



# Adath Shalom Adult Education Brochure

Shalom and welcome to our 5778 Adult Education Brochure! We hope that you will find many ways to connect to your fellow congregants as well as your Jewish heritage. We have developed a calendar with learning opportunities both formal and informal that will help you explore, connect and discover the riches of your Jewish journey.

In addition to the Adath Shalom courses, we are proud to be a site for The Florence Melton Adult Mini-School, an innovative adult learning program developed at the Hebrew University.

We invite you to choose a program or course from this brochure and join us for an exciting year! If there is a program or topic that may interest you, please let us know. We are constantly preparing new offerings and creating new opportunities including courses, trips, discussions, shows, movies, speakers, cooking, mind/body, music and more!

Sincerely,

Maxine Moses, Lifelong Learning Chair

Cookie Samuels, Chazak Coordinator

Marisa Bergman, Education Director

Rabbi Moshe Rudin

Cantor Lois Kittner

## Adult Education Programming

### **November 5, 2017, 10am**

Learn how to crochet Kippot – details to follow

### **December 3, 2017, 10am & 7 pm**

#### **"Praying with Lior"**

An engrossing, wrenching and tender documentary film, *PRAYING WITH LIOR* introduces Lior Liebling, also called "the little rebbe." Lior has Down syndrome and has spent his entire life praying with utter abandon. Is he a "spiritual genius" as many around him say? Or simply the vessel that contains everyone's unfulfilled wishes and expectations? Lior - whose name means "my light" - lost his mother at age six, and her words and spirit hover over the film. While everyone agrees Lior is closer to God, he's also a burden, a best friend, an inspiration, and an embarrassment, depending on which family member is speaking. As Lior approaches Bar Mitzvah, different characters provide a window into life spent "praying with Lior." The movie poses difficult questions such as what is "disability" and who really talks to God? Told with intimacy and humor, *PRAYING WITH LIOR* is a family story, a triumph story, a grief story, a divinely-inspired story. We will have two showing of the film: 10am during Religious School and again at 7pm

### **December 10, 2017, 12 noon**

#### **Latke Cook-Off, Iron-Chef style**

Join us for lunch and the judging of **Adath Shalom's Best Latkes!** Think outside your Chanukah tool box and get ready for some yummmm! In addition to the time-honored, come taste sweet potato, vegan and other non-traditional latkes. Details to follow.

### **January 6, 2018, following Shabbat morning services**

#### **Jewish Justices of the Supreme Court**

This lunch and learn with David G. Dalin, an American rabbi ordained at the Jewish Theological Seminary and historian, will address American jurisprudence through the eyes of the eight Jewish Supreme Court Justices that have served, including the three Jewish justices currently serving. Rabbi Dalin is the author, co-author or editor of twelve books on American Jewish history and politics, and Jewish-Christian relations. He has taught Jewish Studies and been a visiting professor at several universities.

### **Tuesday, March 20, 2018, 6:30pm**

#### **Women's Seder**

Honor and observe the importance of women in Jewish history and the Passover story during this inspiring take on the Passover Seder. A seder in advance of Passover prepares us spiritually and intellectually for a seder in our home.

**Sunday, March 25, 2018**

**Let's Eat: Jewish Food and Faith**

Join us for morning minyan at 9am, brunch at 9:45 am and a presentation by Rabbi Ron Issacs to round out the morning. Food is an instrument of both community and identity. Jews love to feed and be fed. There is no way that Jews can practice Judaism culturally and religiously without food. Based on his newest book (co-authored by Lori Stein) "Let's Eat: Jewish Food and Faith", Rabbi Ron Isaacs will demonstrate the connection between food and Jewish values, food traditions around the world, and how food, eating and community are pillars of Jewish culture. You are in for a culinary treat that will not only whet your appetite but have you asking for more!

**Sunday, April 29, 2018**

**Afterlife Journey of the Soul in Jewish Mysticism**

Join us for morning minyan at 9am, brunch at 9:45 am and a presentation by Rabbi Simcha to complete the morning's program. Does Judaism believe in the afterlife? Unequivocally, the answer is yes! However, today many are unaware of traditional Jewish wisdom on life after death. This presentation explores Judaism's afterlife teachings, particularly in Jewish mysticism. We endeavor to understand the relevance of these teachings in dealing with the human encounter with death.



## Chazak Senior Adult Luncheon Club

Join us for our monthly Chazak Adult Luncheon Club for the mind, body and spirit. Enjoy a delicious gourmet meal, conversation and exciting speakers with engaging and interesting Jewish topics.

Open to the public, invite your friends!

Cost: \$8 per event

All events are the second Tuesday of the month.

Lunch will be served at 12:00 pm

Speaker begins at 12:30 pm-1:45 pm

**Virtual Tour of the Jewish Lower East Side** with Marty Schneit, a licensed New York City Tour Guide. From the comfort of your chair, take a trip back in time to the Lower East Side and visit Schimmel's Knishes, Katz's Deli, Ansche Chesed, The Daily Forward and Rabbi Eisenberg, one of the few Torah scribes remaining in the Lower East Side. Listen to a number of stories and tidbits about some of the great people who lived there – Irving Berlin, Eddie Cantor and George Burns.  
October 10: RSVP by October 6 to Cookie Samuels at [Challahgal@yahoo.com](mailto:Challahgal@yahoo.com) or 973-366-0763.

**Better on a Budget – Travel Tips** from Jack Samuels, a professor in recreation, hospitality, entertainment and tourism. Here's an opportunity to learn how to travel less expensively and better no matter where you want to go! The trick to it is knowing how to manage your credit cards, frequent user accounts and searching for the best deals by using such things as the "hidden cities" technique. Travel and Tourism are service industries and all services are perishable and subject to crazy price swings. This could be an entire course, but at least we can answer your questions and give highlights.  
November 14. RSVP by November 10 to Cookie Samuels at [Challahgal@yahoo.com](mailto:Challahgal@yahoo.com) or 973-366-0763.

**Great American Songbook Sing-Along** with Alice Leon, an award-winning singer, storyteller and teaching artist. Join us for a lively hour singing or just listening to the great songs of Irving Berlin, Peggy Lee, Gershwin, Rogers & Hammerstein and more. Alice Leon is an award winning singer, songwriter and teaching artist with 5 critically acclaimed CDs. She is a brilliant storyteller with a voice influenced by Peggy Lee, Ella Fitzgerald and Judy Garland.  
December 12: RSVP by December 8 to Cookie Samuels at [Challahgal@yahoo.com](mailto:Challahgal@yahoo.com) or 973-366-0763.

**Resources and Support for the Caregiver** presented by Alyson Kaplan, MHSA, MSW, LCSW with a concentration in Long-Term Health Care and a Certificate in Aging. This presentation will provide the framework to help guide oneself in the care planning journey. Topics covered include:

- Clarifying the various roles caregivers serve
- Involving others in the caregiving
- Tips and information for caregivers including a template for a caregiver document organizer
- Identifying resources available to help in this process
- Knowing signs of caregiver stress and burnout and learning ways to help oneself and others

**January 9:** RSVP by January 5 to Cookie Samuels at [Challahgal@yahoo.com](mailto:Challahgal@yahoo.com) or 973-366-0763.

**Outlaws and Inlaws –Relationships Advice in the Torah** with Janice Colmar. Ms. Colmar, who has been a Jewish educator and administrator for over 35 years, will discuss the family dynamics between the biblical families and what we can learn or not learn from them. We will discuss the relationships between those we know Abraham and his immediate family of Sarah, Hagar, Isaac and Ishmael, Leah and Dina, Moshe and his wife /sons, and Jacob and his sons. In addition, we will look at Judah and Tamar, King David and Merav and finally Rabbi Akiva.

**February 13:** RSVP by February 2 to Cookie Samuels at [Challahgal@yahoo.com](mailto:Challahgal@yahoo.com) or 973-366-0763.

**Jewish Belief in the Afterlife** presented by Rabbi Akivah Lubow. So many questions...and these are not inconsequential questions: Does Judaism teach a belief in the afterlife? If so, is there a heaven and a hell? What are they like? Who goes there? Are Jews the only ones who have a place in the afterlife, or can non-Jews merit life eternal, as well? If Judaism teaches a belief in the afterlife, does it teach a "belief" or "beliefs?" Do adherents to each of the major streams of Judaism have the same views or are they different? So many questions...it's enough to make your head spin! Join us as we explore answers to these questions from Jewish sources and theology.

**March 13:** RSVP by March 2 to Cookie Samuels at [Challahgal@yahoo.com](mailto:Challahgal@yahoo.com) or 973-366-0763.

**Red Apple Rest Stop** with Elaine Freed Lindenblatt. If you have ever stopped at the Red Apple Rest, the landmark restaurant is about to return the favor. Author Elaine Freed Lindenblatt will be here with the inside story of her father's colorful eatery. Take a 50-year armchair ride back along NY Route 17 and learn what it was like to grow up in a 24/7 rest stop that served over one million customers a year. It's an only-in-America success story of a man, a family, and a business that could be told only by someone who lived it--and Elaine did! Copies of her book *Stop at the Red Apple* will be available for sale and signing.

**April 10:** RSVP by April 6 to Cookie Samuels at [Challahgal@yahoo.com](mailto:Challahgal@yahoo.com) or 973-366-0763.

**Hidden Nutritious Gems in your Local Supermarket** with dietician Monica Hansen. "Do you feel like you go to the supermarket and buy the same things every week? Are you interested in adding new nutritious items to your shopping list? Join Monica to learn about dietitian-approved products in your local ShopRite that are worth adding to your shopping list!

**May 8:** RSVP by May 4 to Cookie Samuels at [Challahgal@yahoo.com](mailto:Challahgal@yahoo.com) or 973-366-0763.

## Classes with Rabbi Rudin

The Mishna tells us that the study of Torah is the greatest human act for it leads to all of the other actions that bring blessing and benefit to the world. At Adath Shalom, we take an expansive view of Torah study: from ritual skills such as Torah reading, Hebrew, understanding and leading prayers to engagement with Jewish thought, values, culture and spirituality on every level.

**Hebrew for Fun and Prophet!** What do you say after you've said Shalom? Find out with our Hebrew course, team taught with love by Adath Shalom members Chaya, Sarah and Shirel (Cindy Eskow, Susan Skolnick and Pauline Hahn). An informal and enjoyable basic Hebrew class just for you! If you haven't had a chance to review Hebrew letters and reading since Hebrew school or have never had any formal Hebrew training, come on in! This learner-directed class will give you what you need to read, understand and even speak Hebrew at a beginning level. Learning for adults (men and women) of all ages in prayer book, scripture and modern Hebrew. Thursdays 5-6 PM, Starting October 19th

**Dive in and Daven:** How long do services last? Three hours? Two hours? Would you believe thirty minutes? That's how long it takes for us to journey through time and space with stops at Shema Yisrael, the Amidah and other highlights of Jewish practice. Join us for a short morning service with teaching moments and discussion in a multi-generational setting. Sundays from 9:00-9:30 AM when Religious School is in session. Make an investment in your spiritual life at this Adath Shalom highlight.

**Sunday Morning at the Schmooze:** Unlock the meaning of Torah and explore the relevance of ancient wisdom in each of our lives...all in the time it takes to enjoy a bagel (or gluten-free/low calorie alternative)! Rabbi Rudin's weekly Torah class encourages discussion, but also shares the shining center of our tradition - start the week with an energy infusion of spiritual schmoozin'! We meet each Sunday during religious school following davening, from 9:30 AM-10:15 AM.

**Talmudic Top Ten:** So a bunch of Rabbis walk into a bar... and the outcome is a list of the top ten Talmudic selections and arguments that every literate Israelite should know. Come and taste the Talmud with us - Jewish law, legend, lore and more. 12 Sessions, Wednesdays, 7:00-8:00 PM, beginning November 1st. Snack included!

**The Wandering Jew:** Each week, Rabbi Rudin will show up at a different coffee shop or diner with an open invitation for whoever would like to come by and schmooze, talk Torah, current events, or whatever else you'd like! Check the Happenings for where the Rabbi will show up next - or invite him somewhere close by and he'll be there! Complimentary coffee and snack for all participants!

**Torah on Tap:** The legendary Thursday night Jews and Brews returns with the stuff you didn't learn in Hebrew school - discussions, laughter, sharing, Jewish values and more. A fun evening for adults only. Quarterly on Tuesday evenings: see the Happenings for Details

## Classes with Cantor Lois

### **Learn How to *Leyn* (chant from) the *Torah*!**

Learn the basic Torah trope (cantillation system) and how to apply it to a Torah reading. Each student will be assigned his/her own (short) reading. **A basic ability to read Hebrew is a pre-requisite for this class.** Each student learns at his/her own pace. If you can't come to every class, that's okay! Come when you are able. We meet in the Cantor's study, Sunday mornings from 11:05am-11:30am, starting October 17. Email [cantorlois@adathshalom.net](mailto:cantorlois@adathshalom.net) to register!

***Siddur* Hebrew: Learn How to Read Hebrew in the *Siddur*!** Do you want to catch up to your child's Hebrew reading skills? Do you want to dust off your former skills? Have you always wanted to be able to sound out the words in the *siddur*, or at least follow along? Then this class is for YOU! Everyone learns at his/her own pace. If you can't make every class, that's okay! Come when you can! **We work with a set of colorful, user-friendly, workbooks (\$20 for the set).** This is your year...LET'S LEARN ONE MORE THING... together! We meet in the Cantor's study, Sunday mornings from 11:30am-noon, starting October 17. Email [cantorlois@adathshalom.net](mailto:cantorlois@adathshalom.net) to register!

### **Your Jewish Ritual Toolbox**

Hillel said: "Whoever does not add to their knowledge detracts from their knowledge."

What's in YOUR Jewish Ritual Toolbox? For those of us who want to understand more and want to connect more directly to our Jewish practice, here is the 5778 challenge: Keep on learning! Keep adding one more thing to your Ritual Toolbox!

Register with Cantor Lois at [cantorlois@adathshalom.net](mailto:cantorlois@adathshalom.net) and receive your customized checklist. There will be various ways to accomplish your personal goals: classes, FaceTime or Skype sessions, sound files or practice sessions.

YOUR PERSONAL LIST *might* include:

- ☐ How to sing the blessing over the Shabbat candles.
- ☐ How to sing the blessings for lighting the Chanukah candles!
- ☐ How to recite the Friday Night Kiddush, so you can sing it at your own Friday Night *Erev Shabbat* dinner table!
- ☐ How to recite Havdallah!
- ☐ How to sing Birkat HaMazon!
- ☐ How to sing *V'ahavta* and *Vayomer*.
- ☐ How to wrap *tefillin*.
- ☐ Learning when to bend, when to bow, when to straighten, when to go up on your toes, when to sit down....during services!
- ☐ Learning how to lead a *shiva minyan*!
- ☐ Learning how to chant a *haftarah*!



# The Florence Melton Adult Mini-School Courses

These unique classes open the breadth and depth of traditional and contemporary Jewish learning to adult learners in a discussion-base, informal, interactive setting. Although there are no prerequisites, exams or grades, participants are asked to make a serious commitment to regular study. Share your experiences, life lessons and knowledge with us and be nurtured and inspired with the ancient wisdom that is your birthright.

For additional information or to register, please contact

JCC Adult Education Director Rhonda Lillianthal at

[rlillianthal@jccmetrowest.org](mailto:rlillianthal@jccmetrowest.org) or call 973-530-3519.

## Melton Core Class: Rhythms & Purposes

**RHYTHMS:** What does it mean to live Jewishly? What are the ideas, beliefs and practices involved?

This course examines a wide variety of Jewish sources to discover deeper meanings underlying holidays, lifecycle observances and Jewish practice.

**PURPOSES:** What do Jews believe and why? How do Jewish thinkers answer life's BIG questions?

Explore both ancient and modern responses to many major issues of Jewish thought and theology.

Now meeting once or twice monthly on Sunday morning to accommodate busy schedules, this core class will be spread out over two years. Each session consist of two one-hour classes, with a short break, and will be co-taught by Rabbi Moshe Rudin and educator Treasure Cohen.

Cost: \$350

Sundays, 9:45-11:45am

September 24; October 15, 29; November 19; December 3, 10; January 7, 28; February 11; March 4, 25; April 8, 29; May 6

## Graduate Class

Graduates of the two-year core curriculum are eligible to continue their studies in our Graduate Melton School, which offers a wide array of topics taught by dynamic and knowledgeable instructors. Classes meet once a week for 30 weeks.

- **Star and Crescent, The Long Relationship of Judaism and Islam:** Jews and Muslims have co-existed, at times peacefully and at other times contentiously, for more than a millennium. What do they have in common? What are the sources of tension and conflict between Judaism and Islam? This course will examine the longstanding relationship between Judaism and Islam, between Jews and Muslims, broadening our understanding and challenging our assumptions. Taught by Rabbi Moshe Rudin.
- **Jewish Denominations: Addressing the Challenges of Modernity:** A fascinating study of the explosion in contemporary Judaism as reflected in the denominations. Extensive insights into the historical and ideological developments of the major movements. Exploration of the impact of gender, assimilation, Israel and post-denominationalism in the movements and the Jewish people. Taught by Rabbi Michael Jay.

Cost: \$675

Thursdays 9:30-11:30am