

Adult Education Program Guide Winter/Spring 2019



Beth Meyer Synagogue
Torah • Avodah • Gemilat Hasadim

Beth Meyer Synagogue
504 Newton Road
Raleigh, NC 27615

919-848-1420
www.bethmeyer.org

Adult Education @ Beth Meyer Synagogue

מְרַבֵּה תוֹרָה, מְרַבֵּה חַיִּים

“The more learning, the more life.”

- Pirkei Avot

Beth Meyer is a synagogue for life-long learners. We have a wide range of Adult Education opportunities, including programs on religious ideas, Jewish responses to world events, Torah study, Hebrew classes and much more. We also bring experts and teachers into our community as scholars-in-residence.

In this booklet, you will find some of the opportunities we will be offering this fall. A registration form is included in the back. While not all classes require registration, RSVPs are helpful so that we can have enough materials available for everyone and plan properly for space needs. We can also send updates should schedules changes, or if classes are cancelled.

Additional programs and classes will be advertised as they develop.

There is a registration form at the back of this booklet for those classes which require advance registration. Online registration will also be available for these classes.

To assist us in supporting our Adult Education programs, please consider making a donation to the Kanof Adult Education endowment or our Scholar-in-Residence fund. You may include your donation on the enclosed course registration form.

Wednesday Mornings @ Beth Meyer

Every Wednesday is an opportunity for study!

11:00 a.m. - noon in room 201 (Satsky Buiding)

These sessions are open to the entire community.

One need not commit to attend every session and reservations are not required.

Rabbi Solomon is teaching Pirkei Avot from the newly published, *Lev Shalem Pirkei Avot*.

Amy Ripps is embarking on a study of the Tanakh - working book by book through the Jewish Bible.

Lev Shalem Pirkei Avot

Jan 16	Mar 27
Jan 30	Apr 10
Feb 13	Apr 24
Feb 27	May 1
Mar 6	May 22

Book by Book - The Bible

Jan 9	Mar 20
Jan 23	Apr 3
Feb 6	Apr 17
Feb 20	May 8
Mar 13	May 15

Shabbat Study Group

*Every Shabbat afternoon
following Kiddush in the conference room
(approximately 12:30 - 2:00 pm)*

For several years, a group of congregants has gathered after Kiddush to study Bible. Our study has changed over the years - from reviewing the entire Bible to studying the weekly portion (*parashat ha'shavuah*). The group is committed to continue to study - and all are invited to join in at any time. We have learners truly at all levels and we all work together. "Drop in" anytime and check it out!

Sunday Mornings @ Beth Meyer

Sunday morning is a perfect time to come together and learn . . . and eat!

Join us for a nosh and a program at our Sunday Morning Brunch Series, 10 a.m. - noon. Reservations are requested - you can use the form at the back of this booklet or sign up online at the Beth Meyer website (click Adult Education under the Lifelong Learning tab). There will also be reminders during the year to register for individual brunches (closer to their occurrence). Watch for announcements in HaMaggid and the weekly email.

Cost:

\$12 per brunch for Beth Members, \$15 for non-members
(no fee if you already purchased the brunch series)

- Sunday, Jan 13 Jan Karski's Mission to Stop the Holocaust
with Wanda Urbanska, former President of the Jan Karski Educational Foundation
- Sunday, Feb 10 Listening to Jerusalem: Music, Sound, Politics
with Michael Figueroa, UNC, Associate Director of Carolina Center for Jewish Studies
- Sunday, Mar 3 How People's World Views Shape Their
(reschedule from snowed-out Dec date) Voting, Impact Voting Patterns, and Explain
America's Great Divide
with Jonathan Weiler, UNC, Teaching Associate Professor and Director of Undergraduate Studies

You can register for our brunches using the form on page 19.

Hebrew Reading & Prayer/Synagogue Skills

Hebrew Reading 103 - Part 1

This class is for those who are reading Hebrew (even if slowly) and would like to increase their proficiency. We will use the book, *Alef Isn't Enough*, which includes acquisition of key vocabulary from the Siddur, the Haggadah, and the Tanakh.

Sunday mornings, 11:00 a.m. - 12:00 p.m.

8 sessions from Jan 6 - Mar 17 (no class on Jan 20, Feb 17 and 24)

Cost: \$60 (\$75 for non-members) + \$25 book fee

Hebrew Reading 103 - Part 2

We will continue through the *Alef Isn't Enough* text. People who wish to join this class, but were not able to take part one (above), please contact Sharon Mills.

Sunday mornings, 11:00 a.m.- 12:00 p.m.

8 sessions from Mar 24 - June 2 (no class on Apr 14, 21 and May 26)

Cost: \$60 (\$75 for non-members) + \$25 book fee if new to the class.

Torah Trope Class - Learn to chant from the Torah

If you can read Hebrew and can carry a simple tune, you can learn to chant Torah. Students will learn all of the basics and can sign up to read a Torah portion.

Sunday mornings, 10:00 - 11:00 am

8 sessions from Mar 24 - June 2 (no class on Apr 14, 21 and May 26)

Cost: \$60 (\$75 for non-members) + Text book: \$30

All classes are taught by Sharon Mills.
All classes are dependent on a minimum enrollment.
To register, please use the registration form
at the end of this booklet.

A Taste of Conversational Hebrew

Always wanted to learn to speak a little Hebrew?
This is the course for you!

We will meet for 8 weeks, 1.5 hours per week. Participants should already be able to decode simple Hebrew and there will be some “homework” (vocabulary words).

Wednesday evenings, 7:30 - 9:00 pm
8 sessions from Jan 9 - Feb 27
Cost: \$60 (\$75 for non-members)

Class will be taught by Amy Ripps and is dependent on
a minimum enrollment.

To register, please use the registration form
at the end of this booklet.

Hineni (Meditation Group)

With Rabbi Jenny
Sunday mornings in the Chapel, 10 a.m.
No fee - no registration needed

Mindfulness meditation is a practice designed to support and sustain our Jewish lives and the fulfillment of our Jewish values. With mindfulness training, we can learn how to pause before reacting. Each session will be guided by the weekly Torah portion or the Jewish calendar, offering us a chance to practice meditation grounded in Jewish wisdom.

Join us for one session or every session as we gather to practice together. No experience needed.

Jan 6, 13, 27	Apr 14, 28
Feb 3, 10, 24	May 12
Mar 17, 24, 31	

The Nature of Prayer & Building a Prayer Practice

with Rabbi Jenny Solomon

Monday evenings, 7:00 - 9:00 p.m.

7 sessions from Jan 28 - Apr 1 (see class dates below)

Cost: \$160 (\$200 for non-members) + the purchase of 1-2 books

Prayer is a central Jewish act yet for many contemporary Jews it feels complicated and foreign. This course is intended to give participants the space, knowledge and some experience to help move towards a clearer and deeper understanding of prayer as part of our personal spiritual practice. This course is about the “experience” of prayer, not about exploring the formal liturgy.

Class Dates: January 28 March 11, 18, 25
 February 4, 11 April 1

To register, please use the registration form at the end of this booklet

Being Jewish During Anti-Semitic Times

with Rabbi Eric Solomon

Thursday evenings, 7:30 - 8:45 pm

3 Sessions: Feb 21, 28, and Mar 7

Free for Beth Meyer members, \$10 per session for non-members

In this three-session class, we will study ancient and modern Jewish texts that describe how Jewish communities reacted and fared during periods of rising anti-Semitism.

There is no charge for this class but registration is encouraged so that we will be able to plan appropriately for space and materials. You can register using the form at the end of this booklet.

Luncheons: Ask Big Questions

with Rabbi Jenny Solomon

Select dates, 12:30 - 2:00 p.m. (see dates below)

Location: various locations in Raleigh (vegetarian and gluten-free options always available)

No fee - participants pay for their own lunch

We can change the world through better conversation! These monthly conversations among women are designed to build trust, strengthen community, and deepen understanding across lines of difference. We will ask “big questions” that matter to everyone and that everyone can answer. We will share personal stories to build trust and understanding. We will deepen the conversation with Jewish text and tradition. And, we will explore how our conversations connect to our lives and community. Imagine gathering regularly in small groups to learn and laugh, to eat, to rest and rejuvenate, and to deepen connections to one another, to our synagogue, to the Jewish people, and to the rhythms of Jewish time and life.

Registration is required due to space limitations.

Please use our SignUpGenius to reserve your spot for each month.*

Locations are noted on the SignUpGenius.

Tuesday, January 8

Thursday, February 7

Monday, March 11

Monday, April 8

Tuesday, May 21



* You can access the SignUpGenius
<https://goo.gl/LLBdSC>

at:

A YEAR OF MUSSAR YOGA:
Transforming the Soul through Embodied Practice

Restorative Yoga

Join Rabbi Jenny Solomon and Dr. Barbara Vosk for a healing yoga practice. Each session will include chanting and meditation led by Rabbi Jenny and a gentle, restorative yoga practice led by Barbara.

In restorative yoga, you will rest in stillness with the body supported by props such as blankets, bolsters, and blocks. This quiet and rejuvenating practice helps melt away tension in the body and is healing for those coping with emotional or physical illnesses/injuries, fatigue, grief, and stress. It is appropriate for everyone; no previous yoga experience is required. This is a class of embodied spiritual practice in which participants are invited to "fill their cups" with wholeness and peace.

Classes meet on Sunday evenings from 7:00 to 8:30 p.m. in the Lounge*. Props are provided, but please bring a mat if you have one. RSVP on a sign-up genius is requested, though not required.

Dates:	Jan 13	EQUANIMITY
	Feb 10	LOVING KINDNESS
	Mar 17	TRUST
	Apr 14	PATIENCE
	Jun 2	HONOR

**The Lounge is on the lower level of the main building. If stairs are a problem for you, please contact the office so that we can arrange for you to use the elevator.*

Registration is not required, but RSVP on our sign-up genius is helpful. In addition, all participants need to fill out a yoga waiver before attending class. You can access both the sign-up and the waiver on the Beth Meyer website:

<https://bethmeyer.org/yoga>

Or contact the main office for assistance.

A YEAR OF MUSSAR YOGA:

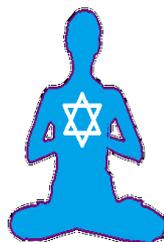
Transforming the Soul through Embodied Practice

Yoga Minyan *at Beth Meyer*

Beth Meyer offers monthly Shabbat morning yoga in our Lounge* as a great addition to our Shabbat spiritual practice. The program begins at 9:00 a.m. and ends by 10:15 a.m. Participants are encouraged to come as they are for our Torah Service and Musaf that follow immediately in the sanctuary. Props and mats are provided - but you may bring your own mat if you prefer.

Dates:

Jan 12	Dr. Barbara Vosk	ORDER
Feb 9	Phyllis Kritz	NON-JUDGMENT
Mar 16	Dr. Barbara Vosk	ZEAL
Apr 13	Phyllis Kritz	GENEROSITY
Jun 1	Dr. Barbara Vosk	EQUANIMITY



This is a mat-based yoga practice, with guidance and options for all levels. Childcare is available with advance notice. Please contact the school office by Wed prior if you need childcare (919-848-8111).

Our Teachers:

Phyllis Kritz is a certified yoga instructor, pursuing her passion of weaving together yoga & Jewish spirituality. She teaches multiple classes each week out of her home studio, Neshamah Yoga.

Dr. Barbara Vosk has been an active yoga practitioner for over 10 years. She completed the 285 hour yoga teacher training program at Blue Lotus. Yoga and Movement Arts studio in 2011 and enjoys teaching gentle and

**The Lounge is on the lower level of the main building. If stairs are a problem for you, please contact the office so that we can arrange for you to use the elevator.*

Registration is not required, however, all participants need to fill out a yoga waiver before attending class.

You can find it in the office (M - F) or at www.bethmeyer.org.

Pathways to God

**A course based on traditional sources and
the teachings of Rabbi Lord Jonathan Sacks**

Sunday evenings, 7:00 - 9:00 pm

Free for Beth Meyer members, \$10 per session for non-members

“At some point in life, every reflective human being will ask three fundamental questions: Who am I? Why am I here? How then shall I live?”

Whether we believe, or don't believe, these are religious questions. Science can tell us how life began, but it can never tell us what life is for. Anthropology can tell us the many ways in which people have lived, but it can never tell us how we should live. Economics and business studies can tell us how to generate wealth, but they cannot tell us what to do with the wealth we have made.

The search for meaning at its heart is a religious quest.”

Join us as we seek answers to our questions using materials provided by the office of Rabbi Lord Jonathan Sacks. We will meet on 5 Sunday evenings - each evening will include a video presentation from Rabbi Sacks, a discussion with a facilitator, and additional materials to explore on your own. Each unit stands alone so join us for all or any of the sessions.

<i>Date:</i>	<i>Topic:</i>	<i>Facilitator:</i>
Jan 27:	The Way of Identity - On Being a Jew	Amy Ripps
Feb 24:	The Way of Prayer - Speaking to God	Rabbi Eric Solomon
Mar 24:	The Way of Study - Listening to God	Deborah Goldstein
Apr 28:	The Way of Mitzvot - Responding to God	Amy Ripps
May 19:	The Way of Tzedakah - Love as Justice	Janis Zaremba

To register, please use the registration form
at the end of this booklet

Jewish Ethics and Global Citizenship

*Sponsored by the Progressive Kehillah of Beth Meyer
Wednesday evenings, 7:30 - 9:00 pm*

*Cost: \$30 for the three sessions (non-members: \$35)
(no charge if you registered for the full series of 6 sessions)*

Join us to explore Jewish ethical teaching and its implications for our contemporary social, political and moral lives. Using curricular materials developed by the Jewish Theological Seminary, the participants will have readings and videos for study at home. We will then come together to share our thoughts, ideas and understanding, with conversation led by a discussion leader.

Our hope is that the course will provide a valuable space to reflect, as Jews and as human beings, on the ethical challenges confronting us in our modern world.

Feb 20: Is Teshuvah Possible? Rethinking Mass Incarceration in the United States
Discussion Leader: Dr. Jeff Land

Feb 27: Modern Day Slavery and our Ethical Responsibility
Discussion Leader: Dr. Margarita Suarez

Mar 6: The Ethics of Torture and Just War
Discussion Leaders: Dr. Svi Shapiro

To register, please use the registration form
at the end of this booklet

Yavneh community Programs - open to all

Rebbetude 101

With Reb Raachel Jurovics

7 Thursday Evenings, 7:30 - 9:00 (see dates below)

At the home of Reb Raachel Jurovics

Cultivate your unique "rebbetude" as you discuss some of the foundational texts of Jewish Renewal with Reb Raachel at her home (email rabbi@yavneh-raleigh.org for directions).

Dates:

January 24

February 28

March 28

May 16

Tuesday Text, Yavneh's 2018-19 Deep Ecumenism Series

Beth Meyer Synagogue (except where noted)

Tuesday evenings, 7:30 - 9:00 pm (see dates below)

\$10 donation requested per session

An opportunity for thematic study of passages from Abrahamic Sacred Scripture: Torah, New Testament, and the Koran, with discussion guidance by the spiritual leaders of Beth Meyer Synagogue, Yavneh, As-Salaam Mosque, St. Mark's Episcopal Church, the Unitarian Universalist Fellowship of Raleigh, and others. Bring your insights and holy curiosity.

Dates:

March 12

April 16

May 14 (at the Unitarian Universalist Fellowship of Raleigh, 3313 Wade Ave)

Yavneh community Programs - open to all

Dinner & Schmooze with the Rabbi

With Reb Raachel Jurovics

Sundays, 6:30 - 8:00 pm (see dates below)

Join Reb Raachel and Yavneh community members for food, informal conversation, and a taste of Jewish learning from a Renewal perspective. Locations to be determined. Limit 20; must reserve via MeetUp*.

Dates:

January 27

February 24

April 28

Third Meal/Havdalah

Shabbat afternoons (see dates below)

Beth Meyer Synagogue

4:30 - 6:30 pm

Join us on Shabbat afternoon to enjoy the refreshment of a Third Meal (Se'udah Sh'lishi) in the waning moments of the Sabbath - delicious snacks, heartwarming songs and niggunim (melodies), stories to inspire you for the coming week. This particular part of the Sabbath day is known as Eit Ratzon, the time of yearning, where we and the Holy One reach for each other's loving embrace as the darkness deepens and we prepare for Havdalah and the return to the weekday world. Please bring a kosher-certified snack (in original package with a "hecksher") to share - we'll provide the drinks.

Dates:

January 19

February 16

**For more information about Yavneh programs:
see Yavneh-Raleigh.org*

Other Opportunities for Learning . . .

Raleigh/Cary JCC Living & Learning Programs

To RSVP and for more info:

919-676-6170 , x212 or JCC@ShalomRaleigh.org

All dates and programs are subject to change and should be verified when registering at www.raleighcaryjcc.org.

JCC Speaker Luncheons, 12:30 - 2:30 pm, at the JCC

\$5 for JCC members, \$10 for all others

JCC Member Lunch Bunch Pass: \$20 (buy 4 - get 1 free)

Jan 9 Saskia Ziolkowski: Jewish Italy: The Most Ancient Minority.

Feb 13 Dr. Rachel Schaevitz: From a Hollywood of Jews to a Jewish Hollywood

Mar 27 Prof Boo Moog: Israel Update.

Apr 24 Scott Davis: Yiddish Writer Jacob Dinneson - 100th Yahrzeit Anniversary

JCC Jewish Film Series, 2:00 - 4:00 pm, at the JCC

Free for JCC members, \$10 for all others

Our monthly movie series features Jewish-themed films from around the world, as well as archival prints of Yiddish films. All non-English films have subtitles. Enjoy the movie with coffee, tea or soda. Specific titles will be announced and published on the JCC website closer to the program date.

Jan 20

Feb 17

Mar 24

Apr 14

JCC Book Club, 12:30 - 2:30 pm , at the JCC

Free for JCC members, \$3 for all others

Jan 7: *American Ghost* by Hannah Nordhaus

Feb 4: *The Weight of Ink* by Rachel Kadish

Mar 4: *Raisins and Almonds: A Phryne Fisher Mystery* by Kerry Green

Apr 1: *Killers of the Flower Moon: Osage Murders and the Birth of the FBI* by David Gran

(continued on page 19)

Other Opportunities for Learning . . .

Raleigh/Cary JCC Living & Learning Programs (cont)

Healthy Living Programs

New Year, New Lunches - A Parent/Child Program

Sunday, Jan 13, 2:00 - 3:30 pm at the JCC

\$20 for JCC members, \$30 for all others (for parent/child combo)

Tai Chi: Health 7 Balance in the Modern World

Wednesdays: Jan 16, 23, 20, Feb 6 & 13, 6:00 - 7:00 pm at the JCC

Members: Drop-in rate: \$10 (or 4-class pass for \$36)

All others: Drop-in rate \$15 (or 4-class pass for \$45)

Babka Baking

Sunday, Feb 10, 2:00 - 4:00 pm at the JCC

\$10 for JCC members: \$15 for all others

Never Too Late to Get in Shape

Tuesdays: Feb 3 (free sample class), Mar 5, 12, 19 & 26, 10:00 - 11:00 am
at the JCC

Members: Drop-in rate: \$10 (or 4-class pass for \$36)

Non-Members: Drop-in rate \$15 (or 4-class pass for \$45)

Healthy Nibbles - Sweet & Savory

Thursday, Apr 4, 7:00 - 8:30 pm at the JCC

\$10 for JCC members: \$15 for all others

Other Programs

Mah Jongg Monday

Mondays: Jan 14, & 28, Feb 11 & 25, Mar 11 & 25, Apr 8 & 29

12:30 - 3:30 pm at the JCC

Free for JCC members, \$5 for all others

Mah Jongg Lessons - daytime and evening sessions at the JCC

Thursdays: Feb 7, 14, 21, & 28, 12:30 - 3:30 pm, OR

Tuesdays, Jan 8, 15, 22, & 29, 7:00 - 9:00 pm

\$20 for JCC members, \$30 for all others

Canasta

Tuesdays: Jan 16, Feb 12, Mar 12, & apr 9, 1:00 - 2:00 pm at the JCC

Free for JCC members, \$5 for all others

JCC Travels to Duke University

Monday, Feb 25 (time TBA)

Presentation by Rabbi Susan Silverman

Other Opportunities for Learning . . .

Gateways to Judaism

Join us for an introduction to:

- Jewish Theology
- *Mitzvah & Halakhah* (commandments and Jewish law)
- *Midrash & Talmud* (commentary)
- American Judaism
- Contemporary Israel

Taught by Rabbis Citrin, Dinner, and Solomon

All classes meet at Temple Beth Or, 5315 Creedmoor Road, Raleigh

Wednesday evenings, 7:30 - 9:00 p.m., Jan 2 - Mar 13 (no class Jan 16)

\$120 for members of any area synagogue

\$180 for all others

*To register, or for more information, contact the TBO office at:
adminasst@tboraleigh.org*

72nd Annual B'nai B'rith Institute of Judaism A Tapestry of Jewish Thought

At the Wildacres Retreat in Little Switzerland, NC

Aug 12 - 15, 2019

- Presentations by Prominent Speakers
- Patio Discussions with the Speakers
- Fully Kosher Meals
- Live Musical Entertainment
- Jewish Themed Movies
- Hiking, Tai Chi Sessions, Health & Wellness Talks

For more information, contact:

Bill Carr, bcarr3533@gmail.com, or

Marion Rosencrans, 561-694-1059

Other Opportunities for Learning . . .

Looking to do some learning on your own?
Here are some online resources.

www.myjewishlearning.com

My Jewish Learning is all about empowering Jewish discovery for anyone interested in learning more. We offer thousands of articles, videos and other resources to help you navigate all aspects of Judaism and Jewish life — from food to history to beliefs and practices. Our site is geared toward all backgrounds and level of knowledge.

<https://www.jewishvirtuallibrary.org/>

The Library includes pages and articles on Anti-Semitism, Biographies, History, the Holocaust, Israel, and more. In addition, the JVL has a bookstore, a Timeline of Jewish History, and the Virtual Israel Experience (VIE). We received permission from the Library of Congress to put its Judaic and Hebraic treasures on our site.

<https://mosaicmagazine.com/>

Mosaic takes a lively, serious, and committed approach to Jewish issues and ideas. The main feature in *Mosaic* is a full-length monthly essay on an issue or theme of pressing significance for Jews, Judaism, or the Jewish state. In addition, *Mosaic* regularly carries a variety of briefer opinion pieces, thoughts on issues and events of the day, historical reflections, and the like. In a daily e-mail to subscribers, and in regular updates on Facebook and Twitter, *Mosaic*'s editors engage in an ongoing conversation with our readers.

<https://thetorah.com/>

Project TABS (Torah And Biblical Scholarship) is an educational organization founded to energize the Jewish people by integrating the study of the Torah and other Jewish texts with the disciplines and findings of academic scholarship. The goals are to: advance the understanding of the Torah, make modern biblical scholarship accessible to the broader Jewish community, integrate the findings of modern biblical scholarship into *torat chayim* (instruction for living), and to address the challenges modern biblical scholarship poses to traditional Jewish faith and observance

**To register for our classes, program, or Brunch Series,
or to purchase tickets, please return this form
(with payment) to:**

*Beth Meyer Synagogue, 504 Newton Road,
Raleigh, NC 27615*

(it is also possible to register online at www.bethmeyer.org)

Name: _____

email: _____

- Brunch Series *(page 3)*
Cost for members (non-members):
\$12 (\$15) per brunch
 ___ Jan 13
 ___ Feb 10
 ___ Mar 3
- Hebrew 103, part 1 *(page 4)*
Cost: \$60 (\$75 for non-members) + \$25 book fee
- Hebrew 103, part 2 *(page 4)*
Cost: \$60 (\$75 for non-members)
+ \$25 book fee if new to the class
- Torah Trope Class *(page 4)*
Cost: \$60 (\$75 for non-members) + \$30 book fee
- Taste of Conversational Hebrew *(page 5)*
Cost: \$60 (\$75 for non-members)
- The Nature of Prayer & Building a Prayer Practice *(page 6)*
Cost: \$160 (\$200 for non-members)
- Being Jewish During Anti-Semitic Times *(page 6)*
There is no cost for members - but registration is requested
(\$10 per session for non-members)

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(it is also possible to register online at www.bethmeyer.org)

Name: _____

email: _____

- Pathways to God *(page 10)*
There is no cost for members - but registration is requested
(\$10 per session for non-members)

___ Jan 27 ___ Mar 24 ___ May 19
___ Feb 24 ___ Apr 28

- Jewish Ethics and Global Citizenship *(page 11)*
Cost: \$30 for series of 3 sessions *(\$35 for non-members)*

- Donation to the Kanof Adult Endowment Fund \$ _____