

## **Small Groups: Beth Am B'Yachad (together) 5779**

### **Talmud Study with Prof. Bea Lawrence**

**Led by:** Shelly F. Cohen

**Dates/times:** Wednesday evenings, 7:00 PM: April 24, May 1, May 8, May 15

**Location:** Shelly's house in Madrona

**Group make-up:** 8-12 adults

Join an intergenerational conversation that started almost 2,000 years ago and continues through the present day. With Prof. Bea Lawrence as our guide, we'll explore and demystify this ancient text. No knowledge of Hebrew and no prior study of Talmud required.

### **Jewish Cooking Traditions**

**Led by:** Marie Donadio

**Dates:** March 6, April 11, May 9, June 6 from 7:00 – 8:30 PM

**Location:** Temple Beth Am Kitchen

**Group make up:** 8-15 adults

Beth Am member Marie Donadio has been teaching cooking classes at PCC for 20 years. This group is perfect for those who are newer to Judaism and Jewish cooking and for those who want to learn more Jewish food traditions. This class will focus on a variety of Jewish food traditions and with intentional focus on more inclusive ingredients (no wheat, eggs, or dairy). There will be a \$20 per person fee for food supplies.

*Session 1:* Biblical Foods – Lentil Soup with date, almond, and pomegranate salad

*Session 2:* Passover – Charoseth of the world and Passover recipe swap

*Session 3:* Shabbat – Cholent mixed beans and other Instant Pot ideas

*Session 4:* Creating our own "Jewish food" Traditions

### **Mindfulness and Meditation**

**Led by:** Daniel Altschuler

**Dates/time:** TBD

**Location:** TBD

**Group make up:** 8-15 adults

This group will explore meditation and mindfulness from Eastern traditions to help us expand our Jewish experience of introspection and spirituality. Dr. Daniel Altschuler is a practitioner of Chinese medicine, including acupuncture.

### **Cultural Arts for Single Women**

**Led by:** Ellen Kret

**Dates:** 1<sup>st</sup> meeting is February 24 from 2:00 – 3:00 PM in Beth Am K'hilah Rm. 226 and then TBD based on the group's decision of where to go/what to do

**Group make up:** 8-15 Unpartnered women ages 50+

Ellen Kret is Beth Am member who is recently retired and loves exploring all the great cultural arts that Seattle has to offer. She is on the selection team of the Seattle Jewish Film Festival and an active member of a single women's meet up group. This Beth Am B'yachad group will meet and choose a series of films, plays, museums, and concerts to attend together with time to discuss after the experience.

### **Game Night for New(ish) Empty Nesters**

**Led by: Liz & Marty Wolk**

**Dates: TBD**

**Location: The Wolk's house in Magnolia**

**Group makeup: 8-15 adults who have sent off kids to college or other ventures in the past 2-5 years.**

Play board games, have a nosh, and kibitz. We will provide board games new and old for the first meeting. We'll also chat about other board games that people enjoy and discuss game options for the next gathering of the group. Come and meet temple friends for a fun and relaxing evening.

### **Havdallah Dinner Between the Bridges (Montlake/I-90)**

**Led by: Phyllis Herzog & Ned Porges**

**Dates: March 16 dinner at Phyllis and Ned's then others will host**

**Location: Phyllis and Ned's house and then other group members**

**Group make up: 8-15 adults**

This Havdallah dinner group is especially for members living south of the Montlake cut and is intended for adults to join together for a potluck Shabbat dinner at each other's homes.

### **Tween/Parent book club (5<sup>th</sup>-7<sup>th</sup> graders)**

**Led by: Julie Seltzer & Kelly Rigotti**

**Dates: Our first meeting will be Sunday, March 17 from 4:00 – 5:30 PM. We will meet monthly and pick the dates of the next three meetings together.**

**Location: First meeting will be at Julie Seltzer's house, we then plan to rotate houses.**

**Group make up: 4-6 adults/4-6 tweens**

Julie Seltzer and Kelly Rigotti have been members of Temple Beth Am for 5 years and 1.5 years respectively and both have children in Religious School. The idea for this group grew out of their tweens' love of reading. At our first meeting, we will be discussing *Refugee* by Alan Gratz; we will choose the rest of the books collectively.

### **Movie Club: Focus on Israel, The Middle East, and Jewish life**

**Led by: Corinne Fligner & Carol Sanders**

**Dates and Locations: 4 Sundays, from 3:00 – 6:00 PM**

**Group make up: 8-15 adults**

- *March 3:* Home of Carol Sanders and J. Loux, near Temple Beth Am.
- *March 31 or April 7:* (date TBD with group input) Seattle Jewish Film Festival selection

- *May 5:* Home of Carol Sanders and J. Loux, near Temple Beth Am.
- *June 2:* Home of Carol Sanders and J. Loux, near Temple Beth Am.

Analogous to a book club, the group will watch a movie with time afterward for discussion and light snacks. Movies will focus on themes related to Israel, the Middle East, or Jewish life. At the first session, the group will have input into movie choice at the Seattle Jewish Film Festival and the choice of movies for the third and fourth meetings from a pre-selected group.

