



Kehillot Offerings for April-June, 2021

To register, visit <https://www.signupgenius.com/go/10C0D4AABA928AAFAC61-kehillot1>

Descriptions are divided by general category here. They are listed alphabetically on the sign up form.

Food and Drink

Burnt Offerings by Tim Roberts

Share your favorite Grilling, Smoking or BBQ recipe. We'll meet two Sundays each month from 2:00-4:00pm for a little taste testing, fellowship and group discussion. We'll explore the history of sacrificial offerings throughout Jewish history and how it relates to our own Jewish identity.

Collective Corkscrews by Carolyn and Michael Shapiro – FULL AS OF APRIL 8

The Collective Corkscrews' focus is on wine. All wine lovers, and those who seek to become wine lovers or simply drink some wine, are welcome. Every other week, on Friday evenings from 6:00-7:30pm (a great way to start Shabbat; with friends and wine) three varietals will be sampled. Suggestions for food pairings will be included in the materials. We will also discuss the significance of wine in Judaism. The group will gather, weather permitting, in the Children's Memorial Garden in a socially distant setting that allows for sharing of wines and comments. Of course, we expect the discussions to become louder and more humorous as the evening progresses and the bottles are emptied. Cost will be no more than \$25 per person per session.

What's for Dinner? by Jody Miller and Ryan Singer - FULL AS OF APRIL 8

Have you ever wanted to branch out in your food consumption? Has your family ever complained that you always eat the same thing every day? Fear not! Ryan and Jody are here to take you on a culinary adventure! Together we will try our hand at new dishes and learn some tips and tricks to make cooking in the kitchen a blast for all. We will start slow with more familiar ingredients and work our way towards challenging ourselves culinarily as a group. From Nailed It to Top Chef, all cooking levels are welcome! We will meet on the weekend via Zoom at a time that works for the group.

Activity Based

Couch to 5K by Frank Mix

From Couch to 5K will focus on healthy body and its benefits on our mind and overall state of being. Group support, friendship and spirituality will help encourage participants to stay with their physical fitness plan. Tips and techniques for reaching and maintaining fitness goals will be shared in a collaborative fashion. We will meet on Sundays for discussion and a group walk of 60 -90 minutes on a relatively flat and paved surface.

Discs of David by Blake Singer

Discs of David is a disc golf group. We will enjoy the camaraderie of like-minded enthusiasts with a *bissel* (a little bit) of Torah thrown in. We will play twice a month, on the second and fourth Saturday morning, at various area courses. All experience levels welcome.

God Spelled Backwards is Dog by Alison Schlenger

Dogs aren't our whole life; they make our life whole. This Kehillah will feature wellness walks for humans with their canine friends. There is something holy about caring for animals as well as ourselves. The conversation will range from the Jewish view on caring for animals, to caring for our bodies and minds, and the human/animal connection. We will visit local trails and parks with our canine friends while always maintaining safe, social distancing on the 2nd and 4th Sundays of each month. The group will gather at 8:45am and walks will start promptly at 9:00am and end at 11:00am.

Heavy Makers by Doug Pisik

The maker community is made of people who creatively create physical items. The "Heavy Makers" is a maker subgroup interested in working primarily in wood, metal, electronics and similar materials. Open to everyone from those who want to start a hobby to experienced experts, we will discuss techniques, projects, tools, materials, design, problem solving, and throw in a little relevant Torah for good measure. We'll meet every other week virtually during the pandemic and can meet in member locations when safe to do so.

Mindfulness through Knitting & Crochet by Meg Fisher and Alison Hertz

Join us for an opportunity to look into yourself as we enjoy a thoughtful time together stitching, exploring the meditative qualities of knitting and crochet while enjoying the company of others. Needlework has been shown to reduce tension and blood pressure, while creating a peaceful state of mind. Another obvious benefit is that you are creating a beautiful object to be loved by you, your family and friends. We'll also discuss opportunities for giving back to the community by making hats, blankets and other items for charities. Did you learn to knit or crochet many years ago and need a refresher? All levels of experience are welcome and we will help anyone who wants to learn. Meetings will be held every other Tuesday evening and we can meet separately for lessons as needed.

Conversation Focused

Body and Soul by Lori Corley

Body and Soul is a weight management support group. Each member will get support from the others on his/her journey to better health. We will gain inspiration from Jewish texts and learn about various food and exercise choices. We will create a safe environment to share our successes and obstacles. We will be meeting on Zoom on Thursday evenings.

Parental Guidance Suggested: Empty Nesters Taking Care of Our Aging Parents by Tracey Brabant and Sheri Siegel

Our Kehillah will focus on helping each other through the trials and tribulations of parenting and caretaking our own parents, with frank discussions and some guidance from the Jewish community. We will have plenty of time for support and conversation during each gathering, and will also welcome a few guests from the Jewish community to help us learn about relevant resources and develop personal strength in our sacred journeys. Our goal is to support each other as we navigate our way through sometimes difficult and often comical times. Six gatherings will be held every other Tuesday from 7:00 – 8:30pm through Zoom.

Parenting Support Squad by Karen Bowen

Does your child struggle with ADHD, a learning challenge, anxiety, and/or depression? Is parenting them harder than parenting your neurotypical child? Do some of your friends and family not “get it”? Come join other parents that share in your situation. This group will be a safe place to discuss struggles and get support from others in similar situations. We’ll incorporate some Jewish values/ideas as we discuss our parenting journeys. We will primarily meet via Zoom on Sundays at 10:45am during Sunday school.

Young at Heart by Janet Melnik

Are you “of a certain age” and looking for community? Young at Heart is a group providing companionship, support, comfort, and people to talk to who understand. We will schmooze, kibbitz, join for Shabbat and holidays (when possible), and even take a walk. We plan to meet outside in a socially distant manner whenever possible, and on Zoom as a backup.

Jewish Topics

Fire and Light in Judaism by Sandi Davis - FULL AS OF APRIL 8

Get together with old and new friends, watch Z-Shabbat services on Zoom outside while (socially distant) sitting around the fire pit. Enjoy the warm fire and make s'mores while we discuss the service and fire and light in Judaism – from the burning bush to Shabbat candles. Meets every other Friday night at 7:00pm. Adults only. BYOFC – bring your own folding chair.

The Holocaust (and Anti-Semitism) Through Film by David Rechtman - FULL AS OF APRIL 8

Today's worldwide explosion of anti-Semitism has made the Holocaust more than just a historical oddity. This Kehillah is for anyone who wants to think about and discuss this subject matter with others in our community. From documentaries to docudramas and fictional stories, film offers us a way to easily access these issues for group discussion. Whether you are drawn by your family history, your interest in Jewish identity, or otherwise, please join us. We will meet on Zoom every other Sunday afternoon. You will need to watch approximately 1.5 to 2 hours of film on your own before each meeting (films should be available on popular subscription or streaming services). Kehillah policy regarding selection of films for discussion will be flexible and will ultimately depend on our group.

Judaism with Giggles: "Doing Jewish" with Joy and Laughter by Addie Schneider

Did you grow up thinking that Passover seder has to be a snooze-fest, clocking in at no less than four hours? Is your image of Shabbat dinner a platter of dry baked chicken? Let's get rid of those thoughts and explore together all the ways to fill Jewish life and rituals with wonder, humor, and enjoyment for all.

Shir Chadash: Exploring New Songs by Blair Marks

Ever wonder why there are so many versions of L'cha Dodi? Or MiChamocho? Or...? Let's explore the variety of ways composers treat the same texts - and discuss our favorites! You don't have to be a musician – you just need to enjoy music!

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