

*Adult Education at
Congregation Beth Shalom*

Fall/Winter 2011-2012



If you want to build a ship, don't drum up people to gather wood, divide the work, and give orders. Instead, teach them to yearn for the vast and endless sea. —

Antoine de Saint-Exupery

Congregation Beth Shalom

4746 El Camino Avenue, Carmichael, California 95608 ★ (916) 485-4478
office@cbshalom.org ★ www.cbshalom.org

Fall/Winter 2011 Classes

Congregation Beth Shalom:

Where Everyone Is Family!

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Notes:

Everyone is searching for something. Some seek new ideas, others ancient language and history; others gravitate to the arts through music and poetry; still others seek the peace of silence.

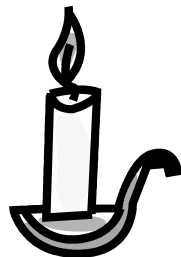
Congregation Beth Shalom's Adult Education Program offers classes, workshops, and lectures that are intellectually and spiritually uplifting and fun. They are designed to appeal to the diverse backgrounds and interests of our synagogue family.

Whether you have recently entered the stream of Jewish learning or have been learning for many years, we know you will find programs to support your spiritual and religious life.

Welcome to lifelong Jewish learning.

Rabbis Nancy & David

Rabbis Nancy and David Wechsler-Azen



Rosh Chodesh - New Moon Observance

“The T’shuva Plan” with Lisa Bertaccini

Sunday August 28th, 2011—7:00-9:00 p.m.

Elul

Mother-Daughter Tea and Jewish Stories with Marcy Silliman

Sunday October 30th, 2011—4:00-6:00 p.m.

Cheshvan

The Zohar of Leah and Rachel with Rabbi Nancy

Sunday November 27th, 2011— 7:00-9:00 p.m.

Kislev

Soup and Poetry of Jewish Women with Rabbi Nancy

Monday December 26th, 2011—7:00-9:00 p.m.

Tevet

Pilates with Marlo Dewing

Sunday January 22nd, 2012—7:00-9:00 p.m.

Sh’vat

Creating your Mandalla with Helen Ornellas

Sunday February 26th, 2012—7:00-9:00 p.m.

Adar

Tribute to Debbie Friedman

Co-sponsored with Hadassah

Sunday March 25th, 2012—4:00-6:00 p.m.

Nisan

Foster Youth Emancipation Shower with Sisterhood

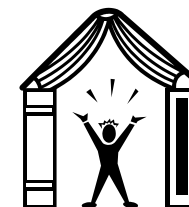
Sunday April 22nd, 2012—4:00-6:00 p.m.

Iyar

Bring refreshments to share

Congregation Beth Shalom Adult Education Programs

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Beginning and Intermediate/ Advanced Hebrew

Start with Aleph and enter the doorway of the Hebrew language. No previous knowledge of Hebrew required. You can become a participant, no longer an observer as you join other adult learners in an informal and fun classroom setting.

Instructor: Carry Cohn

Day/Time: 13 week course
Mondays 7:00 – 8:00 p.m.
· September 12, 19, 26
· October 3, 10, 17, 24
· November 7, 14, 28
· December 5, 12, 19

Fee: \$130.00
\$15.00 additional for non-members



Meditation

The weekly drop in Jewish meditation group is designed for participants at all levels of meditation. Each week's focus varies depending on where we are in the Jewish liturgical calendar and the kavanah, or deliberate intention, of the participants. There is both an opportunity for shared silence in community and shared experience.

Instructor: Lisa Bertaccini

Day/Time: Ongoing Wednesdays, 4:45 – 5:35 p.m.

Fee: Donations accepted to cover the cost of the facility



Jewish Current Topics: One Shot of Espresso

“Judaism and Zionism, The Inseparable Bond”

Date/Time: Sunday, November 20, 7:00—8:30 p.m.

Instructor: Rabbi Joseph Melamed

“Circumcision in the 21st Century”

Date/Time: Sunday, December 11, 7:00—8:30 p.m.

Instructor: Rabbi David Wechsler-Azen

“Reform Judaism: What it Was, What It Is and What It Might Be”

Date/Time: Sunday, January 29, 7:00—8:30 p.m.

Instructor: Rabbi Nancy Wechsler-Azen

“Women of the Wall – the Voice of Israel’s Women”

Date/Time: Sunday, February 12, 7:00—8:30 p.m.

Instructor: Anat Hoffman, Director of the Israeli Religious Action Center



Intermediate/Advanced Hebrew

Having entered the doorway of the Hebrew language, move further along the path of our people’s sacred language-- ancient and vitally current. The class concentrates on reading and comprehension.

Instructor: Carry Cohn

Day/Time: 13 week course
Monday 8:00 – 9:00 p.m.

- September 12, 19, 26
- October 3, 10, 17, 24
- November 7, 14, 28
- December 5, 12, 19

Fee: \$130.00
\$15.00 additional for non-members

באהבה

Conversational Hebrew

Speak like an Israeli by learning from an Israeli. This is an intensive beginning/conversational Hebrew program. Conversational Hebrew is informal, fun and you'll be reading for Tel Aviv in no time!

Instructor: Yifat Elrom

Day/Time: 12 week course
Wednesday 6:30 to 7:30 p.m.

- September 14, 21
- October 5, 19, 26
- November 2, 9, 16, 30
- December 7, 14, 21

Fee: \$120.00
\$15.00 additional for non-members



Zohar

Enter the conversation on the mystical journeys in the Zohar, a mystical work, consisting of a commentary on parts of the Pentateuch probably composed in the 2nd century CE. Through excerpts from Melila Hellner-Esehd's book, [A River Flows through Eden: Mystical Experiences in the Zohar](#), we will learn about methods of generating our own mystical experience and three main states of mystical consciousness.

Instructor: Rabbi David Wechsler-Azen

Day/Time: 10 week course
Sunday 10:45 – 12:00 p.m.

- September 11, 18, 25
- October 23, 30
- November 6, 13, 20
- December 11, 18

Fee: \$100.00
\$15.00 additional for non-members



Spirituality and Money

What can our tradition teach us about our relationship to finances? How do we maintain a balance between spirituality and our own efforts to succeed? What are some techniques that help us improve our bank balances as well as our lives? Join this class and explore bringing G-d into your budget.

Instructor: Rabbi David Wechsler-Azen

Day/Time: 10 week course
Sunday 9:30 -10:40 a.m.
· September 11, 18, 25
· October 23, 30
· November 6, 13, 20
· December 11, 18

Fee: \$100.00
\$15.00 additional for non-members



Torah Study and Shabbat Service

This ongoing Shabbat Learning meets every Saturday morning delving into *Parasha Hashavua*, the weekly Torah portion. The class is highly interactive, taught in English and utilizes the commentary of Nachama Lebowitz. Our Torah study begins with morning prayers and concludes with *Aleinu* and *Kaddish*.

Instructors: Rabbi Nancy Wechsler-Azen and Rabbi David Wechsler-Azen

Day/Time: Saturday 9:00 – 10:30 a.m.
Weekly
Note: When CBS has a Bar or Bat Mitzvah, Torah Study will be 8:30 am – 9:55 am.

Coffee and Refreshments will be served



Beginning/Intermediate Mussar

Mussar is an approachable and practical set of teachings for developing personal growth and spiritual awareness. Those who practice Mussar will tell you that it has made a profound difference in their lives and that it has become their very personal Jewish way of living. Each session will focus on a specific soul trait with teachings from Everyday Holiness by Alan Morinis as well as journaling. Open to students who have taken Season of Mussar I.

Instructor: Lisa Bertaccini

Day/Time: 10 week course
Sunday 10:45 - 12:00 p.m.

- September 11, 18, 25
- October 23, 30
- November 6, 13, 20
- December 11, 18

Fee: \$100.00
\$15.00 additional for non-members

Please purchase your own journal and copy of "Everyday Holiness".



Advanced Mussar

Mussar is typically defined as ethical teachings. That is, the field of Mussar is devoted to character and behavioral improvement. This includes a very broad range of strategies and approaches to such improvement. This ongoing class meets every Sunday, alternating with Rabbi Nancy teaching and class facilitation. Bring Orchot Tzadikim, The Ways of the Tzaddikim, edited by Rabbi Gavriel Zaloshinsky and a journal.

Instructor: Rabbi Nancy Wechsler-Azen

Day/Time: 10 week course
Sunday 9:30 -10:45 a.m.

- September 11, 18, 25
- October 23, 30
- November 6, 13, 20
- December 11, 18

Fee: \$100.00
\$15.00 additional for non-members

Please bring your journal and a copy of "Orchot Tzaddikim"

