



KEREM SHALOM Adult Programming Newsletter

Volume 6.1 - Nov/Dec 2025/5786



Menorah Shel Ma'alah by Yoram Raanan
Read Yoram's thoughtful words about this image and the holiday of
Chanukah

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.

Classes in Judaic Studies



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

Registration Deadline: Nov 10

NOTE: Rabbi Neal is a wonderful teacher, but this class will not run unless we have just a few more participants. Please jump in!

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:

- 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.





Upcoming Special Events

Kristallnacht Remembrance - How Education Can Transform Antisemitism

With Dr Martina Emme

Sunday Nov 9 10:30am – 12pm Location: Zoom

In commemoration of Kristallnacht/Pogrom Night, we are honored to welcome Dr. Martina Emme, co-founder of <u>One-by-One</u>. As both a psychologist and educator, Dr. Emme brings a



Students visiting with a Holocaust survivor

unique and profound perspective to this remembrance - shaped by her personal journey as the daughter of a Nazi family and her transformative work with One-by-One.org.

She has channeled these insights into meaningful educational engagement with students at the Anna Freud High School in Berlin, Germany, where she initiated an annual Holocaust memorial day event ("GeDenktag") involving over 1,600 students. Her work has facilitated personal visits between students and survivors that have led to lifelong bonds, and she has arranged ongoing interfaith dialogues among Jewish, Christian, and Muslim students. Dr. Emme believes such dialogue is one of the most effective means of combating antisemitism, helping students understand their responsibility as German citizens in light of their nation's Nazi history.

Martina will share stories and photographs from her many initiatives and experiences at the school.

REGISTER HERE



More Joy, Less Oy

An afternoon of storytelling and connection co-hosted by Concord-Carlisle Against Antisemitism

Sunday, Nov 16 3 - 5pm

Location: In person at KS

More Joy, Less Oy! will be an afternoon of laughter, connection, and Moth-style storytelling, co-hosted by <u>Concord-</u>

<u>Carlisle Against Antisemitism</u> and <u>Kerem Shalom</u>. The event will feature personal stories told live by members of our community, celebrating the warmth, humor, and resilience woven through everyday Jewish life.

Have a story you want to share, and that you can tell in five minutes or less? We still have slots left! We will also need volunteers to help make this a success. Send a note to info@concordagainstantisemitism.org if you would like to play a part.

All are welcome! This will be a welcoming space for both Jewish and non-Jewish neighbors to come together. Come for the stories, stay for the snacks and conversation. More details to come - please share with friends, and we can't wait to see you there.

As always, thank you for being part of this growing effort. You are helping shape a community where Jewish life is seen, valued, and protected.



Cooking With Hila

Jewish Desserts

Monday, Nov 17

6:45pm

Location: In person at KS

In this hands-on class, you'll learn to make two iconic Jewish treats from scratch. We'll begin with **Rugelach** - a beloved pastry featuring buttery, yeasted dough that originated in the

Jewish communities of Eastern Europe. Then we'll craft **Ma'amoul** - delicate semolina cookies filled with sweet dates, a treasured recipe brought to Israel by North African Jewish immigrants. You'll leave with a tray of freshly baked treats to enjoy and share with loved ones.

To register, please RSVP to <u>ksadmin@keremshalom.org</u> by Nov 13. \$40/person payable to KS (Payment instructions at the end of this newsletter).

Hila Krikov teaches the culinary program at the Temple's Hebrew school. She is also the founder of Sweet Tahini, a company specializing in tahini-based desserts. Over the past seven years, she has hosted cooking and dining events for adults, sharing her passion for Jewish, Israeli, and Middle Eastern cuisines, along with the rich history, traditions, and stories that bring them to life.

Class size is limited to 8 people and the class will not run unless the required number of participants is met.

Myths and Facts About Protecting Yourself Online

An L.E.D* program with KS Member Sandy Carielli

Sunday, Nov 23 10:30am-12pm

Location: In person at KS

The number of cybersecurity breaches and scams can be overwhelming...and so can the range of



guidance about what actions to take and what to worry about. In this session, Forrester Research Vice President & Principal Analyst and Kerem Shalom member, Sandy Carielli will share some of her favorite best practices for your personal cybersecurity, talk about some of the latest scams and how to avoid them, and dispel some persistent cybersecurity myths. Sandy also will share stories about breaches and security incidents, provide guidance on assessing your own risk, and point out things we do every day that make it easier or more difficult for attackers.

As a vice president and principal analyst at Forrester, **Sandy Carielli** advises security and risk professionals on application and product security. She has over 15 years' experience in the security industry, working in software engineering, consulting, product management, and technology strategy roles. Sandy is a coauthor of the Industrial Internet Consortium's IoT Security Maturity Model and has spoken at the RSA Conference, SOURCE Boston, ISSA International, and many other security events.

Join us for this highly informative and practical presentation on ways to protect yourself from the ever-proliferating forms of online attacks.

Light refreshments will be available.

Please RSVP HERE by Nov 21.

Questions? Contact ap-registration@keremshalom.org

* Learn. Explore. Discuss. - Shed a little light.





Peace in Dark TimesWith Carolyn Gold

Sunday, Dec 7 10am – 12pm Location: Zoom

Carolyn ran this session in September, and it was **so well received** that folks asked if she would do another session. You ask, we deliver!

Does the news cause you suffering?

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

- See why we have darkness & why we must 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.

(Bring a pen and paper)

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

REGISTER HERE

I was transformed by this professional class. The slides were beautiful and the helpful questions led to personal exploration. This climate of tension and distress we are currently experiencing became opportunities to examine how to cope, to act and to support each other. I hope she will give this class again and help more of our community.

- Cheryl Steinberg

Thank you so very much for a very important and excellent session. The creative and inspiring presentation generated meaningful discussion and a sense of community - while the challenges we face in these times remain prevalent and all too real, the class highlighted means to improve our coping and facilitation of change.

- Nancy Sokol

Growing Older in Community

Continuing the series for Kerem Shalom

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

The KS Growing Older in Community initiative fosters 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.

Email the planning group at growingolder@keremshalom.org

Growing Older with Grit and Grace

With Rabbi Dayle Friedman

Dates: Five Monday evenings:

Oct 27 – Session I with Rabbi Friedman - Beginning Again: The Spiritual Journey of Aging

Nov 3 - Session II with Rabbi Friedman -

Seeking Wisdom: Embracing Aging

Nov 17 – In person member-led follow-up discussion

Dec 1 – Session III with Rabbi Friedman - What Are We Called to Beyond Midlife: Biblical Models

Dec 15 – In person member-led follow-up Discussion

Time: 6:45 – 8:30pm

Kerem Shalom members only.

Location:

Classes with Rabbi Dayle: On Zoom

Member-led discussions: in-person at KS.

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

If you have not previously RSVPed for the series, <u>click here to RSVP</u> prior to the Sunday morning before the class. The Zoom link and other information about the series will be sent to those who RSVP.



Classes with Rabbi Friedman 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.

"Rabbi Dayle warmly and gently invited us to open to our experience and share the journey with one another, as well as with the other participants."

- a KS Member about the class with Rabbi Dayle

READ MORE

Questions? Email growingolder@keremshalom.org



Growing Older in Community - Group Discussions

Date: Third Wed of each month:

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.

November's topic: We will likely delve deeper into some of the ideas raised by Rabbi Dayle Friedman in her October teaching.

If you are new to this group, please RSVP HERE for Nov or Dec

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



Kerem Shalom Hosts Massachusetts Special Commission on Antisemitism

In October, Kerem Shalom was proud to host a hearing of the Massachusetts Special Commission on Antisemitism.

Chaired by State Senator John Velis and State Representative Simon Cataldo (who also is a member of Kerem Shalom), the meeting brought together several distinguished speakers. See more pictures, and read the story here.

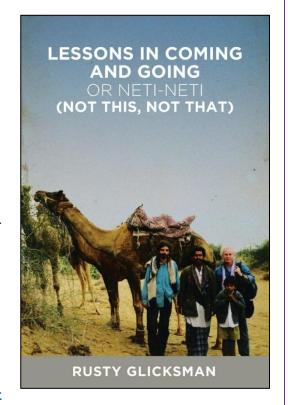
Book Launch Event

Rusty Glicksman, longtime member of KS, died in 2021. He left behind a wonderful spiritual travelogue, *Lessons in Coming and Going*, which Kirkus Review calls "superb ... brimming with color, adventure, and pungent insights" (here). After his death, family members lovingly shepherded Rusty's work through publication, and it is finally here!

Many of you will remember Rusty from Rabbi Ullman's classes, the KS Meditation group and other touchpoints. You are invited to a **Book Launch Celebration**:

Saturday, Nov 8
4 – 6pm
First Parish Church, 1 Church St, Cambridge, the Parlour Room

More information here, or contact meditation-with-scott-info@keremshalom.org



Rosalie's Notebook

Jews Around the Globe

Did you know:

- Jewish life in India goes back many centuries. India was a safe-haven for ancient Jewish refugees. Read the fascinating story of Jews in India.
- China's only native Jewish community was established over 1000 years ago! A story of Jews in China.
- Jews in Ireland? How did so many end up in Ethiopia? Read more well written pieces here.



Memorial Scrolls Trust

Kerem Shalom has one of the **Torahs recovered as part of the Czech Memorial Scrolls Trust**. Curious? <u>Here is some interesting information about the collection</u>. And here are some <u>resources and upcoming events</u>.

A History of the Yiddish Language

Read (or watch the video) about Yiddish's origins in Germany, and how it spread across the world. Read the Article

Marla's Corner, or Who Knew?

Last issue's question

Did you guess who took the tram to the top of Pike's Peak (and got their picture published in *The Concord Bridge*)?

It was Richard and Meryl Schwartz – Meryl was wise enough to skip the tram-ride to the top!

(Richard wrote, of the picture at right: "In front of the Pike's Peak Tram on our vacation in Colorado. It was sunny and 85° at the bottom and 35° and snowing at the Summit. Elevation 14,100 ft")



Nov/Dec Question

Which member of the KS community, though not now thought of as an artsy person, grew up with a professional artist mother? This member learned enameling, assorted crafts and several types of printing, and as a high-schooler, had a business printing silk-screened posters for local events.

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

KS Spotlight

Sukkot 2025/5786

Look at all the people who helped raise and adorn our sukkah this year!



Lots more pictures here!

Kerem Shalom Library

Visit and read books on Israel.

Read or borrow books on **Growing Older**, many of them from a **Jewish** perspective: This fall, we are offering several sessions with Rabbi Dayle Friedman, author of **Jewish Wisdom for Growing Older**, (see image at right). Find copies of her book in our library!

The library is open whenever Kerem Shalom is open.

Please visit, browse, borrow!

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

JEWISH WISDOM

for

GROWING
OLDER

Finding Your Grit & Grace
Beyond Midlife
Rabbi Dayle A. Friedman, MSW, MA, BCC

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



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

Meetings are usually in person at a private home.

Next Meeting
Nov 11, 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, usually on Tuesdays

Next Meeting
Nov 18, 7pm. *The Correspondent* by Virginia Evans



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

KS Members in the Arts

We have so many talented people here at KS. Please enjoy their creative work!

<u>ART</u>

Did you know that **KS Member Elaine Allen** only started painting very recently? Here are two of her current works, *Scotland* and *Sunrise at Brant Rock Beach*





You can see some of **KS Member JIII Goldman-Callahan's** recent work at <u>a two-person</u> <u>show</u> at The Umbrella Arts Center (40 Stow St, Concord). The show, entitled *Joy and Peace* runs through Dec 17.





Two Forces - Mixed Media on canvas - 30x30

Satfey - Mixed Media on canvas - 48x26

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 KS Members only

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: 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 they are 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

For Zoom Reg, see the KS website calendar or click <u>HERE</u>

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 <u>Sefaria</u> as well as other sources, and accessed easily via the <u>Hebcal</u> calendar app.

As a guide for discussion, along with reading the parasha, the group chooses one collection of weekly commentaries. Some participants also enjoy reading from a wide range of other commentaries. Here is <u>our resource list</u>.

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.
- 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

New members invited!

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 mems-group-info@keremshalom.org.

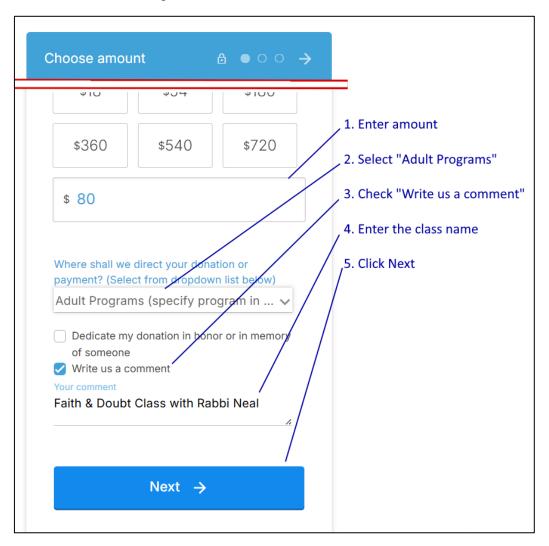
Instructions for Payments

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 <u>Kerem Shalom Payments page</u>
- 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.