



Vineyard of Peace
by Ilana Manolson

KEREM SHALOM

Adult Programming Newsletter

Volume 5.3 – Jan/Feb 2025/5785



Image credit: Moonlake Designs

**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.

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Policies for COVID-19 and other Respiratory Infections

Masks are currently optional for all events at Kerem Shalom. In-person attendees should be vaccinated and have appropriate boosters. [CLICK HERE](#) for the latest policy.

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

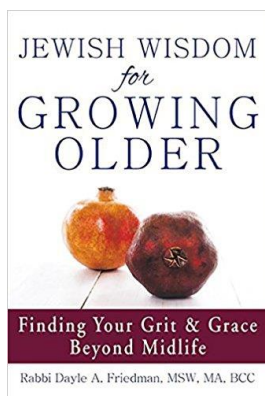
Upcoming Special Events

Introducing a new series for Kerem Shalom

Across the Ages and Stages of Life Growing Older in Community with Kerem Shalom

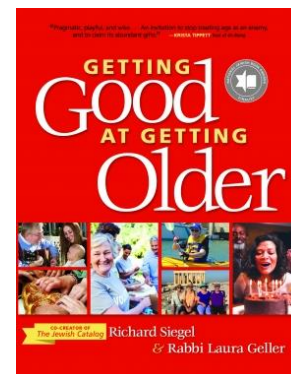
KS Adult Programming is developing a series of programs to create opportunities for the KS community to explore and engage with one another around a variety of topics that arise as we get older. The series will include presentations, small group discussions and workshops through the winter and spring of 2025. Three sessions are already scheduled. Details about further programs will be shared as they become available.

Many wonderful resources are available to us as we travel along our journeys. Two of these serve as a scaffold for the series. Several copies of each will be in the KS Library:



[Jewish Wisdom for Growing Older: Finding Your Grit and Grace Beyond Midlife](#), by Rabbi Dayle A. Friedman, a colleague of Rabbi Darby. “Each chapter explores a dimension of the path beyond midlife, and includes teachings from Jewish tradition, stories of people Rabbi Dayle has accompanied, taught and counseled. In addition, each chapter offers a Jewish spiritual practice to enable readers to deepen their resilience and wisdom in relationship to the theme, and concludes with a blessing for the reader. The spiritual sustenance found here will inspire the discovery of radiance and resilience on the complex journey of growing older.”

[Getting Good at Getting Older](#), This is a curated collection of chapters on specific topics relevant to aging, each written by people with expertise in that area. Rabbi Geller writes, “Let me be clear: This is a book about life, meant to empower, delight, challenge, and whet our appetite for whatever comes next...It gives the ‘young older’ an opportunity to discover in Jewish tradition and culture the tools to bring meaning and purpose to this stage of life. It offers ways to transform the paradigm of aging from one of decline to one of opportunity.”



Upcoming Programs (See full listings below)

Wednesday, Jan 15, 6:00pm

Ageing – Aren’t We All?, an introduction to the series with Rabbi Darby Leigh

Wednesday, Jan 22, 7:30pm

Basics of Estate Planning, with Laura Goodman, Esq.

Sunday, Feb 9, 5:00pm

LED Talk: Getting Good at Getting Older, a conversation with Rabbi Laura Geller, co-author of *Getting Good at Getting Older*

Aging – Aren't We All? with Rabbi Darby Leigh

Wednesday, Jan 15

Time: 6:00pm

Location: In person at KS and on Zoom



Whether you consider yourself an “elder” or not, we each are somewhere on the aging continuum, and issues of aging in our society affect all of us. What does Judaism have to teach us about the responsibilities that “elders” have and of their obligations to the Jewish community? What are the responsibilities that a community bears, and what obligations does the Jewish community have towards its elders?

In addition to reviewing some texts that address the questions above, this session will also give us the opportunity to consider our own personal relationship towards those who are older than ourselves, or our own personal status if we are the “elders” of our community. I look forward to studying these texts together and to thinking carefully about these questions that affect us all.

To attend in person, please RSVP to ap-registration@keremshalom.org by Jan 9.

To attend via Zoom, [REGISTER HERE](#)



The Basics of Estate Planning with Laura Goodman. Esq.

Sunday, Jan 22

Time: 7:30 – 9:00pm

Location: In person at KS and on Zoom

Estate planning is essential for all phases of adult life and is especially important for families with young children and for elders. Laura Goodman, experienced estate planning counsel, will discuss the basics of estate planning. This will be a great opportunity for anyone who does not yet have an estate plan to start thinking about it, for those who would benefit from updating or revising their existing plans, and for folks who have an estate plan but wonder what all of those lengthy documents they signed actually mean!

Among the topics Laura will discuss are:

- What the key estate planning documents are, and their functions;
- How a well-drafted estate plan can:
 - Potentially save the estate thousands of dollars in estate taxes

- Keep decisions about who receives your property upon your death and the terms under which they receive them confidential by avoiding probate
- Provide for the care of minors and disabled heirs (and pets)
- Designate who will handle your finances if you are unable to do so
- Provide guidance to your loved ones for their use if and when they are required to make critical healthcare decisions on your behalf
- Be used as a vehicle for charitable giving

A handout of the talk will be provided and shared as a PDF in the chat for Zoom participants.

[REGISTER HERE](#) (to attend on Zoom)

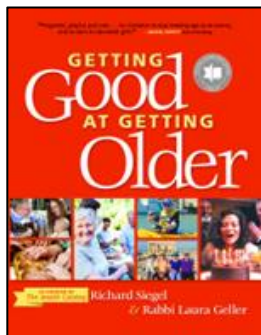
Laura Goodman joined Margolis Bloom & D'Agostino in 2015. She represents clients in matters involving estate planning, planning for long-term care, special needs planning, guardianship and conservatorship proceedings, and probate administration. Laura earned her J.D. from Northeastern University School of Law, where she was a senior staff member of the Law Journal and a Team Leader for the Domestic Violence Institute at Boston Medical Center. She received a Bachelor's degree in journalism from Syracuse University's S.I. Newhouse School.

The Basics of Estate Planning with Laura Goodman is co-sponsored by the KS Legacy Giving Committee and the KS Adult Programming Committee.

Getting Good at Getting Older

L.E.D.* Series with Rabbi Laura Geller

Sunday, Feb 9
 TIME 5:00 – 6:30pm
 Location: Zoom



Rabbi Laura Geller will discuss topics related to aging, based on material in her book (co-authored with Richard Siegel, co-creator of *The Jewish Catalog*). Specific format and content for this program is still in development. Details will be shared via the KS Weekly News and KS website when they have been finalized.

Copies of Rabbi Geller's book, *Getting Good at Getting Older*, will be placed in the KS Library

See the Weekly News or the KS calendar for the **Registration** Link

* L.E.D. = Learn. Explore. Discuss.

Broth Hour

with Gilad Skolnick, Regional Director of
Advancement: American Friends of Leket Israel



Sunday, Feb 2

Time: 10:30am – 12:00pm

Location: In Person at KS AND on Zoom

Gilad Skolnik, the son of the recently-retired and beloved KS Hebrew School teacher Avital Skolnick, is the New England representative of Leket Israel, Israel's National Food Bank. He has been involved in the greater Boston Jewish non-profit field for over a decade. As the Executive Director of Northeastern University Hillel, one of his focuses was on food rescue, installing a community fridge right outside the building, to provide leftover Shabbat dinners to hundreds of local people in need. His earliest childhood memories are of picking fruit on a Kibbutz in Israel.

Leket Israel is believed to be the largest gleaning operation in the world, rescuing and distributing 330,000 meals every week to vulnerable Israelis of all backgrounds, including single parents, Israeli Arabs, new immigrants from Ethiopia and Ukraine and Holocaust survivors. Join us to hear about the current state of agriculture in Israel, challenges beyond the headlines and the latest innovations in food rescue.

To attend in person, please RSVP to ap-registration@keremshalom.org

To attend via Zoom, [REGISTER HERE](#)

Classes in Judaic Studies

Introduction to Torah Chanting with Celia Shneider

Thursdays from 10:00 - 11:15am

January 9, 16, 23, and 30, February 6 and 13

Tuition: \$75 for KS members; \$105 for non-KS members

This 6-session class will introduce participants to the ancient art of Torah chanting. About 1300 years ago, the Masoretes of Tiberia developed a system of cantillation marks, or trope (Te'amim), which gave melodies and phrasing to the Torah readings, as well as vowel pointing for Hebrew, which detailed its pronunciation. You will learn some of the approximately 26 trope symbols and their melodies, on your journey to become a Torah chanter.

Prerequisites: The ability to read Hebrew, and keep a tune.

Text: *Chanting the Hebrew Bible* by Joshua Jacobson, Student Edition, The Jewish Publication Society.

Celia Shneider is a long-time member of Kerem Shalom. She studied Torah chanting with Cantor Ellen Band 13 years ago, and has since been chanting Torah for Kerem Shalom and several Metro West Synagogues on Shabbat, High Holiday services, and for B'nai Mitzvot celebrations.

Please mail your checks to Kerem Shalom, PO Box 1646, Concord, MA 01776
RSVP: AP-registration@keremshalom.org

Cooking with Hila with Hila Krikov*

**Two sessions (you can enroll for one or both)
Cost: \$40 per session**

January 27, 6:45 - 8:00pm, Breaking Bread: In this class, participants will learn how to make a Jerusalem bagel, a pita pocket, and dukkha—a flavorful blend of seeds and spices that adds crunch and depth to any dish.

February 10, 6:45 - 8:00pm, Tu BiShvat Recipes: Let's celebrate the New Year of the Trees by making fruit-based desserts! Our menu will feature stuffed dates, carob energy balls, and chocolate coins topped with dried fruits and seeds.

A minimum of 6 participants is required. (The maximum is 8).

Checks can be mailed to Kerem Shalom, PO Box 1646, Concord, MA 01742

Register: AP-registration@KeremShalom.org

* *Hila, one of our wonderful Hebrew School Reimagined teachers, is the founder of [Sweet Tahini](#), sourcing plant-based frozen desserts*



Additional Resources

Classes via My Jewish Learning

A wonderful variety of offerings!

All offerings: <https://www.myjewishlearning.com/>

Here's a fun read: [Jewish history of Tootsie Rolls and More](#)

And a fascinating one [The Story of "Oy Vey"](#)

Kerem Shalom News

Update from the Antisemitism Awareness Team

from Jane Appell

Thank you to David Hoffman and Shira Hoffer for the wonderful presentation on Nov 19, **Cultivating Curiosity and Understanding Difficult Conversations**. This presentation was organized by the KS Antisemitism Awareness Team to help KS members develop skills for engaging in difficult dialogues with others, whether about antisemitism, Israel, or politics. David, as always, gave an informative overview of important concepts rich in content and grounded in research. He drew upon on his wealth of experience and knowledge as an attorney, mediator, arbitrator and lifelong learner. His co-leader, Shira Hoffer, is an impressive young woman who is a senior at Harvard and the founder and executive director of the Institute for Multipartisan Education, which provides consultation to middle and high schools and organizes dialogue groups on college campuses to combat antisemitism.

In the program, we looked at constructive and unconstructive conversations and discussed what made them work or not. We discussed consensus building when possible, and how to manage discussion when agreement cannot be reached. We learned how to shift from the expression of entrenched positions to the building of relationships by dialoguing about overarching values and exploration of differences. Most of all, participants learned the art of constructive listening. Through a role-play exercise, we all expanded our points of view as we advocated for positions and listened actively to one another's ideas. Overall, everyone left the program feeling enriched, energized and a bit more hopeful.

Update on KS Tikkun Olam activities for the holidays

from Deena Whitfield

With the holidays approaching, and at a time when Tikkun Olam, repairing the world, is needed more than ever. Kerem Shalom members once again supported two initiatives for giving.

The annual Holiday Cheer Project, under the leadership of Wendy Taubes, assists children whose families are impacted by sexual or domestic violence. The children receive services through **Voices Against Violence**, administered by the South Middlesex Opportunity Council. KS members donated money or specific items requested by individual children on their holiday "wish list."

The Household Goods Drive was a great success thanks to the efforts of Tracey Guth and Marty Blue. We collected 2.5 carloads of items during the drive-- ten much needed lamps and approximately 30 boxes and bags of linens, pots, pans and assorted housewares. Household Goods helped a record number of client families in October - 300 at last count. Every item, no matter how small, makes a difference; we suspect they were all in client homes by Thanksgiving.

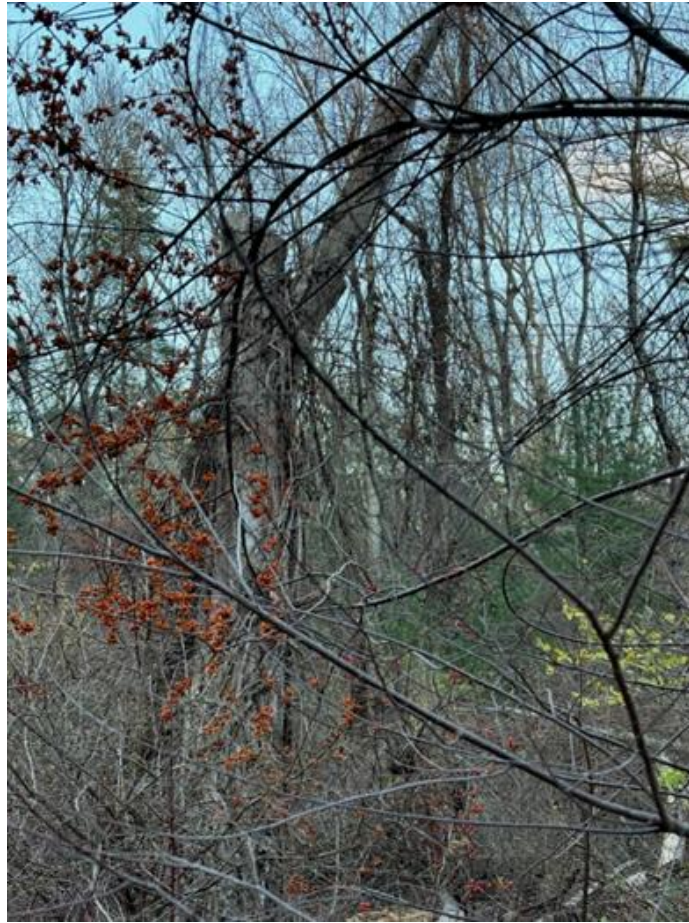
Interested in Joining our Kerem Shalom Community?

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

Prayer in Times of Challenge



Prayer Tree – Photo by Rosalie Gerut

Marla's Corner, or Who Knew?

Last issue's question

Did you guess who swore she would never again put her foot in the door of Kerem Shalom years ago and now lives there? It was me! **Marla Richmond** (shown putting her foot in the door) is a member of the KS Adult Programming Committee, Antisemitism Awareness Team, Shabbat Shalom group and any class you can think of.



Jan/Feb Question

Which member of the KS community was given a free lunch in a New York deli after performing the Heimlich maneuver on another customer? The life saver was an EMT.

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 Library

Visit and read the **latest books on Israel** – currently in their own special section.

Read or borrow books on **Judaism and Aging**: *Getting Good at Growing Older*, and *Wisdom for Growing Older: Finding Your Grit and Grace Beyond Midlife*.



The library is open whenever Kerem Shalom is open.
Please visit, browse, borrow!
(and please return books so that others can access them)

Literary Groups

Kerem Shalom Book Groups

We offer 2 different book groups



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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

Meetings are sometimes on Zoom, sometimes in person.

Next Meetings

Jan 14, 12:30pm - *The Secret Gate: A True Story of Courage and Sacrifice During the Collapse of Afghanistan* by Mitchell Zuckoff. (Meeting in person at a private home).

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

Kerem Shalom Book Group

Hosted by Pat Sills
Meeting monthly



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



KS Writers' Workshop

We offer meetings to share our in-process writings. Currently we are discussing works of fiction, non-fiction, as well as a screenplay. This supportive group works together, helping make all of our dreams come true. Dates and times are decided by participants.

Contact: Rosalie@keremshalom.org

Marla's Cookbook



As a project that has arisen from the KS Writers' Workshop, Marla Richmond is compiling a book of recipes that have been passed down over generations.

She requests your help:

"Do you have a recipe that comes from your mother or bubbe or aunt or friend? It is often found in a tin box with lots of other recipes on index cards or hand written on an envelope or... I am writing a cookbook of recipes that have been handed down through the family. I will acknowledge all accepted recipes. Recipes are preferably Kosher, but it is amazing what one can do to replace traif ingredients.

Please send recipes you have tried with a photo of the original recipe and a copy that can be read to marla.richmond@comcast.net.

Send it with love and humor. Look for a notice of taste testing coming soon!"

Thanks! Marla

KS Members in the Arts

We welcome news of any interesting projects you would like to share with the community. This is one of the many ways we can get to know each other better.

ART

Cynthia Katz won first prize at the NYC Soho Photo Gallery....which means that she gets a solo show next year! Through Jan 17th her work will be at Aura University Place Gallery, 124 Mt. Auburn Street, Cambridge Art Association

Jill Goldman-Callahan will be having a solo show from mid-January to mid-March featuring a series of new paintings at the Gallery at Village Works at 537 Mass Ave #202, West Acton, MA 01720

MUSIC

The Concord Chamber Music Society (KS member **Nancy Sokol**, president) will present a program of string chamber works by Beethoven, Dvorak and Brahms on Sunday, January 5, 2025 at 3:00pm at the Groton Hill Music Center. Tickets at: concordchambermusic.org

Leisure

KS Women's Walk

A group of KS women is walking along neighborhood trails or (when conditions require) safe local sidewalks.

Tuesdays at 2:00 or 2:30pm

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





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

Shabbat Shalom Group

Led by Rosalie and group members

Fridays

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

10:45am – 12:00pm - 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.



Art by Yorem Raanan

If you are interested in joining, please contact 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,

NEW TIME → 5:00pm ←

Location: Zoom

Led by Rosalie, Director of Adult Programming

Next meetings: Jan 6, Feb 3

We welcome you all!

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

"The opportunity to participate in our Rosh Chodesh group has often been an inspiration for women to join Kerem Shalom. Being in the monthly sessions led by Rosalie is an educational, spiritual, and interpersonal experience that enriches our lives. Rosalie presents a valuable teaching about the meaning of each month, including the history, holy days and holidays, customs and practices. As relevant to our lives today, we appreciate how each month has a place in our communal spiritual path and our personal journeys. Feeling the presence of the *Shechinah* with us, we respect the holiness of our gatherings. We share in conversations that enhance our own awareness and create a sacred space for deep connection with ourselves, one another, and our community. We welcome you to be with us."

- Iris Werbalowsky Barten

"Rosalie Gerut's Rosh Chodesh group is the reason I decided to join Kerem Shalom. The group explores meaningful, universal themes and how these are related to our personal, interpersonal, and spiritual lives. Group members feel a sense of safety and belonging, and actively listen to one another with kindness and compassion."

- Lisa E. Freed

"Rosh Chodesh has opened a whole new world for me, primarily because of Rosalie. We always begin by introducing ourselves with our Hebrew names and those of our mothers, grandmothers, as far back as we can go. This immediately places us in a Jewish space in which we are conscious of what our ancestors have given us and continue to give us. Then Rosalie presents us with Jewish history and commentaries for each month which we put in the context of our personal lives. Our discussions are lively, caring and supportive. I am grateful for Rosalie's inspiration which guides us each Rosh Chodesh to appreciate how studying our ancient teachings can be applied to our modern lives."

- Leslie Gardner

[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

KS Torah Conversations is an ongoing conversation group that meets each Shabbat morning. We welcome you to join us!

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 as well as other sources, and accessed easily via the Hebcad calendar app.

As a guide for discussion, along with reading the parasha, the group chooses one collection of weekly commentaries. For the current year, 5785, it will be Rabbi Jonathan Sacks Commentary. 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.



- 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, with the exception of some holidays.
- NOTE: The in-person meeting schedule may be revised from time to time, so be sure to check the calendar on the KS website for the most up to date meeting format.
- Conversations about the week's parasha begin promptly at 8:45am and end at 9:45am. For general conversation, the Zoom room is opened at about 8:35, and the library at about 8:30.
- For Zoom, use the link on the KS website calendar.
- Contact for further information: Colleen Humphreys, torah-conversations-info@keremshalom.org

Insight Meditation with Cheryl Steinberg

Tuesdays, 9:00 – 10:00am
(Zoom opens at 8:45am 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-cherly-info@keremshalom.org

[REGISTER HERE](#)



Spiritual Inspiration

Facilitated by KS member **Carolyn Gold**, certified Spiritual Director

Dates: 6 sessions meeting Tuesday every other week, starting Jan 2025
(dates/time tbd)

Cost: voluntary contribution to KS or other organizations of your choice

The Spiritual Inspiration course aims to help you find your truth, your own unique path to follow. Using quotes and poetry from different religions and philosophies, each participant will go on an internal odyssey. Carolyn and a small group of four or five participants will be spiritual companions, providing deep listening and deepening questions to help “embrace our wandering” as our ancestors did in the desert.

If interested in participating or for questions, contact **Carolyn Gold** via Rosalie@keremshalom.org. Dates and times will be arranged to meet participants' availability.

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 **Jody Kotkin** and **Robyn Barabe** for their consistent support and PR; to **Rabbi Darby Leigh**, **KS President David Luberoff** and **the Executive Committee** 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: **Carol Barron**, **Diane Fulman**, **Karen Gaylin**, **Carolyn Gold**, **Carole Greenfield**, **Marla Richmond**, **Scott Sancetta**, **Nancy Sokol**, **Sue Wolff** 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



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.