



*Vineyard of Peace
by Ilana Manolson*

KEREM SHALOM

Adult Programming Newsletter

Volume 3.1 – Sept/Oct 2022/5782-5783

Kerem Shalom's Congregational Theme for the Year

"Liberation"



"Crossing the Red Sea" 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.

Upcoming Special Events	3
Spiritually Uplifting Studies.....	7
Member Spotlight.....	9
Literary Groups	10
Leisure.....	11
Judaic Studies in Community	12
Health & Comfort, for Mind, Body and Soul.....	15
Appreciating Life's Awesome Events	18
Marla's Corner – Creating Community	18

Upcoming Special Events



Freedom of Self Expression... **Relax With Zentangle**

**with KS Member
Marla Richmond, CZT (Certified Zentangle
Teacher)**

**Sunday, Sept 11
10:30am – 11:30am
Location: Zoom**

Take a little time to relax and draw easy figures with us! Zentangle is a method of filling spaces with pre planned shapes. No artistic talent necessary! Just get a glass of lemonade, iced tea or wine and relax with us! You will need an 01 micron pen and a pencil (No erasers! There are no mistakes in Zentangle!). If you preregister I will send you a "tile" to tangle on and a magic stick. Come join us on Zoom!.

[REGISTER HERE](#)

Liberation from Conflict...

The Art of Asking Questions: Lessons from the World of Conflict Resolution

**with KS Member
David Hoffman**

**Sunday, Sept 18
10:30am – 12:00pm
Location: Zoom**



KS member David Hoffman teaches Mediation and other subjects at Harvard Law School, in addition to serving as a mediator and lawyer at Boston Law Collaborative. He is immersed in conflict daily. One of the critical tools in conflict resolution is asking effective, heartfelt questions that come from a place of genuine curiosity. Our Zoom discussion will provide some hands-on experience asking such questions with each other and discussing how we can all be more effective in dealing with conflict.

[REGISTER HERE](#)

Liberation from Oppression...

Challenging Adventures in the USSR

with members of the Klezmer Conservatory Band:
**Hankus Netsky, Merryl Goldberg, Jeff Warshauer
& Rosalie Gerut**

Sunday, Oct 16
10:30am – 12:00pm
Location: Zoom



Our four speakers on their mission in the USSR

We are honored to be able to report on our trip to the Soviet Union in 1985 on behalf of Action for Soviet Jewry. The trip not only gave us insights that stay with us to this day about the plight of Jews in repressive countries but also put us in touch with geo-political forces that are as relevant now as they were back then.

Our trip introduced us to and gave us opportunities to perform with musicians living in repressed Jewish communities and help refuseniks leave the USSR. We also found ourselves face-to-face with figures who eventually became major players in international politics, including Zviad Gamsakhurdia, who, after the collapse of the Soviet Union, took over the Republic of Georgia, only to be overthrown in 1992 by Edward Shevardnadze; and Tenghiz Gudava who became one of Vladimir Putin's assassination victims

To reach the refuseniks after we left and report on their dangerous situations, the four of us created a code in music to encrypt names, addresses, and relevant information, something that is now attracting a number of U.S. organizations. But perhaps one of the most poignant take aways from the experience was an understanding of the immense courage of individuals to stand up for human rights and not back down to repressive politicians and governments. (As we speak, Jews in Russia are once again not being permitted to relocate to Israel.).

[REGISTER HERE](#)

*A multi-instrumentalist, composer, and ethnomusicologist, **Dr. Hankus Netsky** is co-chair of New England Conservatory's Contemporary Improvisation Department, founder and director of the Klezmer Conservatory Band.*

***Dr. Merryl Goldberg** is a Professor of Music at California State University San Marcos and Director of the ART=OPPORTUNITY campaign of Center ARTES, dedicated to restoring arts to education. She toured with the Klezmer Conservancy Band for 13 years.*

*Cantor and educator **Cantor Jeff Warschauer** is internationally renowned as a klezmer mandolinist. He teaches at Columbia University*

***Rosalie Gerut, M.A.**, beloved **Cantor** at Kerem Shalom and licensed educational psychologist, is an award winning singer and songwriter, actress, recording artist and producer as well as a catalyst for personal transformation. She has recorded and toured with members of the KCB.*

Learning from the Past/Creating a New Future...

Countering Antisemitism Threats: The Latest Strategies and Tools to Fight Hate

L.E.D.* Series 2022/2023

**With Jeremy Burton,
Executive Director of the Jewish Community
Relations Council of Greater Boston**



**Sunday, Oct 30
10:30am – 11:30
Location: Zoom**

Jeremy Burton will provide insights into longstanding and more recent threats of antisemitism. He has worked tirelessly with the Jewish community and its allies to counter these threats. Jeremy will help us define and recognize antisemitism in all its forms, understand its scope, and update us with the latest information on activity, threats, and countermeasures.

Jeremy Burton is the Executive Director of the Jewish Community Relations Council of Greater Boston (JCRC). Through advocacy, organizing, service, and partnerships, JCRC defines and advances the values, interests, and priorities of the organized Jewish community of Greater Boston in the public square.

Jeremy writes and speaks often about challenges and opportunities facing the Jewish community. He has been published widely, including in the New York Jewish Week, the Jewish Forward, Zeek, Sh'ma, and the Washington Post: On Faith. The JTA included him in their 2010 "Twitter 100" list of the most influential Jewish voices on Twitter. You can follow him @BurtonJM.

[REGISTER HERE](#)

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

*Kerem Shalom's **Antisemitism Awareness Team** will continue to
offer programming throughout the year*

Learning from the Past/Creating a New Future...
The Legacy of KRISTALLNACHT

With Dr. Martina Emme

Sunday, Nov 6
10:30am - 12:00pm
Location: Zoom



Dr. Emme will be joining us from her home in Berlin. She is Head of the Department of Psychology at Anna-Freud high school in Berlin, Germany and co-author of the One-by-One book *Journeys of Transformation: Confronting the Legacies of Conflict, War and Genocide*.

She will share her journey coming from the country of perpetrators, born into a family with Nazi-believers including her own beloved grandfather who was involved in Nazi-crimes. She will describe how the life-changing encounters with descendants of survivors led her to become a teacher who sees her task as educating the next generation about the lessons learned from the Holocaust. Dr. Emme will talk about the projects she has initiated and share her vision: becoming guardians for protecting democracy.

REGISTER HERE

Bead Your Own Kippah

A Workshop for Adults
Led by Randi Leigh

Sunday, Nov 13
1:30 – 3:30pm

In person at Kerem Shalom



Check the November Newsletter for details.

Understanding Shabbat Prayers

A Special Series with Rabbi Jamie Kotler

Dates: Five Tuesdays: 10/25, 11/1, 11/8, 11/15, 11/22

Time: 10:30am – 12:30pm

Cost: \$120; \$180 for non-KS-members
(Couples: 10% discount)

This class is **IN PERSON** at Kerem Shalom

What is prayer? Why do we pray? What are we saying when we mouth all those familiar (and some not-so-familiar) Hebrew words? Why these particular words and not others that might be more personally meaningful? Is there an intentional structure to our prayer book, and if so, why is it so hard to see? How do we keep the words we utter fresh, and meaningful, conveying the essence of our souls? How do we keep our prayer from becoming an exercise in rote recitation, using words empty of intention and meaning?

We will tackle these questions and many others as we learn about our prayer book (siddur). Using the prayers of Kabbalat Shabbat (Friday night services) as our source text, we will explore the arc of the spiritual journey our siddur hopes to take us through. We will delve into the history of the siddur, and note the similarities between the Friday night service and every other service in Jewish liturgy.

Judah HaLevi, the great 11th century poet said, “Prayer is to the soul what food is to the body”. Our goal will be to make your experience of prayer more meaningful, to make it nourishing to your soul, a true conversation with God.

Join us – all are welcome!

Registration and payment due by October 12

(Checks made out to Kerem Shalom, P.O. Box 1646 Concord, MA 01742 - attention Rosalie)

RSVP: Rosalie@KeremShalom.org



Torah Studies

with Rabbi Alan Ullman

Dates: Six Sundays: 11/6, 11/13, 11/20, 11/27, 12/4, 12/11

Time: 5:00pm – 6:30pm

Cost: \$150; \$225 for non-KS-members
(Couples: 10% discount)



This class is IN PERSON at Kerem Shalom

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. No previous knowledge or experience is required..

This will be Rabbi Ullman's final Torah Study Series at Kerem Shalom

Registration and payment due by October 19

(Checks made out to Kerem Shalom, P.O. Box 1646 Concord, MA 01742 - attention Rosalie)

RSVP: Rosalie@KeremShalom.org

Member Spotlight

Kerem Shalom Board – *New Members, New Positions*

President Mark Stein moves from VP of Finance, He has been a member of Kerem Shalom for more than twenty years. During the past several years, Mark has played a critical role in enhancing Kerem Shalom's fundraising capacity, developing a culture of charitable giving here at Kerem Shalom.



President Emerita Deena Whitfield moves from President. Deena is a founding member of Kerem Shalom and a former member of the Concord Area Jewish Group. She has served in several other capacities during her long-time membership: School Committee chair, Treasurer, Nominating Committee Chair, and as chair of Membership Engagement Committee and co-chair of the 30th Anniversary Celebration Committee.

Marty Blue joins the board as **Vice President, Member Engagement**. Marty and her husband, Jeff, joined KS in 2002. Their daughters Samantha, Ellie, and Carly all attended Hebrew School and had their B'Not Mitzvah at KS



Lee Rosenbaum joins the board as **Member at Large**. Lee and his family have been members of Kerem Shalom since 2006 , and he has volunteered at KS in various capacities over the years.

Brad Guth joins as **Vice President, Development**. Brad and his family have been members of Kerem Shalom since 2005. He co-led the temple's recent successful capital campaign and is committed to sustaining KS's vibrant, inclusive community.



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 the

2nd Tuesday of each month at 12:45 pm



Next meetings

Sept 13: *The Ghosts of Rose Hill* by R.M. Romero

Oct 11: *The Storied Land* by Marilyn Oser

Nov 8: TBD

Dec 13: TBD

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

Kerem Shalom Book Group

Hosted by Pat Sills

Meeting monthly, evenings

Next meeting

Sept 13 at 7:30pm: *Lincoln Highway* by Amor Towles

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





KS Writing Group

Are you working on a project and need to focus but are having trouble finding the time? We gather to support each other and overcome procrastination.

Monthly dates and times arranged by the participants.

If you are interested please contact Rosalie@KeremShalom.org

Leisure



KS Women's Walk

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

Contact: Karen Belinky via Rosalie: Rosalie@KeremShalom.org

Mah Jongg

Would you like to play Mah Jongg?

We meet **in person** at Kerem Shalom

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



Judaic Studies in Community

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)

Location: Zoom

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.

Rosalie and group members take turns facilitating the group.

"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](#)



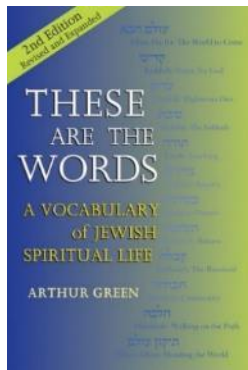
Art by Yorem Raanan

Spiritual Studies

Second Monday of each Month (*shifted in Sept & Oct due to the holidays*)

10 – 11:30 am for KS Members and their friends

Location: Zoom



"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 you on a historical and spiritual journey through Judaism."

- Amazon.com

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: 9/19, 10/17

Questions or to register, contact Rosalie at Rosalie@KeremShalom.org

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
Location: Zoom

Come and join a friendly and supportive group of women who meet monthly to explore meaningful themes of the Jewish calendar and discuss how they relate to our lives. (No previous knowledge or preparatory work required.).



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: 9/12, 10/3

[REGISTER HERE](#)

If you have questions, please contact Rosalie@KeremShalom.org

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Rosh Chodesh Encore

For women who prefer an evening group.
See **Rosh Chodesh**, above, for description.

Meets on the 3rd Thursday of each month, at 7:00pm
Next meetings: 9/15, 10/20
Location: Zoom

[REGISTER HERE](#)

Torah Conversations Group

Saturdays, 8:45 – 9:45 am

For KS members and non-members

Location: Zoom



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 has read 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.

For the upcoming year, beginning with Genesis on October 22, the group will read The JPS Rashi Discussion Torah Commentary, by Steven and Sarah Levy.

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, who serves as our Clergy Advisor, will study with us and facilitate our conversation one a month, on the following dates: September 10, October 8, November 12, December 10, January 7, February 11, March 11, April 8 – Pesach, May 13, and June 10.

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](#)

Contact for further information: Colleen Humphreys, torah-conversations-info@keremshalom.org

Health & Comfort, for Mind, Body and Soul



Support Group for People Facing Health/Life Challenges

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

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: Rosalie@KeremShalom.org

Next meetings: 9/21, 10/19

[REGISTER HERE](#)

Insight Meditation with Cheryl Steinberg

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

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, 7 – 7:45 pm

For KS Members and Non-Members

Location: Zoom

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

For KS Members and Non-Members

Location: In Person at Kerem Shalom*, and on Zoom



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



Are you interested in joining or starting a men's group? For over two decades, a small group of men connected with Kerem Shalom have been meeting regularly to witness each other's

challenges, joys, and sorrows. Participants are happy to talk with Kerem Shalom members who might be interested in joining this group or starting a new one.

When this group began, its members were in their late 40s, a challenging, heads-down life stage for many men. Members are now in their 60s and 70s, a life stage with new challenges related to work, health, relationships, and family. The group explores these themes in semi-structured, confidential, and non-judgmental conversations which are "advice-free unless asked." Work, children, partners, the man's "role" as caregiver, and adventures are all grist for this mill. And while this is not a religious study group, religious and spiritual experiences are sometimes discussed.

If there is sufficient interest, members of the current group are more than happy to help a new group get underway, then step back and let that group evolve.

If you are interested in becoming a member of the current men's group or in starting a new one, please contact George Peabody at mens-group-info@keremshalom.org.

Appreciating Life's Awesome Events

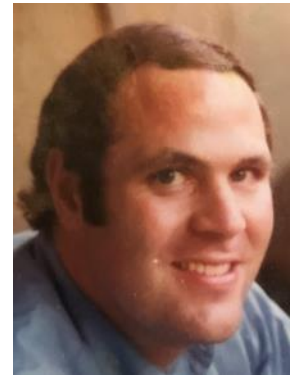
If you have been following the **James Webb Space Telescope**, we are sure you are in awe: [The Universe Revealed](#)



Marla's Corner – Creating Community

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

In answer to the spring issue's question of who was a park ranger in Yosemite and killed two rattle snakes, it was our own **Art Fulman**. Ask him about it!



September's Question

What member of the KS community was an original member of the Boston Village Gamelan? A gamelan plays the traditional music of Indonesia. The group sold out Jordan Hall twice and played the 1986 Worlds' Fair in Vancouver. Our member wore a traditional wrap and rag wool socks on the stage of Jordan Hall.

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

*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**, **KS President Mark Stein** and **President Emerita 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** 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 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.