



***Learning is a service  
in and of itself***

*-Abraham Joshua Heschel*

**Questions about Congregational  
Learning at TBI?**

Contact Rabbi Danielle Parmenter  
Rabbi of Congregational Learning  
[eddirector@tbibluebell.org](mailto:eddirector@tbibluebell.org)  
610-275-6839 ext. 108



***Tiferet Bet Israel***

***Congregational  
Learning & Engagement***

5780

2020

January-June

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# Shleimut

Wellness, Wholeness & Healing

## Torah Yoga with Cantor Shammash

Sunday, 10:30am-12:00pm (Courtyard)

February 23, March 22

Experience spiritual teachings inspired by the rhythm of the Hebrew calendar, both from study of the week's parshat and the physical practice of yoga postures. Taste Jewish wisdom through your body and follow your body's wisdom in unlocking the mysteries of the Torah. Wear comfortable clothes. Bring a yoga mat if you have one

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## Women's Circle with Rabbi Danielle

Class times will alter bi-monthly

Thursdays, 10:30am—12:00pm (Library)

February 27, June 4

Thursdays, 6:30pm—8:00pm (Off-Site, email Rabbi Danielle for address)

January 23, March 12, May 7

Join Rabbi Danielle for a monthly meeting of study, reflection, meditation, and ritual inspired by the rhythm of the Hebrew calendar and the Torah cycle. We hope you will make the commitment to come every month in order to cultivate community and sacred connection. May the journey together be for great blessing!

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## Shabbat Yoga with Cantor Shammash

Saturday, 10:00am–11:30am (Courtyard)

February 1, April 4

Experience spiritual teachings inspired by the rhythm of the Hebrew calendar, both from study of the week's portion and the physical practice of yoga postures. Taste Jewish wisdom through your body and follow your body's wisdom in unlocking the mysteries of the Torah. Wear comfortable clothes. Bring a yoga mat if you have one.

# Hebrew and Yiddush

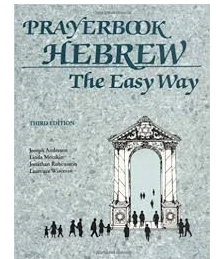
## PrayerBook Hebrew with Rabbi Danielle

Thursday, 12:30pm-1:30pm (Library)

January 2, 9, 23, 30 April 2, 23, 30

February 6, 20 May 7, 14, 21

March 5, 12, 19, 26



Introduction to Prayerbook Hebrew will teach the basics of Hebrew found in the siddur. This class will focus on the vocabulary of the siddur and highlight the beauty of Hebrew grammar.

This class is designed for students who can read Hebrew but are not able to understand the meaning. We will use the book Prayerbook Hebrew The Easy Way. This class is free but students will be expected to purchase the textbook. Deepen your connection to Judaism and prayer by cultivating a relationship with our holy language. The hard work will be well worth it!

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## Yiddish Vinkl with Paula Goldberg

Wednesdays, 7:00pm (Library)

January 22, February 26, March 25, April 22, May 27, June 24

Whether you're trying to recapture your grandparents' "secret code," deepen your understanding of Eastern European Judaism, or learn something new, join Paula Goldberg for adventures in Yiddish.



## Hebrew

### Adult Hebrew with Ilana Margolis

Sundays, 9:00am (Conference Room)

January 12 through May 3

Cost: \$475

9:00-9:30am Hebrew for Beginners: For those who don't yet know the aleph-bet, as well as those who can read and want to achieve greater mastery.

9:30-10:00am Spoken Hebrew for Advanced Beginners: Easy conversations and reading.

10:00-11:00am Prayers and Torah in Hebrew: Learn the texts of the prayers and the Torah in Hebrew. Understanding through reading, translation, and discussion. For this class, only reading ability is required.

11:00-12:00pm Hebrew for Intermediate students: Intermediate Hebrew is a continuation from the advanced beginners class. It is easy and fun to learn Hebrew while continuously expanding your vocabulary and language skills.

12:00-1:00pm Spoken Hebrew for Advanced Students: Comprehension, reading and speaking.

זגת לקוח ששן  
היאם המם נדן  
צפ ריוט דבע

## Shleimut

Wellness, Wholeness & Healing

### Omer Meditation with Cantor Shammash

Thursdays, 11:00am promptly until 12:30pm (Courtyard)

April 23, April 30, May 7, May 14, May 21

### Meditation day-long Retreat

Thursday, May 28 9:00am-4:30pm

(offsite-Temenos Retreat Center, West Chester, PA)

Weekly sessions: no charge to congregants; \$54 for non-members.

Day-long retreat: \$54, includes lunch, snacks, and facility rental.

The 49-day Omer-counting period, beginning on the second night of Passover and ending at Shavuot, marks the symbolic journey of the Jewish people, from their redemption from slavery, through the exodus, to the revelation of Torah at Sinai. In this seven-week period, following the ritual of counting the days and weeks, we can use mindfulness meditation to move through our own obstacles, toward freedom and revelation. This year, we will focus on building our practices of sitting and walking meditation. The day-long retreat is an opportunity to deepen our practice and understanding through extended practice. The retreat includes a gentle yoga session.



# Shleimut

Wellness, Wholeness & Healing

## Parenting with Purpose with Lauren Weinberg

Raise your family with intention informed by Jewish values.  
Couples or single parents welcome.  
Cost for program is \$54.00

### For parents with young children through 6th grade

Sundays, 10:30am -11:45am  
March 1, March 15, April 26

### For parents with kids 7th-10th grades.

Tuesdays 6:45pm-8:00pm  
March 3, March 17, April 28

NEW  
PROGRAM

What are your family values? Is how you act and react as a parent in line with what you feel is important? What family rituals are important? Are you and your spouse on the same page? As parents we often fly by the seat of our pants handling every situation as it comes in whatever way is most expedient. However, heightened awareness of our family values and our reactions to circumstances gives us choice in how we respond, and allows us to be proactive instead of reactive.

Parenting With Intention is a 3 part interactive series:

- \* Hands on activities to help you CHOOSE how you want to raise your children- what you want them to inherit and embody going forward - and be on the same page with your partner.
- \* Explore Jewish values and how they relate to your family values.
- \* Share stories with other parents for support and ideas, and maybe a good laugh.
- \* Relaxation and breathing techniques to help you respond to hot button times with love instead of a short fuse.

Join Lauren Yellin Weinberg, MS, NBC-HWC for this powerful and fun 3 part interactive series. Lauren is a psychologist, family therapist, board-certified health & wellness coach, and certified happiness coach. She helps her clients raise their personal awareness, adopt a positive mindset, and add healthy habits to enhance their life.

# Talmud Torah

## How to Lead Evening Minyan with Hazzan Unger

Wednesdays 7:00pm (Library)  
January 29, February 12, February 19,  
March 11, March 18

NEW  
PROGRAM

Join Hazzan Arlyne Unger for a hands-on workshop series on how to lead our evening minyan services at TBI. In 5 sessions, we will learn how to chant the prayers, background material on the structure of the service and the meaning of the prayers, and learn our way through the Siddur. Each one hour lesson will be followed by a “practicum” in the chapel, where we will participate in the minyan service, and perhaps get a chance to start leading!

Don't be anxious or nervous – we will practice in a safe place among friends, and I promise to do any hand holding if needed!

Please join us in learning to do a new mitzvah, and to take additional steps on our Jewish journeys.

RSVP to Hazzan Unger at [bmitzcoord@tbibluebell.org](mailto:bmitzcoord@tbibluebell.org)

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## Shabbat Zone: Exercise your Tefillah

Saturday, 10:00am—12:00pm (Sanctuary)  
January 25, February 8, May 16

Join Rabbi Woodward and Hazzan Unger for a Learner's Minyan in the Main Sanctuary. This service is in lieu of a traditional service and will provide a comfortable environment to have all your Tefillah questions answered. We encourage all ages to attend; let's learn together!

## Talmud Torah

### Torah Study with Rabbi Woodard & Rabbi Danielle

Fridays, 11:00am (Library)

January 3, February 7, March 27, April 24

May 8, June 5

Please join Rabbi Woodward and Rabbi Danielle in the Library for parashat ha-shavua (study of the weekly Torah portion).



“For in the Torah are hidden every wonder and mystery, and in her treasures is sealed every beauty of wisdom.

-Rabbi Moses ben Nachman (Ramban)

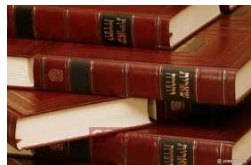
### Halakah Class with Rabbi Woodward

Tuesdays, 10:00am (Library)

Every Tuesday beginning January 21 through May 26

No Class March 3, 10, 17

NEW  
PROGRAM



Join Rabbi Woodward as we study Jewish law, through some of the most interesting and exciting legal rulings of the Conservative movement.

We'll learn about tallit on the bima, minyan over the internet, women and kippot, women and the priestly blessing, grace after meals without bread, construction workers on Shabbat, the order of Shabbat services, electricity on Shabbat, kitniyot on Passover, non-fasting Shaliach Tzibbur on Yom Kippur, and more!

## Shleimut

Wellness, Wholeness & Healing

### Wise Aging with Debby Peikes Cohen

Tuesdays, 1:00pm to 3:00pm (Library)

January 21, February 11, February 18 March 3

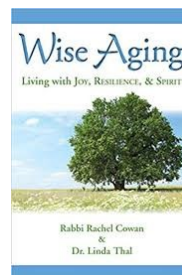
NEW  
PROGRAM

Limited to 12 participants

Open to TBI members only

To register email [programdirector@tbibluebell.org](mailto:programdirector@tbibluebell.org)

Based on the book Wise Aging by Rabbi Rachel Cowan (z"l) and Dr. Linda Thal, this program is designed to help people find the ways to make the most of our lives: to live with joy, potential, growth, and the chance to form new friendships. Participants use reflective discussions, Jewish text study, poetry, journaling, and mindfulness practice to gain social, emotional, and spiritual insights to help them achieve a fulfilling and active older age—one that recognizes both the challenges and the opportunities of growing older.



*Old age is not a defeat, but a victory, not a punishment but a privilege. . . . [M]an's potential for change and growth is much greater than we are willing to admit and old age (can) be regarded not as the age of stagnation but as the age of opportunities for inner growth. —Abraham Joshua Heschel*

### Four Questions About Prayer with David Aston

Wednesday, 10:30am -11:30am (Library)

May 6, May 13, May 20, May 27

NEW  
PROGRAM

A study of Hannah's Prayer in Samuel 1 . Each week will center around a different theme.

**Week 1:** What is prayer? The nature of prayer. What does it mean to communicate with God?

**Week 2:** Why do we pray? Examining our motives for prayer.

**Week 3:** When do we pray? How do time and life circumstances impact prayer?

**Week 4:** How do we pray? Means and methods of prayer.

# Shleimut

Wellness, Wholeness & Healing

**Wissahickon Faith Community Presents:**

**A Night with the Mystics**

Sunday, March 22

4:00pm (Ambler Theatre)

NEW  
PROGRAM

This will be a unique, 90 minute, experience including mystical poetry readings, music, chanting, meditation, and fellowship at local restaurants following the event.

Texts from Meister Eckhart, Hafiz, Rumi, St. Hildegard von Bingen, Jehudah Halevi and others paired with music from Holst, Taverner and Arvo Part. Featuring Ambler-based flutist Cindy Le Blanc, and a select girl's vocal ensemble led by Paula Rivera, founder of the Children's Opera Box.

**World Wide Wrap with Men's Club**  
**"Connecting Jews Across the Generations"**

Sunday, February 2

9:00am



The World Wide Wrap unites men, women and children in prayer. Join us in the Sanctuary to Wrap Tefillin. Followed by a traditional Shacharit Service at 9:30am. Please join the Men's Club Breakfast in the Courtyard following services at 10:15am. \$5.00 per person.

Tefillin will be provided for those who need it and there will be assistance in wrapping as needed from members of the Men's Club.

# Talmud Torah

**Kashrut with Rabbi Woodward and Ceil Cable**

March 15, March 29, 11:00am-12:00pm

April 19, 9:00am-10:00am (Library/Kitchen)

NEW  
PROGRAM

Kashrut, the system of laws surrounding Jewish eating, is fascinating – a system that is both flexible and firm, that is engaging and challenging, and a system that really gives those who know it ownership of their kitchens.

Join Rabbi Woodward and Ceil Cable as we learn about kashrut in the first half of the class, and in the second half, we learn ownership of the kitchen space – the where's, how's, why's, all the details. This class will also count as mashgiach training for those who take it.

**Learn how to wrap Tefillin with Men's Club**

Tuesday, January 28

6:30pm 8:00pm (Sanctuary)

Join Men's Club and Women's League and learn all about Tefillin in preparation for Men's Club Annual World Wide Wrap on Sunday, February 2nd. There will be a brief description on Tefillin and demonstration and then everyone will be able to practice laying tefillin.

RSVP to Phil Silverman at [psilveman@defensecounsel.com](mailto:psilveman@defensecounsel.com) or Marty Schaffer at [mschaffer14@comcast.net](mailto:mschaffer14@comcast.net) by Jan. 21.

**Hanging with the Rabbi & Men's Club**

7:30pm-9:00pm (Location TBA)

February 27, April 2

Join Rabbi Woodward for some great Torah and some great beer. Rabbi will lead a discussion on a topic not typically discussed at TBI. Hang out, learn and enjoy some great hops.