



KEREM SHALOM Adult Programming Newsletter

Volume 3.3 - Jan/Feb 2023/5783

Kerem Shalom's Yearly Congregational Theme: "Liberation"



"Crossing the Red Sea" by Israeli artist Yorem 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: <u>https://keremshalom.org/adult-programming</u> and check out the *KS Weekly News* (emailed each Thursday), for the most up-to-date information.

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*Mask Policy

While masks are currently required for all events at Kerem Shalom, in late January, the board is planning to vote on adopting a new "masks encouraged" policy.

CLICK HERE for the latest policy.

Upcoming Special Events

Relax With Zentangle*

With KS Member Marla Richmond, CZT (Certified Zentangle Teacher)

Sunday, January 8 10:30 – 11:30am Location: Zoom

Take a little time to relax and draw easy figures with us! Zentangle is a method of filling spaces with preplanned 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

* Zentangle art is an American drawing technique known to encourage focus, imagination, and increase personal well-being.



Salon Series Jill Goldman-Callahan:

The Poetry of Painting

Sunday January 29 10:30am Location: Zoom



Jill Goldman-Callahan is an art educator and painter. Thomas Moore, the bestselling author of Care of the Soul, described her work as "not a painting of, but a peek into." Jill loves to experiment with Venetian plaster, hot and cold wax, ash, sand, gouache, milk and acrylic paints to generate surprising surfaces that exude beauty, depict interior territory and are infused with presence.

Jill will talk about her process of creating abstract painting by combining art elements such as memory, dream, nature, history and emotion. She will share her process of listening to the painting and cultivating thoughtful spontaneity as a way of working.

Jill teaches in our *Hebrew School Reimagined*. With two teams of young artists, she is creating a 7' x 22' installation abstractly representing the crossing of the Dead Sea. Working with gouache on plastic paper, students are using the properties of liquid paint to depict water. The children are cultivating further understanding through stories, science, history, music and Torah Study.

Making art and making meaning with art are essential to Jill. She has a B.A. in Fine Art and Anthropology from Bennington College and a Masters in Art Therapy from Lesley University. Jill was a teacher in the Wellesley Public Schools for over twenty years.

You can find her in Studio 33 at the Arts Umbrella in Concord, or online at <u>https://www.jillgoldman-callahanstudio.com/</u>

REGISTER HERE

What Makes Me Tic: Comedy and Storytelling with a Message with Pamela Rae Schuller

An evening of comedy, cocktails and dessert

Saturday February 4 7:00pm Dessert and Cocktail Reception 8:00pm Performance Location: In person at Kerem Shalom



To kick off Jewish Disability Awareness and Inclusion Month (JDAIM), KS will welcome internationally known disability and mental health advocate and professional stand-up comedian Pam Schuller. Pam is known for her use of storytelling and comedy to inspire communities to a new understanding of inclusion.

You may know her from BuzzFeed, Doctor Mike Videos and NBC, or as one of the under 36 who are changing the face of the Jewish community. Pamela's stories of growing up in a body she had no control over are engaging, powerful, a little bit heart-wrenching and unapologetically funny.

Pamela has spoken and performed in seven countries, in every state in the U.S. and for more than 95,000 kids, teens and professionals. She holds a B.A. in psychology and Youth Outreach Through the Arts and an M.A. in Child Advocacy and Policy, as well as post Masters certificates in Executive Coaching and Leadership in the Digital Age.

She has grown that skillset into a repertoire that teaches kids and teens to be proud of who they are, communities to be deeply inclusive, and corporate teams to be innovative and learn to make smart, bold moves.

Pamela doesn't just "tolerate" what makes her different; she embraces it, loves it and finds the funny in it... all while challenging audiences to do the same. Learn more about her at <u>http://pamelacomedy.com</u>.

Join us for this special evening of inclusion and understanding! Look for more info in the KS Weeky News.

Antisemitism Awareness Group Discussion

Sundays: Februry 12, March 19, April 30 10:30 – 11:45am Location: Kerem Shalom*

On October 30, Jeremy Burton, Executive Director of the Jewish Community Relations Council of Greater Boston (JCRC), provided an informative program to members of Kerem Shalom and the larger community on the topic *Countering Antisemitism Threats: The Latest Strategies and Tools to Fight Hate.*



As a follow-up to this event, the Antisemitism Awareness Team invites you to join us to continue this important discussion within the Kerem Shalom community. We will be hosting a series of book group discussions based on Deborah Lipstadt's, <u>Antisemitism Here and</u> <u>Now</u>. Each session will be based on just 2-3 chapters of the book, so we hope everyone will have a chance to read them prior to the session.

Feb 12 - What is Antisemitism? Understanding the past to make sense of the present *Antisemitism Here and Now*, chapters 1-2

Mar 19 - Contextualizing Antisemitism Antisemitism Here and Now, chapters 3-4

Apr 30 - Antisemitism Now Antisemitism Here and Now, chapters 5-7

Please RSVP to <u>antisemitism-action@keremshalom.org</u> if you would like to join us for these discussions.

* These discussions will be in-person only unless the COVID situation and COVID policies change.

The Miraculous from the Material

With Professor Alan Lightman L.E.D.* Series 2022/2023

Sunday, February 26 10:30 – 12 noon Location: Zoom

Over the years, Alan Lightman* has provided the Kerem Shalom community with a number of memorable talks about spirituality and science. We are delighted that Alan once again will be sharing his insights with us as part of our L.E.D. series.



Alan's upcoming talk will be focused on the series *SEARCHING: Our Quest for Meaning in the Age of Science*, which will air on PBS in January 2023. The series is based on several of Alan's books. In his talk, he will explore a few of the large questions considered in the series:

- What does it mean to be human in a world of increasing science and technology?
- How can a system made of material atoms and molecules give rise to complex human experiences, like consciousness, falling in love, and awe?
- Can we create a conscious computer or organism in the lab and, if so, what moral and ethical responsibilities would we have?

Alan will illustrate his talk with video clips from the series. In the clips, he will talk to Jack Szostak, a Nobel-Prize winning biologist; Ruth Faden, a leading bioethicist at Johns Hopkins; Micah Greenstein, a rabbi in Memphis, Tennessee; the Dalai Lama, and BINA48, the most advanced android created so far.

Watch a trailer for the PBS series here: https://vimeo.com/731091976/a7ebf79220

Alan Lightman is Professor of the Practice of the Humanities at MIT, a novelist, essayist, a distinguished physicist, and social entrepreneur. In 2003 he founded the Harpswell Foundation, a nonprofit organization whose mission is to empower a new generation of women leaders in Southeast Asia.

REGISTER HERE

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

SAVE THE DATE Evening Adult Purim Celebration!

Saturday March 11



Interested in Joining our Kerem Shalom Community? Find out more: <u>https://keremshalom.org/join-us/</u>

Why not drop Robyn, our administrator, a note? ksadmin@keremshalom.org

Spiritually Uplifting Studies

Torah Studies With Rabbi Alan Ullman

Make-up Date: Sunday, January 8, 5:00pm

This is the last of a six-session series that began this fall. This in-person make-up class is only for those already registered.

Diverse Cultures of Contemporary Israel: Exploring a Multiplicity of Identities Through Story and Film

With Dr Jacob Meskin

A five-session series on Tuesday mornings Dates: February 7, 14, 21, 28 March 14

Time: 10:30am – 12:30pm Location: Zoom Cost: \$125 for KS members / \$250 for non-members

All sessions will be recorded. Students will be able to download audio recordings of each session, and will also be given links to the full audio/video ZOOM recording of each session as well.



For a variety of reasons, most American Jews have learned more about the history of modern Israel, but less about the full complexity of all the different cultures that make up contemporary Israeli society. This course will help participants grasp how that history actually gets lived out in the day-to-day life of a sprawling, vibrant, deeply multi-cultural, and multi-religious society.

This five week version will use contemporary music videos, sketch comedy, films, short stories, and more standard background materials, in order to explore the deeply multicultural reality of day to day life in Israel.

Here is a week by week outline of the course:

- 1. Introduction: Contemporary Israel's Many Cultures, Perspectives, and Orientations
- 2. The Story Of The Yemenite Jews (and, more broadly, Mizrachi/Sefardi Jews) in Israel
- 3. Israeli and Arab Food Cultures In Israel Today
- 4. The History Of Ethiopian Jews, Their Lives In Israel, and The Challenges They Face
- 5. Palestinian Perspectives: Two Films By Palestinian Directors

A great deal of what we will be studying will be drawn from popular culture in Israel. This turns out to be a fascinating and invigorating way to take the pulse of the many cultures and peoples that make up the society.

Students may be asked to watch several films at home, prior to class. This may require access to free and paid streaming services. They will also be asked to screen online videos.

Registration: email <u>Rosalie@KeremShalom.org</u> by January 18, 2023 Payment: Please send your checks (attention: Rosalie) to Kerem Shalom, P.O. Box 1646, Concord, MA 01742 with "Jacob Meskin course" in memo line

New: ASL 1 and 2

American Sign Language With Professor Larry Stephen

Professor Stephen, a highly regarded ASL teacher who has taught previously at KS, is available for level 1 and/or 2 courses **in person or on Zoom**. Sessions may be held on Friday, Sunday, and/or Monday (Monday would be Zoom only)

If you are interested, please contact Rosalie@KeremShalom.org



New: Kerem Shalom Film Group

The U.S. and the Holocaust

The three episodes of Ken Burns' critically acclaimed series on PBS will be the first three meetings of our new KS Film Group

Location: Zoom

Episode 1: "The Golden Door" (Beginnings - 1938) Sunday February 12 5:00pm

Watch the first episode in advance. We will not be viewing the films together. You can stream it, free, at: <u>https://www.documentaryarea.tv/video/The+Golden+Door/</u>

Episodes 2 & 3

Dates & Times to be determined by attendees of the first meeting.

RSVP to Rosalie@KeremShalom.org



Jewish Sacred Drum and Chant Circle

Dates: Mondays January 23, 30 February 6, 13 Time: 2:00 - 3:15pm

Location: In person at KS

Cost: \$10/session (\$20 for nonmembers) – pay when you arrive.

Join Sacred Drummer/KS Educator Mitch Gordon here at Kerem Shalom for a 4-week series of Jewish Sacred Drumming, Chant, and Meditation.



Sessions will include brief discussions of liturgy or Torah and then explore drumming and chanting from a prayerful and mindful perspective.

All experience levels of drumming or chanting or meditation welcome, no experience necessary. Dress comfortably; bring your own hand drum or use one that is provided.

Chants will include those from Shefa Gold, YofiYah, Sigal Brier, Taya Ma and others.

Please sign up in advance for one, two or all sessions by January 16: <u>Rosalie@KeremShalom.org</u>



With Nancy Kaplan, Susan Brager Murphy and Rob Slattery, volunteer coordinator for Open Table. We gathered 785 pounds of non-perishable products for our neighbors in need!

We welcome contributions of canned tuna and salmon for Jewish Family & Children's Service and non-perishables for Open Table.

> Your year-round generosity is greatly appreciated. Many thanks to our Kerem Shalom community!

KS Spotlight

Stonework Play

When **KS member Diana Suskind** was looking for ways to unlock creativity for children in poverty in Nepal, the answer was right there, underfoot.

The Nottingham grad with a doctorate in Early Childhood Education has developed Stonework Play as a learning tool and has taken it from Nepal to Malaysia, Australia and New Zealand, and to schools here in the states. Stonework Play is a craft that stimulates children's thoughts and imaginations. The



stones provide a safe medium to express feelings, reflect on past or future experiences, and show pride in their personal expressions. Stones calm the soul and allow an instant connection to the natural world.

Click the image to see a Stonework Play event at a local Barnes & Noble:



Visit her website: https://www.stoneworkplay.com/

Kerem Shalom Adult Library

Adult Library Introductions! KS Volunteer Librarian, Nanci Bell

Are you interested in learning more about Jewish names for your child, yourself or to advise a relative or friend? The KS Adult library has some accessible English language books available for you. Come in and explore! The shelf on your right will be labeled for you.

Several books in the Adult Library have been written by KS members. They can be found on the first shelf on the right, dedicated to our KS authors. These books include:

- Alan Lightman; The Accidental Universe (see his upcoming event in the LED section above)
- **Diana Suskind**; *Stonework Play* (see the Spotlight section above for more of Diane's remarkable work)
- Marcella Pixley; 3 books: Freak; Ready to Fall; Trowbridge Road
- Nina Englander; A Simple Meditation to increase Happiness and Abundance in Your Life

A few books were written by members who have left us; may their memories be a blessing:

- Debra Stark; The Little Shop That Could
- Leon Rubenstein; As I Can Presently be Known (Leon was a Shoah survivor and father of KS member Wade Rubenstein.)
- Joseph L. Andrews, Jr; Revolutionary Boston, Lexington and Concord

If you have authored a book that you would like to share in our library, we welcome your work. Please contact <u>Rosalie@KeremShalom.org</u>

Like the images by **Yorem Raanan** sprinkled through this newsletter? We now have a beautiful copy of his book, *Art of REVELATION*, in our library.

Marla's Corner, or Who Knew?

Last issue's question

Did you guess who held an AK47 in Afghanistan? It was our fearless leader, Kerem Shalom President **Mark Stein**! See the photo as proof! Ask him about it.



January/February's Question

Which member of the KS community has gone as far as the Arctic Circle to bird watch? Also checked out the avian species in Iceland! Stayed tuned for the answer in the March newsletter.

People ask me, where do I find all these stories? I tell them I ask. The next comment is how do I find such unusual people? I think everyone has a story that people are going to say, "no, they really didn't do that?" What is your story? Let me know and I will be delighted to inform the entire congregation! Marla: adult-programming-committee@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

The Jewish Content Book Group discusses books with Jewish content or Jewish themes

Meeting monthly on the 2nd Tuesday of each month

<u>Next meetings</u> January 10 (1:00pm) Shanda: A Memoir of Shame and Secrecy by Letty Cottin Pogrebin February 14 (1:00pm) The Latecomer by Jean Hanff Korelitz

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

Reviews of recently read books

Apeirogon by Colum McCann: Apeirogon is a fictional story based on two real-life men and their intersecting stories of loss,grief, healing, and reconciliation. <u>Read full review</u>.

One Hundred Saturdays by Michael Frank: This was a well-written and engaging account of Stella Levi, who grew up in the Jewish section of Rhodes and was transported by the Germans to Auschwitz.



Kerem Shalom Book Group

Hosted by Pat Sills Meeting monthly, evenings

<u>Next meeting</u> No meetings in January or February

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



Review of recently read book: *Anxious People* by Fredrik Backman Looking for an engaging read during these cold dark winter days? The Kerem Shalom Book Group enjoyed this humorous and poignant novel by Fredrik Backman, the author of *A Man Called Ove*. <u>*Read full review*</u>



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 <u>Rosalie@KeremShalom.org</u>

Leisure



NEW! Readers' Theater

The KS READERS' THEATER will be presenting readings of stories by outstanding Jewish writers. We welcome folks to participate in the magic of Jewish theater. We'll work together to prepare performances (memorization not required). Stay tuned!

First Rehearsal: Sunday, January 29, afternoon Location: Zoom

Interested? Contact <u>Rosalie@keremshalom.org</u> for more information.



KS Women's Walk

A group of KS women are walking along neighborhood trails (and when necessary, safe local sidewalks). **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: <u>mah-jongg@keremshalom.org</u>



Judaic Studies in Community

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

Shabbat Shalom Group

Led by Rosalie and group members

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



Art by Yorem Raanan

REGISTER HERE

Spiritual Studies

Second Monday of each Month 10:00 - 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

We read Rabbi Green's short descriptions along with additional interesting details that we explore, discuss, and enjoy. Join us!

Next meetings: 1/9, 2/13

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, 10:00 – 11:30 am Location: Zoom**

We welcome women who come from non-Jewish backgrounds.

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.)

"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.



Art by Yorem Raanan

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: 1/2, 2/6

REGISTER HERE

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

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

For those of you who are busy during the day, we invite you to relax and share your thoughts about meaningful themes of the Jewish calendar.

No previous knowledge or pressure to prepare required. Our discussions are always interesting.

First Thursday of each month, at 7:00pm Next meetings: 1/5, 2/2 Location: Zoom

REGISTER HERE

Torah Conversations Group

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

KS 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). The parasha is listed in the KS Weekly News and can be read online at <u>Sefaria</u>. Most participants read English translations.



For the current year, 5783, as a guide for discussion, along with reading the parasha, the group will read the weekly section in <u>The JPS Rashi Discussion Torah Commentary</u>, by Steven and Sarah Levy. Some participants also enjoy reading from a wide range of other commentaries.

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, serves as our Clergy Advisor and will study with us and facilitate our conversation once a month, on the following dates: 1/7, 2/11, 3/11, 4/8, 5/13 (Pesach) and 6/10

We meet each Shabbat morning, currently on Zoom. Conversations about the week's parasha begin promptly at 8:45am and end at 9:45am. 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 Colleen Humphreys for further information: <u>torah-conversations-info@keremshalom.org</u>

Health & Comfort for Mind, Body and Soul

Insight Meditation with Cheryl Steinberg

Tuesdays, 9:00 – 10:00 am (Zoom opens at 8:45 to schmooze) 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, 7:00 – 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., is a Certified Integrative Health Coach and Laughter Yoga Teacher

Please contact Susan at <u>laughter-yoga-info@keremshalom.org</u> for the Zoom link.

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 <u>mens-group-info@keremshalom.org</u>.

For up-to-date info on all the happenings at Kerem Shalom, see the KS Weekly News (emailed each Thursday), the <u>KS website</u>, and <u>website calendar</u>.

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. <u>Click here</u> for more info on inclusion at Kerem Shalom.