



# **KEREM SHALOM**Adult Programming Newsletter

Volume 4.1 - Sep-Oct 2023/5783-5784



"Beginning" by Israeli artist Yorem Raanan (A painting for the new year!)

## Welcome to our varied offerings, brought to you on Zoom, in person, or both ("hybrid") as noted.

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

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

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#### \*Mask Policy

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

**CLICK HERE** for the latest policy.

## **Upcoming Special Events**

## Who by Fire, Who by Water: Reflections on Unetanah Tokef,

a prayer during the High Holy Days

Sunday Sept 10

Time: 10:30am - 12:00pm

Location: In person at Kerem Shalom

Please join this presentation and discussion with Rabbi Darby Leigh in preparation for the High Holy Days

One of the most powerful prayers that we recite over the High Holy Days is the *Unetanah Tokef*. This is the prayer that expresses the reality that none of us know what the next year has in store for any of us. At the same time, there is a great deal of complicated metaphorical imagery in the prayer that we often quickly gloss over.

This session will give us the precious opportunity to look closely at this text and explore its images and metaphors. We aspire to create a closer relationship with the text so that, when we arrive at this prayer during *Rosh Ha-Shanah* and *Yom Kippur*, we will have a deeper sense of what our hearts and spirits are engaged with.

The late Leonard Cohen left us a powerful interpretation of the *Unetanah Tokef* in his piece, "Who by Fire, Who by Water." We will also take a few moments in this session to review his words and explore how they may serve to deepen our relationship with the *Unetanah Tokef*.

Rabbi Darby Leigh

## Women's Gathering in the Sukkah

**Sunday Oct 1** 

Time: 10:30am - 12:30pm

Location: In person at Kerem Shalom

All KS women are welcome to join members of our KS study groups to share the history of Sukkot and the significance of this special holiday. Following discussion, we will enjoy a friendly brunch.

We welcome your contributions of healthy food for a tasty meal. Please avoid nuts and shellfish, and label, as appropriate: gluten free/dairy/vegetarian/etc.

RSVP: Rosalie@keremshalom.org



"Sukkot" by Israeli artist Yorem Raanan



Advancing Criminal Justice

How An Innovative Legal Clinic Wins the Release of
Wrongfully Convicted Men and Women
LED\* Series 2023-2024

With David A. Moran, Professor of Law

**Sunday Oct 29** 

Time: 10:30am - 12:30pm

Location: Zoom

Professor David Moran cofounded the Michigan Innocence Clinic in January 2009 to litigate claims of innocence by prisoners in cases where DNA evidence is not available. This was the first exclusively non-DNA Innocence Clinic in the country. In its first fourteen years, the clinic has successfully won the release of 41 men and women who had been wrongfully convicted and served a total of more than 650 years of incarceration.

In addition to his work in the clinic, Professor Moran teaches courses in Criminal Law and Criminal Procedure. He has published multiple articles about various aspects of criminal procedure, especially search and seizure, and has argued six times before the U.S. Supreme Court.

In 2018, the Arab American Civil Rights League and Detroit Branch of the NAACP recognized Moran in its Annual Justice Awards Tribute. In 2016, he was named a Michiganian of the Year by The Detroit News for his efforts to exonerate a Michigan Innocence Clinic client. He also has been named Michigan Lawyer of the Year by Michigan Lawyers Weekly.

Professor Moran will discuss the work of the clinic and delve into some of its most challenging cases with us.

#### REGISTER HERE

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

## Remembering Kristallnacht

The Night of Broken Glass

Save the Date: Sunday Nov 5 Time: 10:30am – 12:30pm

Look for details in our next newsletter or in the KS

Weekly news.





## **Spirituality and the Law**

A special Broth Hour with KS member and attorney David Hoffman

Save the Date: Sunday Nov 19 Time: 10:30am – 12:30pm

Look for details in our next newsletter or in the KS Weekly news.

## **Spiritually Uplifting Studies**

## Judaism as a Spiritual Discipline The History, Ideas, and Practice of Mussar

Dates: Five Wednesday mornings Oct 11, 25; Nov 8, 29; Dec 13

Time: 10:30am - 12:30pm

Location: In person at Kerem Shalom

Cost: \$100 for KS members, \$225 for non-members

(scholarships available through Hebrew College).

When modern Jews hear the term "Mussar" they think of ethical ideals, and analyses of character traits. While not



wrong, this misses the most intriguing aspect of Mussar. Mussar is an encompassing spiritual quest, and it offers a unique approach to living a Jewish life. In this five-session course we will begin with an overview of the long history of Mussar (from Biblical and rabbinic texts, all the way through the medieval and modern periods). We will consider the great Mussar leaders of the last two centuries, and the fascinating religious ideas and practices they created. We will then analyze the central Mussar idea: what may seem simply to be ethical work on oneself, when lived out in Jewish community, iopens up pathways for religious insight and spiritual growth. Judaism itself can become a spiritual discipline.

Here are some of the questions we will be asking along the way:

- What are modern Jews supposed to think about these large-scale Mussar insights today? Can we still accept (and/or adapt) them?
- Several otherwise excellent recent attempts to revive interest in Mussar among progressive Jews have minimized the larger spiritual questions that drive Mussar. Is this wise, or perhaps ultimately unsatisfying?
- How do the insights and teachings of modern women Mussar teachers differ from those of male Mussar teachers? Might women tend to approach Mussar thought and practice in a different way?
- How do the Mussar spiritual quest and Mussar practice compare with what one finds in other religions? Together we will be exploring a comparison between Mussar and the tradition of Hindu yoga.

Registration and payment due by October 1.

#### For Kerem Shalom members:

Mail checks to Kerem Shalom (attention Rosalie) or drop them off at KS
 For Non-members:

 Mail a check to Hebrew College (1860 Washington Street, Newton, MA 02466 - attn Business Office), include course name (KS Mussar), and your name in the memo. Email meah@hebrewcollege.edu so they know that a check has been mailed.

#### OR

• Pay by credit card over the phone by calling Anna Katsevman in the Me'ah office at 617-969-6316.

## **Jewish Sacred Drum and Chant Circle**

**Dates: Mondays** 

Oct 2, 16, 23, 30 Nov 6, 13, 20, 27 Time: 2:00 - 3:15pm

Location: In person at Kerem Shalom

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

Join Sacred Drummer/KS Educator Mitch Gordon for a 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 levels of drumming, chanting or meditation experience are welcome, although no experience is necessary. Dress comfortably; hand drums will be provided or bring your own.

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

You may sign up in advance for any or all sessions: Rosalie@keremshalom.org

Interested in Joining our Kerem Shalom community?

Did you know that long distance memberships are available for people who live out of the area?

Find out more: <a href="https://keremshalom.org/join-us/">https://keremshalom.org/join-us/</a>

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

#### **KS Spotlight**

## **Introducing Jane Appell**

Jane Appell has been a member of Kerem Shalom since 1985, and has recently been elected to the KS Board as VP of Adult Programming (AP). Wearing many hats, Jane leads the KS Jewish Content Book Club and regularly attends classes and programs sponsored by AP, enjoying the spiritual and intellectual stimulation they provide. Jane is a psychologist in private practice and the mother of two adult children who both attended Kerem Shalom Hebrew School and had their B'nai Mitzvot at KS. She is also the proud grandmother of 1.5 year old Akiva, who lives with his parents in Portugal.





## **Thank you Scott Sancetta**

After seven years on the Kerem Shalom Board of Directors as VP of Adult Programming, Scott has decided to step down. We're so glad that he will be continuing as a valued member of the Adult Programming Committee.

## **Kerem Shalom Library**

Did you know that Kerem Shalom has a wonderful library? Books are available for loan on a wide variety of aspects of Judaism, both fiction and nonfiction, as well as books by KS member authors.



The library has been newly renovated. A warm thank you to **Ted Barten** for his wonderful work in installing new shelves for the library!

Please visit, browse, borrow!

#### Marla's Corner, or Who Knew?

## Last issue's question

Did you guess which member of the KS community spent 9 days on a barge going down the Nile? Our own queen of the Nile is **Nancy Brown**. She took a lovely cruise down the Nile several years ago. Ask her about it.

### Sept/Oct's Question

Which member of the KS community was covered by novelist/journalist Joyce Maynard who wrote an article about the member's professional training? The article was the cover story for the New York Times Sunday magazine section.



Nancy Brown today with her puppy Millie

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



"Concord" © 2020 by Thomas McKnight, all rights reserved



## **Jewish Content Book Group**

Hosted by Jane Appell

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

September's meeting will be an in-person lunch meeting. Details will be sent to attendees.

Meeting monthly on the

2<sup>nd</sup> Tuesday of each month at 1:00pm

Most meetings will be on zoom, with periodic in person gatherings

Next meetings:

**Sept 12** – The Woman Beyond the Sea by Sarit Yishai-Levi

Oct 10 - My Friend Anne Frank: The Inspiring and Heartbreaking True Story of Best Friends Torn Apart and Reunited Against All Odds by Hanna Pick-Goslar

<u>Click here</u> for notes on July's discussion of *Katinka* by Elizabeth Graver

To join, contact Jane Appell at <a href="mailto:jewish-content-bookgroup-info@keremshalom.org">jewish-content-bookgroup-info@keremshalom.org</a>

Kerem Shalom Book Group
Hosted by Pat Sills
Meeting monthly, evenings

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 give kind, helpful support to each other and overcome procrastination.

Monthly dates and times arranged by the participants.

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

#### **Arts**

#### **Kerem Shalom Members in the Arts**

KS member **Elaine Allen** performed with the **Metropolitan Flute Orchestra** in the Groton Hill Music Center on June 25th. A recording of this performance is <u>available here</u>.



KS members **Marian Levinstein** and **Celia Shneider** will perform with the **Concord Orchestra** in upcoming performances (October 14 at 8:00 pm; October 15 at 2:30 p.m.) of a program featuring Beethoven's *Coriolan Overture*, Sibelius' *King Kristian II: Suite*, and Howard Hanson's *Symphony No. 2.* Performances are held at the Performing Arts Center, 51 Walden in Concord.

If you are an artist or musician and would like to share your recent exhibit or performance in this newsletter, please contact <a href="mailto:Rosalie@keremshalom.org">Rosalie@keremshalom.org</a>

#### Leisure



#### Readers' Theater

Come and enjoy being "on stage" and reading an adaptation of the Isaac Bashevis Singer story: "Shlemiel the First" for the KS community. This will be a version (without music) of the performances that were presented at the American Repertory Theater. No memorization required.

Interested? Contact Rosalie@keremshalom.org for more information.



#### KS Women's Walk

A group of KS women are walking along neighborhood trails or, when conditions require, safe local sidewalks.

Tuesdays at 2:30pm

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

## **Mah Jongg**

Would you like to play Mah Jongg?

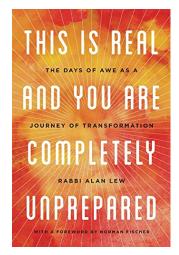
We will meet in person at Kerem Shalom

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.



#### **NEW!** Preparing for the High Holidays

Four Wednesday mornings Dates: Aug 23, 30; Sept 6, 13 Time: 10:30am – 12:30pm

**Location: Zoom** 

Come join a friendly group of folks who are reading and discussing the book, *This is Real and You Are Completely Unprepared: The Days of Awe as a Journey of Transformation* by Rabbi Alan Lew. Rabbi Darby will be joining the group for the second session.

The book "leads the reader on a spiritual journey, drawing on the author's psychological awareness and his experience as rabbi and counselor. It invites people of all faiths to reconnect to their beliefs and passions that will resonate throughout the year."

Each session will focus on a portion of the book as follows:

August 23: Chapters 1-3

August 30: Chapters 4-5 (*Rabbi Darby will facilitate this session*)

September 6: Chapters 6-8 September 13: Chapters 9-10

Please contact <u>Rosalie@keremshalom.org</u> for questions or <u>REGISTER HERE</u> to join us.

## **Shabbat Shalom Group**

Led by Rosalie and group members

#### **Fridays**

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

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

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

For KS members Location: Zoom

Adult members of KS who are interested in exploring messages of the Torah in depth are invited to join this group as we shortly begin a new cycle of Torah readings. Through sharing personal experiences and reactions to the Torah readings, group members



find themselves developing warm friendships and continuing to find deeper meaning in their lives.

A recent session of the Shabbat Shalom Group discussed Parashat Devarim, the opening chapter of the book of Deuteronomy. This portion contains Moses' final speeches and instructions to the Israelites as they prepare to enter the Promised Land.

Moses reminded the Israelites of the significant events they encountered during their journey from Mount Sinai through the desert, and how they resisted accepting God's teachings before finally being prepared to move forward. In his final years, Moses had to recognize his age and failings, and accept that the new generation would move forward to the Promised Land without him.

We explored the importance of rules, laws and structure in organizing a community.. Drawing from Moses' example, we discussed the role of good leaders as teachers, reflected on the strengths and weaknesses of leaders of our time, and recognized how many of us are leaders and teachers in our own ways.

We also examined the impact of fear on personal and communal growth. We pondered how, like the Jewish people in the Torah, we can open our hearts and summon the courage to navigate the many perils we face in our world today and forge a new path forward.

Finally, we explored the parallels between the maturing of the Israelite community, Moses' life, and our own aging as individuals. We found inspiration in the ability of the Israelites to find acceptance and courage within their community. Like those in Torah, members of our group find inspiration in our small group community and in the broader KS community as we navigate our lives

"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**

## **Spiritual Studies**

**Second Monday of each month** 

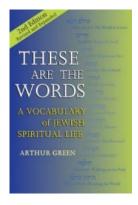
(Shifted in Sept and Oct due to the High Holidays)

Next meetings: Sept 18, Oct 16

10:00 - 11:30am

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!

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

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

First Monday of each month, 10:00 – 11:30am

**Next meetings: Sept 11, Oct 2** (September meeting moved for the

Jewish holiday)

For KS women members

**Location: Zoom** 

We welcome women from both Jewish and non-Jewish backgrounds.

Would you like to learn a bit more about the Jewish holidays that appear each month and how we can connect to their meanings? You don't need to have a background in Judaic studies or even be familiar with Hebrew. The friendly, supportive participants find it to be a warm, interesting and inspiring experience. Join us and find out!



"A group of women enter the room or Zoom. A candle is lit. We greet each other by our 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

#### **REGISTER HERE**

If you have questions, please contact Rosalie at Rosalie@keremshalom.org

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

Third Thursday of each month, 7:00 - 8:30pm

Next meeting: Oct 19 For KS women members

**Location: Zoom** 

For those of you who are busy during the day, we are offering an additional Rosh Chodesh group opportunity on Thursday evenings. Please let us know if you are interested and we will move ahead with our first meeting of the New Year.

No previous knowledge or pressure to prepare required. Our discussions are always as interesting as the women who participate.

Contact Rosalie@keremshalom.org

## **REGISTER HERE**

## **Torah Conversations Group**

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

Location: Mostly Zoom; in person in the KS library the last

Saturday of the month

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). Most



participants read English translations. The parasha can be read online at <u>Sefaria</u> as well as other sources.

For the current year, 5784, 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, many of which are on our resource list.

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 once a month. Upcoming dates for Rabbi Sam's attendance are TBD.

The group meets each Shabbat morning, with rare exceptions, as long as there are two or more of us who are available to meet. Currently we meet on Zoom except for the last Saturday of the month when we meet in person in the KS library. Conversations about the week's parasha begin promptly at 8:45 AM and end at 9:45 AM. For general conversation, the Zoom room is opened at about 8:35, and the library at about 8:30

#### **REGISTER HERE**

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

## Health & Comfort for Mind, Body and Soul

## **Spiritual Inspiration**

**Tuesday Mornings** 

Dates: Oct 10, 24; Nov 7, 21; Dec 5, 19

Time: 10:30am – 12:30pm

For KS members and non-members

**Location: Zoom** 

Cost: Voluntary contributon to Kerem Shalom Adult

**Programming** 



KS member and Certified Spiritual Director (CSD) Carolyn Gold is offering a series of six small group meetings to listen to your inner selves, align your lives to what you hear, and experience what's sacred around you. Using quotes and poetry from religions and different philosophies to open to the mystery in our lives, we will move out of our heads and into our souls.

The purpose of Spiritual Inspiration is to find your truth, your own unique path to follow. There is no map. You will know in your heart when you arrive, as did Abram in Genesis (12:1-17).

**The Facilitator**: Carolyn Gold wants to share the spiritual inspiration she has received through her spiritual direction program, her work over the past five years in individual and group spiritual direction, her twenty years of Torah study and several years of Buddhist reading.

Small group participants will become spiritual companions, providing deep listening and deepening questions to help "embrace our wandering," as our ancestors did in the desert. Spiritual companions help us penetrate the surface of life and find our utmost truth. (Thomas Merton: Podcast 8) As Moses said, "Truth is not in the heavens...it is in your mouth and in your heart for you to live it. (Deuteronomy: 30:12-14).

Participants: Individuals seeking to experience life in deeper ways.

**Participants' role**: Openly sharing and deeply listening to what is inside yourself. Help others to do the same with questions that help them go deeper. We have the freedom not to fix or repair anyone else.

You will need a journal and a commitment to attend the six sessions.

#### **Testimonials** From Past Group Members

- "It's so meaningful, profound and deep. We are all so open; Carolyn's facilitation and small group size helps this happen."
- "The material (poems, quotes, exercises) touches me inside."
- "Each two-hour session is beautiful. Each one helps me see myself."

Contact Carolyn Gold with questions or interest in participating . Contact: Carolyn via Rosalie: Rosalie@keremshalom.org

## **Insight Meditation with Cheryl Steinberg**

Tuesdays, 9:00 – 10:00 am (Zoom opens at 8:45 to schmooze) For KS members and nonmembers

**Location: Zoom** 

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

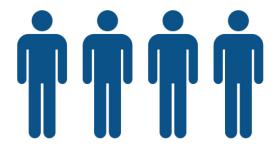


Contact Cheryl if you have any questions: meditation-with-cheryl-info@keremshalom.org

REGISTER HERE

## **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 has 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 <a href="member-group-info@keremshalom.org">member of the current men's group or in starting a new one, please contact George Peabody at <a href="member-group-info@keremshalom.org">member of the current men's group or in starting a new one, please contact George Peabody at <a href="member-group-info@keremshalom.org">member of the current men's group or in starting a new one, please contact George Peabody at <a href="member-group-info@keremshalom.org">member of the current men's group or in starting a new one, please contact George Peabody at <a href="member-group-info@keremshalom.org">member group-info@keremshalom.org</a>.

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 compiling and formatting this newsletter; to Nancy Sokol for her time writing and editing; to David Luberoff, 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 Marla Richmond for creating "Marla's Corner"; and to the AP Committee for their assistance in creating these offerings: Elaine Allen, Jane Appell (our new Board VP), Carol Barron, Diane Fulman, Carole Greenfield, Marla Richmond, Nancy Sokol. and Scott Sancetta for their patience, creativity and good humor. 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.