



KEREM SHALOM

Adult Programming Newsletter

Volume 2.4 – March/April 2022/5782

Kerem Shalom's Congregational Theme for the Year
“Renewing Creation”



“Creation” by Israeli artist Yoram Raanan

Welcome to our varied offerings.
Programs are on Zoom only unless otherwise noted.

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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Upcoming Special Events

Curing Cancer: Where We Are and What it Will Take to Succeed L.E.D.* Series 2021/2022

with Dr Jesse Boehm

Kerem Shalom Hebrew School Alum

Sunday, March 6
10:30 – 11:30 am

Cancers are composed of millions of tumor cells with molecular changes that bestow upon them the ability to grow and spread. Prior to the genomic revolution of the mid 2000s, we knew little about the nature of these molecular changes, so winning the war on cancer was impossible. In this seminar, Dr. Jesse

Boehm will discuss how recent technological revolutions, including genomics, CRISPR gene engineering, and use of social media for patient engagement, are generating new success in cancer prevention medicine. Additionally, new collaborative enterprises between formerly competitive organizations are creating new templates for models of scientific enterprise, underpinning this cancer research revolution.



Dr. Jesse Boehm is the Chief Scientific Officer of Break Through Cancer and principal investigator at the Broad Institute of Harvard and MIT. His laboratory at MIT works on creating new patient-powered, open-source solutions to discover novel therapeutic targets for rare and underrepresented tumors. He received his undergraduate degree from MIT and his Ph.D. in cancer biology from the Dana-Farber Cancer Institute at Harvard Medical School. Jesse grew up in Concord, attended CCHS and Hebrew school at Kerem Shalom and now lives in Wellesley MA with his wife and two sons.

[**REGISTER HERE**](#)

**L.E.D. = LEARN, EXPLORE, DISCUSS – Shed a little light.*

We're All in This Together

A Special Broth Hour on Anxiety

with Dr. Jane Appell, Scott Sancetta and Susan Phillips

Sunday, March 27
10:30 – 11:30 am

Angst: a feeling of deep anxiety or dread, typically an unfocused one about the human condition or the state of the world in general.

Anxiety: Intense, excessive, and persistent worry and fear about everyday situations

Ennui: to be listless, dissatisfied or experiencing boredom

Weltschmerz: the depression you feel when the world as it is doesn't reflect what you think it should be

Oif Shpilkes: being highly agitated while waiting for something to happen.

Join three KS members sharing their personal and professional experiences living amidst the restlessness and anxiety of just being in our world today. Share your own experiences. Discover that together we are stronger.

[**REGISTER HERE**](#)



The Cure for Hate

A Former White Supremicist's Journey from Violent Extremism to Radical Compassion

L.E.D.* Series 2021/2022

**Sunday, April 3
10:30 – 11:30 am**

Tony McAleer was an affluent, middle-class private-school student and son of a doctor. Yet, he ended up at the Aryan Nations compound in Idaho, falling in with and then recruiting for some of the most notorious neo-Nazi groups in Canada and the U.S. After fifteen years in the white supremacist movement--becoming a movement leader, accomplished propagandist, and operator of one of the first white supremacist websites--he left the highest ranks of these groups and cofounded Life After Hate. What led him to disengage from the violent far right cause and how does he work today to get others to deradicalize; that is, to exit from hate groups, heal, and become "formers"?



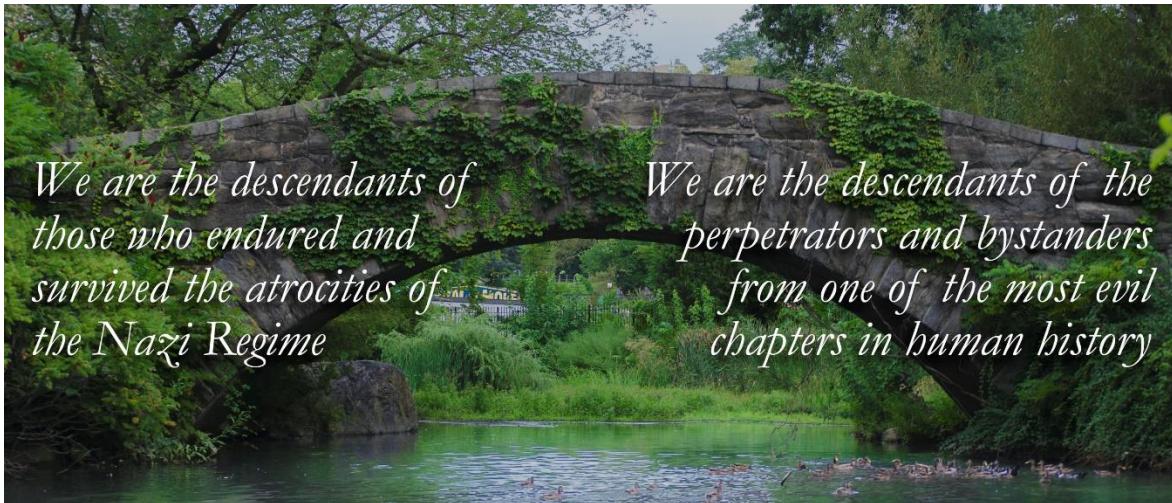
Kerem Shalom is pleased to host McAleer on April 3rd at our latest L.E.D. program over Zoom – several weeks before Yom HaShoah, Holocaust Memorial Day – and a powerful reminder of actions that must be taken to ensure "never again". We will learn how people are drawn to violent extremism, how the ideology takes hold, and the best ways to help someone leave hate behind. Mr. McAleer will draw on his memoir *The Cure for Hate* which details both his personal story and his insights into deradicalization, providing a path back from hatred.

[**REGISTER HERE**](#)

***L.E.D. = LEARN, EXPLORE, DISCUSS – Shed a little light.**

Journeys of Transformation: Confronting the Legacies of Conflict, War & Genocide Salon Series for Yom Ha-Shoah

**Sunday, April 24
10:30 am – 11:45 am**



The book *Journeys of Transformation* presents the work of One-by-One, Inc. which was created to bring together people who have been impacted by the Holocaust and the Nazi regime for intensive interpersonal dialogues. “Never Again” echoes in their hearts and the practice of tshuvah becomes the starting point for remarkable journeys of transformation. We invite you to learn about how this experience has changed our lives and has assisted members of other polarized groups as well.

The editors of this book and cofounders of One-by-One will be the presenters:

Dr. Wilma Busse (daughter of a Polish Catholic Holocaust survivor)

Dr. Martina Emme (granddaughter of a Nazi)

Rosalie Gerut, M.A. (daughter of Shoah survivors).

[**REGISTER HERE**](#)

Upcoming Special Classes

Jewish Pluralism: Purpose and Process



with **Rabbi Sam Pollak**

Sunday, April 10
4:00 – 5:15 pm

What exactly do we mean when we talk about Jewish pluralism, why should we care about it, and how do we achieve it? These questions animated Rabbi Sam's rabbinic thesis project, and in this lecture he will discuss sections of

his work on the subject. His presentation will draw on classical Jewish texts and contemporary philosophical writings, and it will explore why cultivating a respectful, diverse collective is a redemptive process for Jewish communities and for humanity as a whole.

Rabbi Sam Pollak joined Kerem Shalom in July 2020 as Director of Congregational Learning. He received a BA in philosophy and comparative religion, at The Ohio State University, where he held leadership positions at Hillel and sang in a Jewish a cappella group. He attended Hebrew Union College-Jewish Institute of Religion where he received a MA in Hebrew Letters and was ordained as a rabbi in 2017. He most recently served for three years as one of the rabbis at The Community Synagogue in Port Washington, New York, where his responsibilities included teaching religious school classes and Torah study; leading early childhood classes; establishing an adult education initiative; creating a group to guide interfaith families; serving on a newly formed inclusion committee; and officiating life cycle events. During his rabbinical studies, Sam worked at a number of small congregations in the Midwest. He was raised in Cincinnati, Ohio, and now lives in the Greater Boston area with his husband, Rabbi Ari Abelman, who grew up in Lexington, MA.

[**REGISTER HERE**](#)

Profiles in Leadership and Resilience: Exploring Biblical, Rabbinic and Jewish Historical Personalities

with Rabbi Benjamin Samuels

Dates: Five Tuesdays, 3/29, 4/5, 4/12, 4/19, 4/26

Time: 10:30 am-12:30 pm

Cost: \$165, generous financial aid available



Art by Yorem Raanan

This series seeks to find inspiration and uplift in the narratives of Jewish personalities whose encounters with life's challenges serve as enduring lessons in leadership and resilience. Over the course of five sessions, we will interactively study the biblical personalities of Abraham and Sarah; the rabbinic personalities of Rachel and Rabbi Akiva; and Beruria and Rabbi Meir; and the Jewish historical personalities of Moses Maimonides, Gluckel of Hameln and Rabbi Nachman of Breslov. Each session represents a study in the courage and determination, and our study of all of them together will help us discover and strengthen our own hidden resources of leadership and resilience.

Open to all learners.

Hosted by: Kerem Shalom

Registration: [REGISTER thru HEBREW COLLEGE](#)

Questions: Contact Marilyn Stern: mstern@hebrewcollege.edu

Rabbi Samuels is the rabbi of Congregation Shaarei Tefillah, a Modern Orthodox Synagogue in Newton, Ma, and is a highly regarded scholar and teacher in the **MeAh** program at Hebrew College.

Member Spotlight

Members of Kerem Shalom's Immigration Task Force



From top left: Nancy & Bob Brown, Faye Speert, Leslie Gardner
Regina Corrao (First Parish), JoAnn Simon, Amir & Sue Viskin (chair person)
Carol Barron, Pat Lukens, Karen Belinky
Jane Appell

Not pictured: Hope Rubin, Jodi Hilton, Shira Horowitz, Phyllis Strimling, Jill Cote

This month's Spotlight is on the **KS Immigration Task Force**. "We have an enthusiastic group who welcomed two young Afghan sisters three months ago to the Concord community in collaboration with First Parish in Concord, JCRC, and Catholic Charities. Our team also provides support to another newly arrived refugee family of twelve in Lowell and who are sponsored by International Institute of New England (IINE) in Lowell. We are fundraising to help support these families, especially with housing and education. We held a successful furniture and home furnishings drive in January to benefit Household Goods in Acton, who have a large demand for goods from refugee families and others in need."

If you want to get involved (we need drivers to help with transportation during the day) please contact Sue Viskin, immigration@keremshalom.org

We are also looking for an apartment with public transportation access for the spring.

To contribute to the KS Afghan Resettlement Fund [CLICK HERE](#) and select "KS Afghan Resettlement Fund" from the drop-down menu.

New Groups



New! - KS Weekly Walk

For mental and physical health during COVID how about a KS weekly walk on Sunday mornings or afternoons along neighborhood trails. Interested? (Nothing to lose) contact: Rosalie@KeremShalom.org

New! – Online Mah Jongg

Would you like to play Mah Jongg online?

Contact KS Member Nanci Bell:

mah-jongg@keremshalom.org



New! – Evening Women's Group (Rosh Chodesh)

First meeting:

Thursday March 17, 7:00pm

For further description, see the **Rosh Chodesh Women's Group** below in the **Judaic Studies** section.

If you are interested, please contact Rosalie: rosalie@keremshalom.org

Literary Groups

Kerem Shalom Book Groups

We offer 2 different book groups



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Jewish Content Book Group

Hosted by Jane Appell

Meeting monthly on **Tuesdays at 12:45 pm**

Next meetings
March 8

The Last Watchman of Old Cairo by Michael David Lukas

April 12

People Love Dead Jews by Dara Horn



To join, contact Jane Appell at [jewish-content-bookgroup-
info@keremshalom.org](mailto:jewish-content-bookgroup-info@keremshalom.org)

Kerem Shalom Book Group

Hosted by Pat Sills

Meeting monthly, evenings



Next meetings

Thursday March 17 at 7:30 pm

Off-site or Zoom - TBD

***Matrix* by Lauren Groff**

Tuesday May 17 at 7:30 pm

Off-site or Zoom - TBD

***Private Lives of Impressionists* by Sue Roe**

To join, or for details on future books, contact Pat Sills

bookgroup-info@keremshalom.org.

Judaic Studies Groups

Unless otherwise noted, all Judaic Studies groups are facilitated by the Director of Adult Programming, Rosalie Gerut.

Shabbat Shalom Group

Fridays

10:30-10:45 am - Informal check-ins (optional)
10:45-12:00 - Meaningful discussions of the Torah parsha
12:00-12:30 pm - Open time for conversation (optional)

We begin with a brief meditation, song, and gentle prayer to open our hearts and souls, and proceed to explore how the messages of Torah relate to our lives in today's world.



Art by Yoram Raanan

"The Ten D'varim [10 Commandments] was intended to create a society unlike the one from which the Israelites had escaped – one where very few had power and many were enslaved. Here for the first time any king who acted contrary to this system could be challenged. Individuals were empowered to disobey illegal or immoral orders. For this alone, the covenant at Sinai deserves to be seen as the single greatest step in the long road to a free society.... At Sinai, the politics of freedom was born."

- Rabbi Jonathan Sacks. *Covenant & Conversation*

"Thank you to Rosalie and to all our Shabbat Shalom sisters for nurturing our communal spiritual consciousness."

- Jane Appell

Questions? Contact Rosalie at Rosalie@KeremShalom.org

[**REGISTER HERE**](#)

Rosh Chodesh (Beginning of the Month) Women's Group

An invitation to **Women Members** of Kerem Shalom
First Monday of each month, 10 – 11:30 am

Come and join a friendly and supportive group of women to explore topics based on Judaic wisdom that are relevant to our lives. (No previous knowledge needed.)

We explore monthly themes of the Jewish calendar and discuss their meaning to us as women.

"A group of women enter the room or Zoom. A candle is lit. We greet each other by our Hebrew names and invoke the names of our mothers and grandmothers. We meditate and stretch for a moment. Then we discuss the Hebrew month: holidays or lack thereof; star sign; what is happening with planting, growing and harvesting on many levels. It is calm and quiet. This group of women may never have discussions like this anywhere else. But here we are safe and attached to our history. Jewish women together celebrating our commonality."

- Group Member Marla (Miriam) Richmond

Next meetings: March 7, April 4



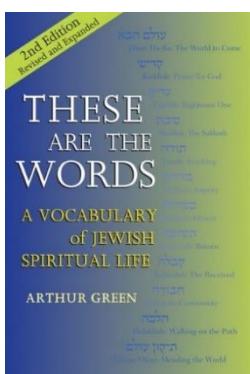
Art by Yoram Raanan

REGISTER HERE

If you have questions, or are interested in an **early evening Rosh Chodesh Group**,
please contact Rosalie@KeremShalom.org

Spiritual Studies

Second Monday of each Month
10 – 11:30 am for KS Members and their friends



We are reading *These are the Words: A Vocabulary of Jewish Spiritual Life*, 2nd edition, by Rabbi Arthur Green. The meanings of Hebrew words that are often heard in prayers and teachings are explained in interesting and engaging ways. As we read and share our responses, we deepen our knowledge, consciousness, and connections with one another.

Join us – it's not too late!

"In this revised, expanded, highly readable, enlightening and entertaining new edition of 'the ultimate Jewish primer,' one of the

greatest spiritual teachers of our time takes readers - Jews and non-Jews alike - on a historical and spiritual journey through Judaism."

– Amazon.com

Next meetings: March 14, April 11

Questions or to register, contact Rosalie at Rosalie@KeremShalom.org

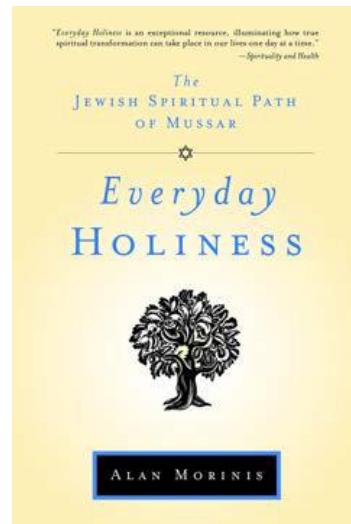
Soulful Seeking Group

**Fourth Wednesday of each Month
10 – 11:30 am for KS Members and their friends**

Join us for monthly meetings during which we delve into aspects of life such as patience, gratitude, generosity, truth and many others. We find ourselves inspired to engage in meaningful and life transforming discussions through the writings in *Everyday Holiness. The Path of Mussar* by Alan Morinis.

"Spiritual studies lead us to expanding our horizons through our conversations during which we include personal experiences and share communal insights. So uplifting! I cannot say enough about this group and our leader."

- Susan Bunker, KS Chaverim* Member



Next meetings: March 23, April 27

Questions? Contact Rosalie at Rosalie@KeremShalom.org

REGISTER HERE

*** For information on becoming a Chaverim (long distance) member of Kerem Shalom please contact our administrator, Robyn: KSAdmin@KeremShalom.org**

Torah Conversations Group

**Saturdays, 8:45 – 9:45 am
For KS members and non-members**

Torah Conversations is an ongoing conversation group that meets each Shabbat morning. 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. This year, the group is also reading The [Mussar Torah Commentary](#), edited by Rabbi Barry Block, and some members enjoy reading additional commentaries as well. The parasha is listed in the KS Weekly News and can be read online at [Sefaria](#).



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.

Rabbi Sam Pollak, Director of Congregational Learning at Kerem Shalom, will be joining us as our facilitator and learning with us on Saturday, March 26, and again on April 30, and May 21, 2022.

We meet each Shabbat morning, currently on Zoom. Conversations about the week's parasha begin promptly at 8:45 am and end at 9:45 am. The room opens ten minutes earlier for general conversation. The group meets weekly, with rare exceptions, as long as there are two or more of us who are available to meet. We welcome you to join us any Shabbat morning.

[REGISTER HERE](#)

Contact for further information: Colleen Humphreys, torah-conversations-info@keremshalom.org

Wellness Programs



Support Group for People Facing Health/Life Challenges

**Third Wednesday of the month
11:00 am – 12:00 pm
for KS Members**

This group offers an opportunity for people living with a variety of health/life challenges to be nurtured emotionally, spiritually and with humor. As we listen to each other, exchange information on resources and just be who we are, a whole different way of experiencing life's major challenges emerges. Why go through difficulties alone when you have a pillow of support right here at Kerem Shalom?

If this speaks to you or you have questions, please contact Kitty Stein: 781-259-9264, or Rosalie: Rosalie@KeremShalom.org

Next meetings: March 16, April 20

[REGISTER HERE](#)

Insight Meditation with Cheryl Steinberg

**Tuesdays on Zoom, 9:15 – 10:15 am
For KS Members and Non-Members**

Please join us for weekly Tuesday 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](#)

Laughter Yoga with Susan Phillips

**Tuesdays on Zoom, 7 – 7:45 pm
For KS Members and Non-Members**

The practice of Laughter Yoga is a way to generate our own laughter without relying on jokes. We practice easy and fun group laughter exercises, with short breaks of deep belly breaths, and end with guided relaxation. In this way, we stay centered in our body and breath and connected to each other through contagious giggles and warm appreciation.

Susan Phillips, M.Ed., Certified Integrative Health Coach and Laughter Yoga Teacher



Please contact Susan at laughter-yoga-info@keremshalom.org for the Zoom link.

Evening Meditation with Scott Sancetta

**Wednesdays, 6:00 – 7:00 pm, on Zoom and at KS*
For KS Members and Non-Members**



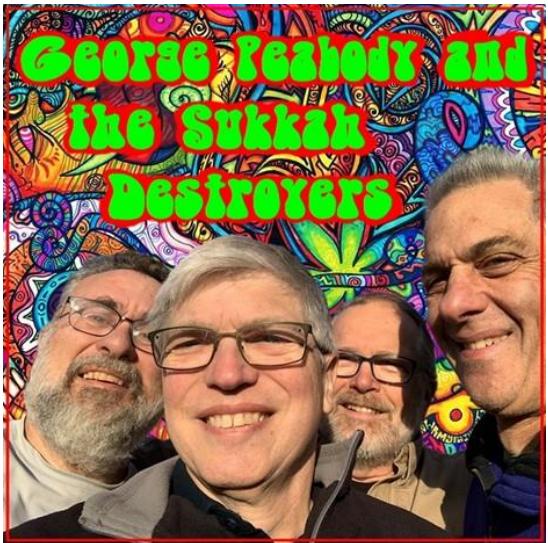
We are a group of KS members and friends, meeting at Kerem Shalom and on Zoom since January 2017. We spend an informal hour, early Wednesday evening, with 30 minutes of meditation and 30 minutes of chatting and connecting. Some of us have meditated for years, some of us are new.

Please consider joining us. Meeting in person* and on Zoom

Contact Scott for the Zoom link or to attend in person:
meditation-with-scott-info@keremshalom.org

* Not all meetings take place at Kerem Shalom – contact Scott before showing up

Kerem Shalom Men's Group



Featuring aging folk rock musician fans and **De-Constructionist Jews**: David Luberoff, Drew Hession Kunz, George Peabody, and Larry Peltz. (Their faux-album cover at left, after a particularly challenging sukkha destruction)

Since members of the men's group also were the core group that put the Sukkah up in the first place, it's only fair to say that the "**Sukkah Destroyers**" were the progeny of a similar group called "George Peabody and the **Sukkah Deployers**." 😊

It's time to form another Men's Group. We began together when we were all in our late Forties, a challenging, heads-down life stage for

many men. Now in our Sixties, we've witnessed one another's challenges, joys, and sorrows. The relationships we've formed have become strong ties, valuable because, in this age of Zoom and digital association, we are truly known to one another. And we enjoy and appreciate each other's company.

There are many ways for Men's Group to operate. The model we've used is "advice free unless asked", non-judgmental, and confidential. It works. All of life's breadth is open for sharing. This is not a religious study group although religious and spiritual experience may be a topic. Work, children, partners, the man's "role" as caregiver, adventures are all grist for this mill.

If anyone is interested in starting a new group, we are ready to assist with participation and guidance. We'll help a new group get underway and will then step back. Reach out to me, george.peabody@gmail.com , if you would like to explore the idea.

Things to be Grateful For

More than 23 million American households — nearly 1 in 5 nationwide — adopted a pet during the pandemic, according to the American Society for the Prevention of Cruelty to Animals (ASPCA). New data suggests dog ownership helped people feel more supported and fewer depressive symptoms during the COVID-19 health crisis.

Here's some of what we can learn from dogs:

**Live simply
Love generously
Care deeply
Speak kindly
Be loyal**



“Owen”, a pandemic-acquired rescue dog

Marla's Corner (Who Knew?)

Featuring surprising tidbits of information about Kerem Shalom staff and members, compiled by our very own Marla Richmond.

The answer to the January/February question:
Which member of the Kerem Shalom Community organized a meat boycott in 1973 to protest the rising price of meat and met with Congressional leaders in Washington D.C. to further the cause?

It's our own Diane Fulman! Ask her about it!



March Question

What member of the Kerem Shalom community had a first job teaching English and Public Speaking at Billerica High School? This talented person also ran the entire Drama program, producing plays and musicals.
(Hint: the favorite was *Once Upon a Mattress*.)

(Check out the upcoming May edition for the answer)

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 **David Luberoff, Sue Wolff, Jody Kotkin and Robyn Barabe** for patient, thorough reviews and support; to **Rabbi Darby Leigh** and **KS President Deena Whitfield** for their ongoing support; to **Nancy Sokol** for her contribution to writing and editing; to **Marla Richmond** for creating “Marla’s Corner”; and to the **AP Committee** for their assistance in creating these offerings: **Elaine Allen, Jane Appell, Carol Barron, Diane Fulman, Carole Greenfield, Marla Richmond, Nancy Sokol, Kitty Stein, Sue Wolff** and to **KS Board VP Scott Sancetta** for his patience and good humor with this challenging effort. 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.