



*Vineyard of Peace
by Ilana Manolson*

KEREM SHALOM

Adult Programming Newsletter

Volume 4.3 – Jan/Feb 2024/5784



Painting by Israeli artist Yorem Raanan

**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: <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	4
Classes in Judaic Studies.....	6
Marla’s Corner, or Who Knew?	11
Kerem Shalom News	11
Recent Events	13
Literary Groups	14
KS Members in the Arts.....	16
Leisure	17
Judaic Studies in Community.....	18
Health & Comfort for Mind, Body and Soul.....	21

Mask Policy

Masks are currently optional for all events at Kerem Shalom. In-person attendees should be fully vaccinated and boosted.

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

*We stand with and pray for our sisters
and brothers in Eretz Yisrael.*

Upcoming Special Events

Broth Hour with Adam Morse

Art and Personal Agency

Sunday Jan 7

Time: 10:30am – 12:00pm

Location: Zoom



Adam Morse attended Kerem’s Shalom’s Hebrew school and had his Bar Mitzvah in 2004. He

graduated with his BA in Geography at Clark University in 2013 and completed his Master’s and PhD in

Cultural Geography at the University of Oregon in 2016 and 2022, respectively. His studies and publications have focused on incarceration and the role of the arts as forms of resistance in prison environments in the United States, as well as a focus on underground economies in the Middle East. As an artist in his own right, Adam has been listening to folk and roots music since he was a child; he has played the banjo since age ten, and many years later began focusing on the guitar and vocals. For the last seventeen summers Adam has worked at a youth camp in New Hampshire where he has designed and run both a leadership development and music performance program. Adam recently launched his podcast “There is a Season”, devoted to more greatly exposing the life and work of the late folk musician, Pete Seeger. Adam currently lives in western Massachusetts and works as an adjunct professor and social studies teacher.

Adam’s talk will draw upon his dissertation work which discusses how geographical conditions and circumstances produce different artistic mediums, with a focus on how this occurs in spaces of confinement as a strategy of agency and resistance. Adam’s conversation will connect these ideas to bigger questions of how we should more constructively look at cultural appropriation of art in contemporary times, and how we can avoid neglecting the useful cultural resources that are beneficial for solving today’s inequalities.

Here's a link to Adam’s podcast, [“There is a Season”](#), also available on Spotify and Apple Music

REGISTER_HERE



Broth Hour with Jodi Hilton In Afghanistan

Sunday Feb 4

Time: 10:30am – 12:00pm

Location: Zoom

Jodi Hilton is an internationally recognized photojournalist whose work primarily focuses on migration and marginalized communities. She has recently returned from a trip where she researched the conditions facing Afghan refugees in Pakistan, the country that hosts the largest number of Afghan refugees. Jodi will try to explain why, over the last few months, Pakistani authorities have pushed back tens of thousands of Afghan refugees to Afghanistan, placing them in danger. She will also share her photography and describe her experience visiting Afghans, journalists, UN representatives and lawyers in Pakistan.

In addition to her reporting work, Jodi is one of numerous independent volunteers helping to shepherd Afghans at high risk to safety in countries such as Germany and France. She will discuss her work providing support and resettlement assistance to those whose lives are at risk due to their advocacy promoting women's rights, press freedom and rule of law prior to 2021 when the Taliban came to power. Jodi She currently lives in Cambridge, and is the daughter of KS member and Concord resident Joan Hilton.

Further information about Jodi and her work can be found at <https://www.jodihilton.com>

REGISTER_HERE

Future Broth Hours

We would love to feature many more of our **adult/former KS Hebrew School graduates.**

Please help us find them and hear what they are doing with their lives!
(Of course, we welcome *any* member with a story to tell)

contact: Rosalie@KeremShalom.org

Redeeming Hostages in the Jewish Tradition

With Rabbi Jamie Kotler

Dates: Tuesday mornings
Jan 9, 16 2024

Time: 10:30am – 12:30pm

Location: Zoom

Cost: \$50 for KS members, \$75 for non-members



Since the brutal Hamas attack on October 7, when 240 hostages were taken to captivity in Gaza, there have been intense negotiations for their release. It is believed that 130 hostages remain in Gaza. Tanach has several stories of hostage taking, and the Talmud has much to say about it as well. Medieval commentators, like Maimonides offer their insights as well. Difficult questions are raised: Should we "pay" for hostage release? Who is obligated to pay? How much? Should the level of one's education or social standing affect the amount? Is this a private obligation, or a societal one, and does that affect how we think about payment? What are the implications inherent in these payments? What are the incentives and disincentives? Should some hostages be released when it is not possible to release all of them? These questions resound with us today. Join us for learning and discussion as we probe this difficult issue.

RSVP: Rosalie@KeremShalom.org

Please send checks (att: Rosalie) to Kerem Shalom, P.O. Box 1646 Concord 01742

Eve and Lilith: Revisiting the Stories of Creation **With Dani Rader, Kerem Shalom's Engagement Specialist**

Dates: Sun Jan 21

Time: 4:00 – 5:00pm

Location: Zoom



Are you curious about the creation narratives in the book of Genesis? Have you heard about the figure of Lilith, but unsure of her place in the Jewish tradition? This hour-long zoom course will explore the conflicting creation narratives in Genesis 1 and Genesis 2, with an emphasis on the figures of Eve and Lilith. We will do a close reading of the two creation stories in the book of Genesis, paying particular attention to the themes of gender, power, and community. We will delve into rabbinic midrash, or biblical commentary, that seeks to explain the differences between the two accounts of creation through the figure of Lilith, who the rabbis imagine as a precursor to Eve. Alongside rabbinic commentaries, we will explore feminist responses to Genesis 1 and 2 and consider the interpretive issues raised by the biblical text in light of contemporary Jewish feminist concerns.

Dani Rader studied religion at Carleton College in Northfield, MN, and completed a Master's in Theology at Harvard Divinity School. In addition to her work at Kerem Shalom, she is a Jewish educator and writer. She is inspired to work with the KS community to create meaningful and enriching opportunities for engagement and congregational life. In the future, she hopes to become a rabbi. When she is not at work, you can find her doing yoga and trying out new recipes at home.

The Newest Forms of The Oldest Hatred **Understanding Contemporary Antisemitism**

Dates: Six Tuesday mornings
Jan 23, 30; Feb 6, 13, 20, 27

Time: 10:00am – 12:00pm (note the earlier start)

Location: In person at Kerem Shalom

Cost: \$180 for KS members

Non-KS Members please register [here](#)



A number of dangerous forms of antisemitism are poisoning our world. Where did they come from? How did they arise? And based on that, what can we do to counter them?

In this course we will first explore the ancient and medieval historical contexts of Christian and Islamic antijudaism, out of which modern forms of antisemitism have arisen. We will then turn to the nineteenth century, which saw decisive reinterpretations of these earlier materials in both Christian and Islamic theological circles.

We will however spend the bulk of our time analyzing precisely how subsequent movements in the twentieth and twenty-first centuries helped to spawn the notorious and vicious manifestations of antisemitism we encounter today.

A short list of these manifestations would include: various forms of contemporary Islamic antisemitism; total denial of legitimacy to Zionism and thus of the right of Jews to have a majority nation state of their own; radical right-wing and radical left-wing hatred of Jews and Judaism; different forms of online antisemitism, and the horrifying absolute enshrinement of antisemitism as dogmatic truth among academics and on college campuses, particularly though not exclusively in America.

We will conclude by studying groups who are, happily, opposed to these terrible and dangerous slanders, and by pondering some proposed strategies for responding to them.

RSVP: Rosalie@KeremShalom.org

Please send checks (att: Rosalie) to Kerem Shalom, P.O. Box 1646 Concord 01742

Kerem Shalom Read and Reflect

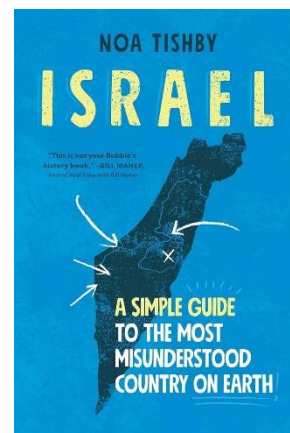
Israel: A Simple Guide to the Most Misunderstood Country on Earth by Noa Tishby

With Rabbi Sam Pollack

Dates: Six Wednesday evenings
Jan 24, 31; Feb 7, 14, 28; Mar 6

Time: 7:30 – 9:00pm

Location: Zoom



Do you have questions about Israel? Do you wish you knew more about its history and the history of the Arab-Israeli conflict? Do you seek a supportive space to learn and talk about Israel during this difficult time?

Join Rabbi Sam and other members of Kerem Shalom for a Read-and-Reflect discussion group, on the popular book *Israel: A Simple Guide to the Most Misunderstood Country on Earth* by Noa Tishby. Together we will deepen our understanding of Israel's story, wrestle with divergent narratives, and—most importantly—help one another move through this painful time in Jewish history.

Discussions will take place Wednesday evenings on Zoom, over the course of six sessions and participants are expected to arrive ready to share a passage that stood out to them from the assigned reading (two chapters per week). Guidelines for conversation will be distributed prior to the first session. A limited number of copies of the book will be made available in the Kerem Shalom library for registered participants to borrow.

To sign up, email Rabbi Sam (learning@keremshalom.org). Open to KS members.

NEW - Sweet Tahini Cooking Class **Celebrating Tu Bishvat with the Bounty of the Holy Land** **With Hila Krikov**

Date: Mon, Jan 29, 2024

Time: 7:00 – 8:30pm

Cost: \$40 / person

Location: In person at Kerem Shalom



In ancient times, sweets were created by combining fruits with nuts and wheat with honey, and clusters of raisins and fig cakes were given as reviving foods.

These Biblical descriptions of feasts and food ingredients such as pistachios, almonds, tahini, rose water, dates, and semolina, that are native to the holy land, will inspire our Tu Bishvat cooking class menu.

Join our class, in which we will make nuts and seeds crackers (gluten-free), tahini and carob dip, Ma'amouls (date-stuffed cookies), and baked apples with almonds and dried fruits.

For more information or to sign up for this class, please RSVP to Dani Rader (**by Monday, Jan 22**) at community-engagement@keremshalom.org

Hila Krikov, one of our wonderful Hebrew School Reimagined teachers, owns and operates [Sweet Tahini](#), her own Middle Eastern food company,

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: <https://keremshalom.org/join-us/>

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

KS Spotlight

Chanukah in Concord



The town of Concord sponsored a Chanukah menorah-lighting celebration on Wednesday December 13th, at Rideout Park in Concord. Despite the cold, the event was well attended, with **Rabbi Darby** lighting the menorah, and music (thank you **Nancy Kaplan, Rosalie Gerut, Marty Plotkin and George Peabody**) inspiring people to sing and dance.

Debra's Natural Gourmet provided latkes, and goodie bags went to KS families.
A beautiful event celebrating community.

Marla's Corner, or Who Knew?

Last issue's question

Last newsletter's question: Did you know who had a grandfather who designed a cake for JFK's inauguration? It was Dani, our new KS Engagement Specialist. Ask her about it!



Jan/Feb Question

What member of the KS community began embroidery at age three and since then has gone on to knit, crochet, quilt, spin (of many types), and sew? Get an extra point and name a form of needlework this person does not do!

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

Kerem Shalom News

Update on the KS Immigration Task Force by Sue Viskin

We were delighted to have Razia and Taiba, two sisters from Afghanistan whom we have been working with over the past two years, join us at KS for the Shabbat service on 11/3/23 that focused on immigration. The sisters enjoyed following along with the service, met many of us with growing confidence, and appreciated our support.

Razia and Taiba are now working on getting drivers' licenses. Our Task Force volunteers continue to help them with health care visits, insurance issues, and applications for green cards. We continue to explore other job options.

We have recently also taken on some support for two young members of the Hakimi family in Lowell, helping with housing expenses. We work in collaboration with the First Parish team who are managing the support of this large family, also from Afghanistan.

For more information, or to get involved, email immigration@keremshalom.org

Antisemitism Awareness Team Update

Antisemitism Awareness Team members are committed to educating themselves and the community about antisemitism and actions we can take to combat it. We sponsor events such as book discussions and guest speakers as ways to accomplish these goals. New members are always welcome to join our team. If interested, send us an email at antisemitism-awareness@keremshalom.org We meet on the fourth Thursday of each month.

IMPORTANT PROGRAM FOR ADULTS AND YOUNG ADULTS

Please join us for this timely and critically important webinar: *The Current State and Trends of Antisemitism, Antizionism, and Hate on Campus and Beyond*. Learn from ADL experts about the current state of campus antisemitism, antizionism and hate and how issues, events, rhetoric, and incidents on college campuses reflect larger trends. This critical update will also include suggested actions college students can take to combat hate.

This program is presented by ADL for congregations who participate in Kulanu. ([Kulanu](#) is an international organization seeking to create an inclusive Jewish world.)

Feb 13 at 4:00 PM - Register [here](#).

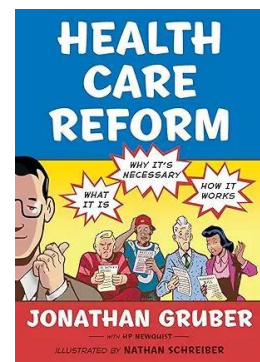
Antisemitism program for Teens at K/S

On Sunday, March 10th, Kerem Shalom will be hosting a JLOFT session (Jewish Learning Opportunities for Teen) focusing on Antisemitism. Stay tuned for more details.

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 and other topics of interest to our members, both fiction and nonfiction, as well as books by KS member authors. We recently acquired this excellent book (pictured at right) by **Professor Jonathan Gruber**, a featured KS speaker in Dec 2023.

The library, open whenever Kerem Shalom is open, was renovated this past summer, with the generous help of Ted Barten.
Please visit, browse, borrow!



Recent Events

Expanding Our Horizons: Insights on Law and Life from two “Davids”

On November 19th, KS member and former KS President **David Hoffman** shared his insights in a Broth Hour on a fascinating topic: The Law as a Spiritual Practice. David is a founding member of the Boston Law Collaborative, where he is a mediator, arbitrator, and attorney.

David talked about some of the headwinds that lawyers face when trying to bring spiritual integrity to their work--such as law's focus on logic instead of emotion, rules instead of values, and the protection of vested interests as opposed to social justice. He then described some of the elements of spiritual practice, such as inner exploration, connection with others and community.

In his presentation, David outlined some of the basic elements of the internal Family Systems (IFS) model as a useful tool for accessing the spirit of divinity that lies within all of us. He also noted that the IFS model, which was developed for psychotherapy, is now also being used by lawyers, mediators, and other professionals, as a way of empowering clients to access the wisdom within.

On October 29th, **David Moran**, Professor of Law at the University of Michigan Law School and Co-founder of the Michigan Innocence Clinic, gave an L.E.D. (Learn. Explore. Discuss.) talk on “ How an Innovative Legal Clinic Wins the Release of Wrongfully Convicted Men and Women.

In its first fourteen years, the Michigan Innocence Clinic has successfully won the release of 41 men and women who have been wrongfully convicted and served a total of more than 650 years of incarceration. What makes the Clinic different from many other Innocence Clinics around the country is that it exclusively handles non-DNA cases. Many of these cases involve murder and arson.

The link below features an engaging and informative story about the work of the Clinic, and a video that highlights three of the exonerees and also features a student, a colleague of Professor Moran, as well as Professor Moran. The article was published in The (Michigan) University Record, with credit to Jared Watley and Jennifer Howard.

<https://impact.govrel.umich.edu/freeing-wrongly-accused-from-prison/>

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

We discuss books with Jewish content or themes

Meeting monthly on the

2nd Tuesday of each month at 1:00pm

Meetings are sometimes on Zoom, sometimes in person.

Next Meetings

Jan 9 – *Künstlers in Paradise* by Cathleen Schine

Feb 13 - *The Wolf Hunt* by Ayelet Gundar-Goshen

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

Kerem Shalom Book Group

Hosted by Pat Sills
Meeting monthly, 7:00pm



Next meetings

Tue Jan 2 - *Tom Lake*, by Ann Patchett
Wed Feb 21 – *The Soul of an Octopus* by Sy Montgomery
Tue Apr 2 – *Demon Copperhead* by Barbara Kingsolver

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.

2nd Monday of each month

3:30 – 5:00pm

Location: Zoom

Next meetings: Jan 8; Feb 12

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

KS Members in the Arts

The **Concord Chamber Music Society** (Wendy Putnam, Artistic Director; **KS member Nancy Sokol, President**) will present a program of words and music based on Jeremy Eichler's book, *Time's Echo* (a New York Times most notable book for 2023). Mr. Eichler, a historian, music critic and scholar, will discuss themes from his book exploring music of remembrance of the second world war and the Holocaust. A string quartet, including musicians from the Boston Symphony Orchestra, will play quartets by Benjamin Britten and Dmitri Shostakovich. The performance takes place Sunday, January 7, 3:00 PM, at the Groton Hill Music Center.



For tickets or more information visit [this website](#).

KS Member Celia Shneider will be a violinist with the **Concord Orchestra** in an upcoming program, "Spanish Passions and Nordic Visions." There will be two performances at 8 pm on January 26th and 27th at 51 Walden Street in Concord. The Saturday performance will have a pre-concert talk by the conductor at 7:15 pm. The program features works by George Bizet, Edouard Lalo and Jean Sibelius.

Visit concordmaorchestra.com for tickets or more information

KS member Cynthia Katz had her work exhibited in the exhibit "International Alternative Processes 2023" at Soho Photo in NYC in November/December at the Soho Photo Gallery, 15 White Street, New York City

Cynthia will be the featured artist in January-February at Three Stones Gallery in Concord Center

If you are involved in the arts and would like to share your recent exhibit or performance in this newsletter, please contact Rosalie@keremshalom.org

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

NEW: Sunday Walk

Are there any folks interested in an early afternoon Sunday walk?

Contact: Rosalie@KeremShalom.org and we will arrange dates and times!



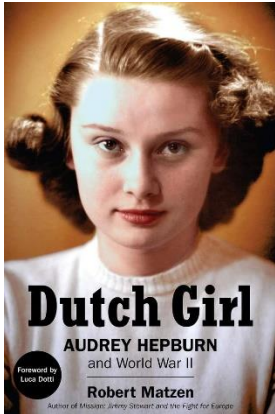
Mah Jongg

Would you like to play Mah Jongg?

We will meet **in person** at Kerem Shalom

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





Did you Know...

Audrey Hepburn spied on Nazis during World War II?

Film icon **Audrey Hepburn** long hinted that she was active in the Dutch Resistance against the Nazis as a girl living in Nazi-occupied Holland. Now a biography of the star by Robert Matzen, *Dutch Girl: Audrey Hepburn and World War II* has uncovered previously unknown ways that Hepburn and her mother aided the Allies.

[Read more here](#)

You can find *Dutch Girl* in the Kerem Shalom Library!

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

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

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

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

Location: Zoom

Adult members of KS who are interested in exploring messages of the Torah in depth are invited to join this group. 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.



Questions? Contact Rosalie at Rosalie@KeremShalom.org

[REGISTER HERE](#)

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

An invitation to **Women Members** of Kerem Shalom
First Monday of each month, 10:00 – 11:30am
Location: Zoom

Next meetings: Jan 8, Feb 5

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 group is held in English and the friendly, supportive participants find it to be a warm, interesting and inspiring experience. Join us and find out!



Art by Yorem Raanan

“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@KeremShalom.org

Torah Conversations Group

Saturdays, 8:45 – 9:45am

For KS members and non-members

Location: Mostly Zoom; in person at Kerem Shalom the last Saturday of each 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 [Sefaria](https://www.sefaria.org) as well as other sources.

Each year, the group chooses a collection of commentaries to read and use as a guide for discussion. For 5784, along with the parasha, the group will be reading and discussing the weekly section in [Talks on the Parasha](#) by Rabbi Adin Steinsaltz. 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, serves as our Clergy Advisor. He will study with us and facilitate our conversations on the second Shabbat of the month in 2023-2024/5784.

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. We begin our parasha discussion promptly at 8:45 AM and end at 9:45 AM. For more general conversation before and afterwards, the Zoom room is opened at about 8:35, and the library at about 8:30, and often extends for a few minutes after the closing prayer of Torah Conversations.

We welcome you to join us any Shabbat morning.

For Zoom, Register via the link on the KS website calendars.

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

Spiritual Inspiration

Tuesday Mornings

Dates: Carolyn will contact you to arrange dates once there are a group of interested participants

For KS members and non-members

Location: Zoom

Cost: Voluntary contribution to KS Adult Programming



KS member Carolyn Gold, a Certified Spiritual Director (CSD), is offering a series of six small group virtual 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. Know in your heart when you arrive, as did Abram (Genesis 12:1-17).

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

Our small group will be spiritual companions, providing deep listening and deepening questions to help us “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 on your heart for you to live it. (Deuteronomy: 30:12-14).

Participants: Four individuals seeking to experience life in deeper ways.

Participants' Role: Opening 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 all 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 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](#)

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 **Nancy Sokol** for her contribution to 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 **Diane Fulman** for researching and organizing our L.E.D. sessions; to **Marla Richmond** for creating “Marla’s Corner”; and to **the AP Committee** for their assistance in creating these offerings: **Elaine Allen, Carol Barron, Diane Fulman, Carolyn Gold, Carole Greenfield, Sam Nagler, Marla Richmond, Nancy Sokol, Scott Sancetta** and **Board VP Jane Appell** 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.