



Kehillot Offerings for January-March, 2021

Becoming a Mensch: A Men's Kehillah on Achieving Your Full God-Given Potential led by **Daniel Cohn**

Based on Rabbi Sernovitz's "Men's Foundational Life Group," this virtual community of men will focus on achieving our full God-given potential through study, reflection, weekly discussion, support, and accountability. We will move together through 8 core disciplines, taking us from theory to reality and from knowledge to experience, writing the next chapter of our own lives. We will meet Tuesday evenings from 7:30 to 9:00pm via Zoom.

Body and Soul led 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 via Zoom on Thursday evenings.

Couch to 5K led 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 early in the afternoon.

Discs of David led 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 Saturday mornings at various area courses. All experience levels welcome.

Game On! led by **Debbie Bethea**

Board game lovers unite! The pandemic has ironically made it easier than ever to game remotely with friends. We'll use gaming platforms such as boardgamearena.com to support play of games like Carcassonne, 7 Wonders, Puerto Rico, Welcome to Your Perfect Home, and many more! We'll have a Zoom running simultaneously so we can kibbitz. All ages are welcome. We will plan to play on the weekends at a time that works best for all.

God spelled backwards is Dog led 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.

Heavy Makers led 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 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.

Hi Ho Hi Ho it's off to North Georgia we go led by **Silvia Tenenbaum**

Do you enjoy spending time in the outdoors? Exploring the road less traveled? If so, please join us for six hikes over three months in North Georgia. These trails vary from approximately 5 to 6 miles in length and include great views, waterfalls, and a wealth of G-d’s mysteries to behold. Due to Covid concerns, we will meet at the trailhead for each hike. Our group will start with a Zoom call on Sunday, January 3rd at 7:30pm to get to know one another before our first hike. Hike dates: 1/10, 1/24, 2/7, 2/21, 3/7, 3/21

Mini Mabat - Developing Future TKE Leaders led by **Henry Hene and Paula Wilson**

Do you have what it takes to make TKE the best it can be? This group will help uncover the future leadership of TKE - that could be you! We will explore opportunities for further involvement, both inside and outside of TKE. What are the leadership challenges associated with TKE/WRJ/Men’s Club or any other group? What fears do you have stepping up to a leadership role? What skills will help you become a more effective leader? We will explore all this and more, along with what Jewish wisdom has to say about leadership. The group will meet the 2nd and 4th Sunday morning of each month at 9:30am on Zoom.

Reinventing Yourself 2.0 led by **Janet Melnik**

Do you find that your life has been altered due to the loss of your spouse? Are you seeking ways to move forward to rediscover yourself? Reinventing Yourself 2.0 is your group providing companionship, support and comfort or just someone to talk to who understands how you feel, and, most importantly, listen! We will shmooze, kibbitz, join for Shabbat and holidays (when possible), and explore how to navigate this new chapter. We will meet twice a month at a time agreed upon by the group.

The significance of fire in Judaism led by **Sandi Davis**

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 the significance of fire in Judaism - the burning bush, ner tamid, chanukkah, yahrzeit and Shabbat candles, etc. Meets every other Friday night at 7pm. Adults only. BYOFC – bring your own folding chair.

VENT: Virtually Exhausted (or Engaged) Needs Team led by **Rachel Goldschein**

This group is open to anyone with children with special needs. This group will be a safe place to discuss struggles and get support from others in the same position, as well as to look at how Jewish values and ideas can help guide us in our parenting journey. We will meet Sundays at 10:15am.

What Ho, and Well Met! led by **Jason Singer**

What do Dungeons and Dragons and Judaism have in common? As we ponder how the character attributes of Strength, Intelligence and Charisma have their roots in Bible, and how choosing our character's Alignment motivates their outlook on life, we will infuse our love of D&D with our lifetime quest to gain knowledge and wisdom passed down from the Ages. So dust of your d20, and enter a most Unexpected Journey. Once the group is formed, we will decide our meeting time.

What's for Dinner? led by **Jody Miller and Ryan Singer**

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.

Women's Empty Nesters Group led by **Esther Greenwald and Lyric Garten**

The purpose of this Kehillah is to share and compare where we are in this stage of our lives. Gatherings will include discussion on how we can reinvent ourselves after raising a family and finding camaraderie with our life experiences. Guest speakers and other options are in the planning stages. We will meet around a cozy fire pit every other Friday at 2:30pm starting Jan. 15.