



KEREM SHALOM Adult Programming Newsletter

Volume 6.1 - Sept/Oct 2025/5786



Wishing you all a Good, Sweet New Year

(Image from <u>Cazenove</u>)

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. <u>CLICK HERE</u> for the latest policy.

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

Classes in Judaic Studies

The Heart and Soul of Preparing for the High Holy Days With Rabbi Darby Leigh



Wed, Sept 10, 6:30-8:00 PM in person at Kerem Shalom

What is the work that each of us needs to do to prepare for the Yamim Noraim, the Days of Awe?

In this class we will review the ancient concept of *teshuvah* and look closely at some texts from Maimonides that will help us think about where we are in our own spiritual work and what we need to do to ensure we are prepared for Rosh Ha-Shannah and Yom Kippur.

REGISTER HERE



Peace in Dark Times

With Carolyn Gold

Sunday Sept 14 10am – 12pm Location: Zoom

In a two-hour, interactive zoom session, we will:

- Discuss the effects of dark times
- See why the world has darkness and why we need to challenge it
- · Learn how to transform suffering into creative action, and
- Plan steps to create inner and outer peace.

We will use transformation techniques from The Bal Shem Tov, the Torah, and William Bridges' Transition Model. From a list of ideas to create peace, inspiring quotes from Ukrainians and a poem, we will jump start our own plans for an inner and a broader peace. **Have at hand paper and a pen for some writing.**

Carolyn Gold is an entrepreneur, certified spiritual director and executive coach.

REGISTER HERE

We are fortunate to offer two separate class series with Rabbi Neal Gold this fall/winter

Faith and Doubt

A series of Hebrew College classes led by Rabbi Neal Gold at Kerem Shalom

Dates: Four Tuesdays: Oct 21 & 28, Nov 4 & 11

Time: 10:30am - 12pm

Location: In person at Kerem Shalom

Cost: \$80 for KS members; \$180 for non-members



Does the Torah ever command belief? Is there a dogma of Judaism?

What is the place of faith-and doubt-in Jewish tradition?

What are the rubrics of faith in Judaism?

Is there such a thing as "heresy" in Judaism? Can (dis-)belief be an obstacle to participating in Jewish life?

Join Members of KS and others as we study with excellent teacher and Scholar Rabbi Neal Gold

Registration: Go to the <u>Hebrew College Adult Learning</u> webpage for this course and register. KS members, register but DO NOT PAY.

Payment:

- KS members: DO NOT PAY on the Hebrew College registration website. Instead, pay \$80 **directly to KS** (<u>Instructions at the end of this newsletter</u>).
- Non-members: the registration page will accept your payment of \$180
- Financial assistance is available through Hebrew College.

Neal Gold teaches and writes about Jewish texts, Israel, and intersections between Jewish life and the contemporary world. He is the Founder and Director of A TREE WITH ROOTS, a blossoming platform that offers online Jewish learning and Jewish community for hundreds of students around North America and overseas.

Neal is a sought-after Visiting Scholar for synagogues and Jewish communities. He is adjunct faculty at Hebrew College, and also teaches in the College's <u>Me'ah program</u>, courses of study that empower adults to understand Judaism on a deeper level. He also is the spiritual leader of <u>Am HaYam—The Cape Cod Havurah</u> in Orleans, MA.







Jewish Peoplehood

A series of Hebrew College classes led by Rabbi Neal Gold at Kerem Shalom

Dates: Four Tuesdays: Nov 18, Dec 2, 9 & 16 (no

class on Nov 25) Time: 10:30am – 12pm

Location: In person at Kerem Shalom

Cost: \$80 for KS members; \$180 for non-members

Where do the Jewish people come from?
Why is "peoplehood" as important an idea as "religion" for Jews?
How should we understand the diverse cultures of Jewish people in the 21st century?

Join Members of KS and others as we study with excellent teacher and Scholar Rabbi Neal Gold

Registration: Go to the <u>Hebrew College Adult Learning</u> webpage for this course and register. KS members, register but DO NOT PAY.

Payment:

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Intro to Torah Chanting

With Celia Shneider

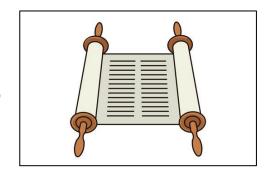
Six Wednesdays:

Oct 22 & 29, Nov 5, 12 & 19 (no class Nov 26),

Dec 3

Time: 6:30 - 7:45pm

Location: In person at Kerem Shalom



Learn the fundamentals of Torah Trope, or *Te'amim*. Celia will introduce you to the approximately 30 trope symbols, their tunes and functions. This ancient system of musical and grammatical notation is a wonderful way to delve into all that the Torah offers us. Become fluent in chanting and then you too will be able to "*leyn*" (chant Torah) for the community. A great deal of preparation and memorization is involved in Torah chanting, but it will open up new worlds of learning for you and a deep connection to the Torah.

Requirements: Ability to read Hebrew, and sing more or less in tune! **Book**: *Chanting the Hebrew Bible (Student Edition)*, by Joshua Jacobson.

Celia Shneider is a classically trained violinist and amateur singer, who studied Hebrew for 6 years as a child. In 2011 she took a Torah Trope class with Cantor Ellen Band, who did her cantorial studies with Joshua Jacobson, author of "Chanting the Hebrew Bible." Celia will teach the melodies from Joshua Jacobson's book.

RSVP: Rosalie@Keremshalom.org

Torah Conversations

With Rabbi Helen Plotkin

Date: Saturday, Oct 18 Time: 8:45 – 9:45am Location: Zoom

On October 18th, the KS Torah Conversations group will be joined on zoom by Rabbi Helen Plotkin from Mekom Torah. As our guest that morning Rabbi Plotkin will be sharing a short text by Rashi that focuses on several lines of text in Bereshit, that week's parasha.

More information will be available later through KS Weekly. Please mark your calendars for what will likely be a stimulating and enlightening conversation.



For more about the weekly KS Torah Conversations group, click HERE

Growing Older in Community

Continuing the series for Kerem Shalom

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

Since January 2025, the KS Growing Older in Community initiative has been fostering connections and support amongst KS members as we explore, share, learn, and grow older together.

We aim to offer a combination of member-led group conversations, classes, workshops, and print and digital resource collections in the KS library, with particular relevance for those in their later years. Concurrently, we aim to expand and deepen intergenerational connections.

Here's some of what is coming up:

- We are very lucky to host Rabbi Dayle Friedman, author of Jewish Wisdom for Growing Older, for a 3-session class Growing Older with Grit and Grace, plus member-led discussions. The classes and discussions will meet on Monday evenings beginning October 27. (See listing below)
- The ongoing discussion group, Growing Older in Community, will continue to meet monthly on Wednesday mornings. (See listing below)
- More opportunities are in development. Be sure to read the KS Weekly News emails for updates.

Email the planning group at growingolder@keremshalom.org

New Class

Growing Older with Grit and Grace

With Rabbi Dayle Friedman

Dates: Five Monday evenings:

Oct 27 – class with Rabbi Dayle

Nov 3 – class with Rabbi Dayle

Nov 17 – member-led discussion

, Dec 1 – class with Rabbi Dayle

Dec 15 – member-led discussion

Time: 6:45 – 8:30pm

Kerem Shalom members only.

Location:

Classes: Details are still being worked out. **Member-led discussions**: in-person at KS.

Watch for updates in the Weekly News and in emails to registered participants.

Cost: These classes are offered for Kerem Shalom members at no charge, made possible by a donation from a fellow member.

The **classes** will be a combination of Lecture, Text Study, *Hevruta* (discussing with a partner or small group), and writing exercises with opportunities to reflect with the group. The course curriculum will build from one class to the next, so we ask that those who sign up make every effort to attend each of the classes and follow-up discussions.

"I firmly believe anyone can 'swim in the sea of Torah' with proper welcome and opportunity!"

Rabbi Dayle Friedman

Rabbi Dayle Friedman, the author of *Jewish Wisdom for Growing Older*, (which you can find in the KS library), brings passion and humanity to teaching, drawing on her rich experience accompanying individuals and families in later life, blending inspiration from the wisdom of Jewish and other traditions with cutting-edge professional perspectives.

The **follow up conversations** are an opportunity for participants to continue discussing Rabbi Dayle's teaching.

REGISTER HERE

Questions? Email growingolder@keremshalom.org





Growing Older in Community - Group Discussions

Date: Third Wed of each month: Sept 17, Oct 15, Nov 19, Dec 17

Time:

9:45 - 10am - Schmooze

10am - 12pm - Meet, Share, Discuss, Inspire

Location: In Person in the KS library

KS Members Only

This discussion group has been meeting monthly since March 2025, exploring how each of us is unfolding into our later years, and finding new self-expression and contribution. Each month we choose a different topic.

September's topic: It's the new year, and the book of life will be open. What would you like written about you for the next year?

REGISTER HERE for Sept or Oct

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

Kerem Shalom News

Update from the Antisemitism Awareness Team

From Carole Greenfield

Massachusetts Special Commission

The Massachusetts Special Commission on Combating Antisemitism has released its recommendations. The Antisemitism Awareness Team is proud of Kerem Shalom member Simon Cataldo, who co-chairs this commission.

- The Boston Globe voiced strong support: Globe subscribers can <u>read the article</u> <u>here</u>
- The Lappin Foundation is offering a free Statewide webinar to discuss the work of the commission. See "Statewide Gathering" immediately below

Statewide Gathering

Tuesday, September 9, 2025, 7:30 pm

Location: Zoom

Join us for a state-wide gathering to hear about the important work of the

Massachusetts Special Commission on Combating Antisemitism from Senator Cynthia Creem and Commission Co-Chairs, State Representative Simon Cataldo and State Senator John Velis. Moderated by Jeff Saperstone, NBC10 News Anchor.

The program is FREE and open to all.

To register, or for more information click here.

Active Bystander Training

Please join Kerem Shalom and the *Concord-Carlisle Human Rights Council* for an important workshop: *Active Bystander Training.*

Sunday September 7, 2025, 2:00 pm Location: In Person at Kerem Shalom

More info and registration here



Rosalie's Notebook

Jews and Their Love of Baseball Players

The success of Jewish baseball icons like Hank Greenberg and Sandy Koufax in the American national pastime played no small part in helping an immigrant culture assimilate into the broader culture

Read the story here.

Making Amends

In time for the High Holy Days: <u>How to Make Amends</u>....by Rabbi Simon Jacobson

The Rabbi's Son Who Transformed Magic

Read the fascinating story here.

Marla's Corner, or Who Knew?

Last issue's question

Last spring we asked the question:

Which member of the KS community played in a college wind ensemble that had a performance conducted by Aaron Copeland? Mr. Copeland was very fussy about how a piece he had written should be played.

The answer? It's (former) clarinetist Carole Greenfield!



Sept/Oct Question

Which members of the Kerem Shalom community had their photograph taken on Pike's Peak while vacationing on the way to a Bar Mitzvah? And they got their picture in the Concord Bridge! Special people, indeed!

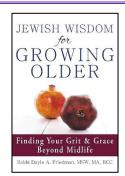
People ask me, where do I find all these stories? I tell them, "I ask." The next comment is how do I find such unusual people? I think everyone has a story that people are going to say, "no, they really didn't do that?" What is your story? Let me know and I will be delighted to inform the entire congregation!

Marla: adult-programming-committee@keremshalom.org

Kerem Shalom Library

Visit and read books on Israel.

Read or borrow books on **Growing Older**, many of them from a **Jewish** perspective: *Getting Good at Growing Older*; *Wisdom for Growing Older*; *Estate Planning, and more.*



The library is open whenever Kerem Shalom is open.

Please visit, browse, borrow!

(and please return books so that others can access them)

Special thanks to our volunteer librarian, **Nanci Bell**, who spends many hours maintaining the KS collection.

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 **2**nd **Tuesday of each month**.

Meetings are usually in person at a private home.

Next Meetings

Sept 9, 12:30pm. *My Russian Grandmother and Her American Vacuum Cleaner* by Meir Shalev

October 14, 12:30pm. *The Safekeep* by Yael van der Wouden

Nov 11 (or 18 – date TBD), 12:30pm. *How to Lose Your Mother* by Molly Jong-Fast

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

Kerem Shalom Book Group
Hosted by Pat Sills
Meeting monthly

Next Meetings

Tuesday Sept 9, 10:30am – Frontier by Erica Stern



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

KS Members in the Arts

Many of us find it especially enjoyable to attend concerts and artist shows in which KS members have an active role. It's fun to greet others at these events. We also have introduced ourselves to those we've seen at services or KS programs but don't personally know. So, we've benefited from a "two-fer"—a chance to enjoy a rewarding cultural activity while also building new connections and reinforcing existing ties with our KS community.

We hope to see you at some of these events listed in our newsletters!

MUSIC

The **Concord Chamber Music Society** (**Nancy Sokol**, President) opens its 26th season with a concert on October 12, 3:00 pm, at the Groton Hill Music Center in Groton, Ma. Featuring new CCMS Artistic Directors Jessica Bodner and Daniel Chong, the program includes the transcendentally beautiful Quartet for the End of Time, by Olivier Messiaen, written in a German concentration camp during WWII.

Tickets are available at concordchambermusic.org/

KS members **Celia Shneider**, **Robert Karr** and **Marian Levinstein** will be playing in the **Concord Orchestra** concert on October 18 at 8pm (pre-concert talk at 7:15) and October 19 at 2:30pm. The program's theme is *Always In Motion*:

Michael Torke: Javelin

Samuel Barber: Symphony No 1

Margaret Bonds: The Montgomery Variations

Tickets are available at concordorchestra.com.

ART



Jill Goldman-Callahan, KS Member and art elective instructor in HSR (Hebrew School Reimagined) will be having a two person show at the Umbrella Arts Center Gallery featuring contemporary abstract paintings called Joy and Peace. The show runs from September 13th to December 17th. Everyone is invited to the opening reception from 6:00-8:00 pm on September 18th.



Jill's paintings transmit peace through their subtle color, shapes and surface. They are products of the enacted rituals of a spiritual painting practice. An antidote to the paradigm of the materialistic world, they embody ecological concerns, a reverence for nature and the importance of human connection.

KS Member **Cynthia Katz** has a work – "Echoes of Form" – hanging at the <u>Jessica Hagen Gallery</u> in Newport RI, through Sept 14.



We welcome news of any creative arts you are involved in and would like to share with the community.

Leisure



Nature Walk

Dates: TBD

Time: Likely early afternoon

Place: To be decided by the walkers

The Adult Programming Committee is offering walks to mingle with old friends, meet new friends and savor the joy of the natural wonders

that emerge in this beautiful place we have the fortune to call home.

Please join us – all welcome. Contact Rosalie (<u>Rosalie@keremshalom.org</u>) to participate, and to suggest your favorite walking locations.

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 - 12pm - 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 weekly 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

Second Monday of each month,

Time: 5:00pm Location: Zoom

Led by Rosalie, Director of Adult Programming Next meetings: Sept 8, Oct 13, Nov 10, Dec 8

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. "Not yet" members are welcome, too

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 Hebcal 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 has been the Rabbi Jonathan Sacks Commentary. A commentary for the new year will be selected soon. Some participants also enjoy reading from a wide range of other commentaries, many of which are also 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. Periodically, someone more learned in Torah than we studies with us, facilitating the conversation. Those will be announced in the KS Weekly and Shabbat News.

- 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 registration, see the KS website calendar or click <u>HERE</u>
- Contact for further information: Colleen Humphreys, torah-conversations-info@keremshalom.org

Health & Comfort for Mind, Body and Soul

Insight Meditation with Cheryl Steinberg

For KS Members and Non-Members

Tuesdays, 8:45 - 9:45am

(Zoom opens at 8:30am to schmooze)

Location: Zoom

Please join us for weekly 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 for the Tuesday morning Zoom

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 member of the current men's group or in starting a new one, please contact George Peabody at member of the current men's group or in starting a new one, please contact George Peabody at member of the current men's group or in starting a new one, please contact George Peabody at member of the current men's group or in starting a new one, please contact George Peabody at member of the current men's group or in starting a new one, please contact George Peabody at member group-info@keremshalom.org.

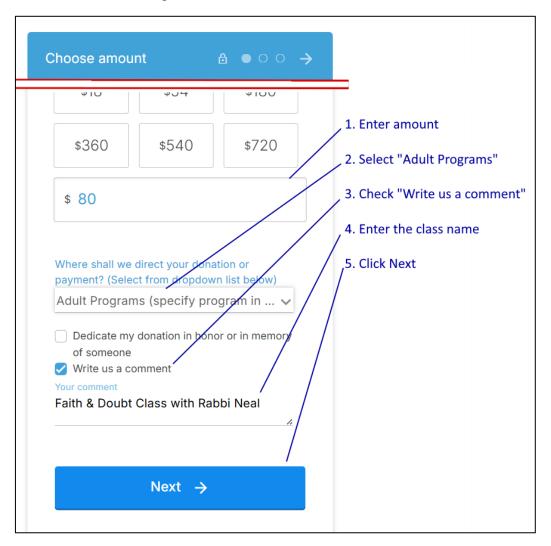
Instructions for Payments

To pay for a class by check:

- Mail a check to Kerem Shalom
 P.O. Box 1646
 Concord, MA 01742
- Note on the check WHICH class or event this payment is for.

To pay online

- Go to the Kerem Shalom Payments page
- Enter the amount of your payment
- Select "Adult Programs" from the pulldown
- Check the "Write us a comment" box
- Enter the name of the class or event in "your comment" and click Next
- The rest should be straightforward



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 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"; to Sue Wolff, for spearheading the Growing Older series; 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.