



*Vineyard of Peace
by Ilana Manolson*

KEREM SHALOM

Adult Programming Newsletter

Volume 3.5 – May-June 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: <https://keremshalom.org/adult-programming>
and check out the *KS Weekly News* (emailed each Thursday),
for the most up-to-date information.

Look fo the next Adult Programming Nesletter in the Fall.

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***Mask Policy**

Masks are currently encouraged for all events at Kerem Shalom. Attendees should be fully vaccinated and boosted.

[CLICK HERE](#) for the latest policy.

Upcoming Special Events



New Therapies for Alzheimer's Disease: How Well Do They Work... and at What Price?

LED* Series 2022-2023

With Dr. David Rind, Chief Medical Officer for the Institute for Clinical and Economic Review (ICER)

**Sunday May 7
10:30 am – 12:00 pm
Location: Zoom**

Despite medical breakthroughs in the treatment of many serious conditions, Alzheimer's Disease remains relatively elusive, with daunting consequences for patients and their families. Earlier this year, the Food and Drug Administration (FDA) approved a new Alzheimer's drug, Leqembi, that may modestly slow the pace of cognitive decline but with some risks and at considerable cost.

Why is Alzheimer's Disease (AD) such a challenge to treat? How does the FDA go about deciding whether to approve a drug? How does Leqembi compare to other drug therapies for AD? How much better is a new treatment at extending or improving patients' lives? How do you weigh effectiveness against cost and arrive at a fair price? Dr. Rind, recently quoted in *The New York Times*, pointed out that "it is particularly important that new therapies be priced in line with their value to patients."

These are a few of the questions that will be addressed by Dr. Rind in his upcoming L.E.D. talk. Dr. Rind is Chief Medical Officer for the Institute for Clinical and Economic Review (ICER), founded in 2006 as a nonprofit research institute at Harvard Medical School. He leads teams that analyze the effectiveness and value of drugs and medical services. Dr. Rind also works as an academic primary care physician at the Beth Israel and Deaconess Medical Center, supervising residents in internal medicine.

Join us to learn about the decades-long search for new Alzheimer's Disease treatments and the progress that is being made, as well as the ongoing efforts to achieve cost-effectiveness for patients.

[**REGISTER HERE**](#) by May 5

* *LED = LEARN, EXPLORE, DISCUSS – Shed a little light.*

Bon Voyage, Rabbi Alan Ullman

Sunday May 7

Time: 7:30 pm

Location: In person at Kerem Shalom

Alan Ullman has been guiding Torah Studies at Kerem Shalom for 23 years. He has traveled the world, leading Hebrew bible studies for many diverse communities. He has been written up in the *The New York Times* (March 31, 1997).

All who work with him invariably welcome him back.



Alan and his wife are starting the next phase of their lives, moving to Minnesota to be near family.

Please join us after the last study session that Alan will lead at Kerem Shalom. This is our chance to honor and appreciate the man who has made so much of a difference in our lives and our community. (Former students are also welcome to join us.)

There will, of course, be food!

Kerem Shalom Art & Music Weekend (May 12 & 13)

Kerem Shalom Spring Art Exhibit



"Alchemy" by KS Member and artist Ilona Manolsen

Opening

**Friday, May 12, following
our 7:30 pm Shabbat service
In person at Kerem Shalom**

Kerem Shalom is excited to announce our upcoming Member Art Exhibit, featuring the work of some of our wonderful members.

If you would like to bring your creations to KS, we are hoping to receive them on Sunday May 5 from 1 – 5 pm
(Contact Rosalie@KeremShalom.org for other times.)

An Evening of Yiddish & Jewish Music

**Saturday evening, May 13
7:30 pm
In person at Kerem Shalom**

We will be honoring the memory of mother and grandmother Doris Karp, and many of our own parents and grandparents.

With Doris' granddaughter Sara Karp, Steve Pixley, Marty Plotkin, Elaine Allen, Richard Smith, Nancy Kaplan, George Peabody, David Sparr and Rosalie Gerut.



Jewish Sacred Drum and Chant Circle

Date: Monday, May 8

Time: 2:00 - 3:15 pm

Location: In person at Kerem Shalom

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

Join Sacred Drummer/KS Educator Mitch Gordon here at Kerem Shalom for 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.

You can sign up in advance for any sessions: Rosalie@KeremShalom.org

Interested in Joining our Kerem Shalom Community?

Find out more: <https://keremshalom.org/join-us/>

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

KS Spotlight



Photos of icebergs that seem to resemble living creatures in Antarctica
Taken by KS member, Jane Appell on her recent adventure

Marla's Corner, or Who Knew?

Last issue's question

Did you guess which member of the KS community is currently playing her woodwind instrument in 6 orchestras, ensembles and groups? It is Elaine Allen! She plays the flute and is quite active. Ask her about it!



May/June's Question

Which member of the KS community spent 9 days on a barge going down the Nile? Many of the fellow passengers slept on the deck and slaughtered goats for their meals. Our KS member ate in the dining room (mostly goat).

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 at 1:00 pm

Next meetings

May 9 – *The Last Kabbalist of Lisbon* by Richard Zimler

Jun 13 - *The Red Balcony: A Novel* by Jonathan Willson

These meetings may be in person

Notes from April's book, *The Incandescent Threads* by Richard Zimler, can be found [here](#).

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

Kerem Shalom Book Group

Hosted by Pat Sills
Meeting monthly, evenings

Next meeting
Wednesday June 14, 7:00 pm – *The Violin Conspiracy* by
Brendan Slocumb

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



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).

We have a fun, Chelm-oriented reading ready to go - we just need your participation to make it happen (on June 4th if we have enough readers).

Interested? Contact Rosalie@keremshalom.org 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 2:30 pm

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

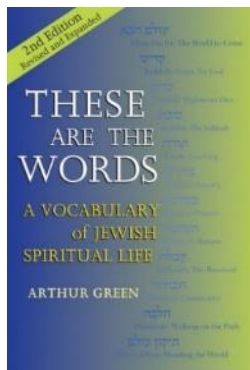
Unless otherwise noted, all Judaic Studies groups are facilitated by the Director of Adult Programming, Rosalie Gerut.

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: May 8, June 12

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 both Jewish and non-Jewish backgrounds. No previous knowledge of Judaism or Judaic studies needed.

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 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 meeting: June 5

[REGISTER HERE](#)

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

Rosh Chodesh (Beginning of the Month) Evening 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 as interesting as the women who participate.

First Thursday of each month, at 7:30 pm

Next meeting: June 8

Location: Zoom

[REGISTER HERE](#)

Torah Conversations Group

Saturdays, 8:45 – 9:45 am
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 [Sefaria](https://www.sefaria.org). 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 [The JPS Rashi Discussion Torah Commentary](#), 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: 5/13 and 6/10

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

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 laughter-yoga-info@keremshalom.org 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 mens-group-info@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** 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



The Adult Programming Committee fondly and gratefully remembers **Kitty Stein**. Kitty – your contribution to Adult Programming and to each of us as individuals is immeasurable. We will always remember you with love and gratitude.



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.