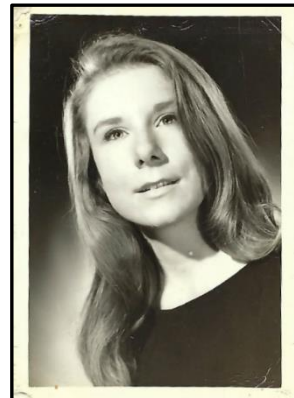
Spring is really here, and so are the **beautiful Eastern bluebirds** - small colorful thrushes who have made a comeback from near demise not too long ago. Their waning population was due to uncontrolled pesticide use and competition with house sparrows; their healthy return (populations are actually increasing) can be attributed to pesticide restrictions and bird lovers who provided feeding platforms and nesting boxes for them. Spotting one of these beautiful birds sitting on a fence on the edge of field can't help but bring a bit of joy.

Marla's Corner (Who Knew?)

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

The answer to the March/April question:
What member of the Kerem Shalom community had a first job teaching English and Public Speaking at Billerica High School? This talented person also ran the entire Drama program, producing plays and musicals.

It's **Cherry Muse**! Ask her about it!



May's Question

What member of the KS community served as a Seasonal National Park Ranger at Yosemite and, in the course of their duties, killed 2 rattlesnakes?

Tune in next AP newsletter for the answer.

And what about YOU? Do you have something in your life that no one would ever guess? Please share it! Send your description to:
adult-programming-committee@keremshalom.org - SURPRISE US!!!

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 **Scott Sancetta** for the many hours he spends editing and formatting; to **David Luberoff**, for his for patient, thorough reviews, **Jody Kotkin** and **Robyn Barabe** for their consistent support and PR; to **Rabbi Darby Leigh** and **KS President Deena Whitfield** for their ongoing support; to **Nancy Sokol** for her 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 **KS Board VP Scott Sancetta**. Finally, I offer my deep, heartfelt thanks to all these terrific folks and to Kerem Shalom for giving me the opportunity to work with our volunteers to create new and exciting offerings for our adult members.

- 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.