

## JUDAISM & SPIRITUALITY

### Lunch and Learn

with Rabbi Paula Marcus

The weekly study group will discuss the parshat ha-shavuah, the weekly Torah portion. Knowledge of Hebrew is not required. Join this class at any time.

Thursdays, Noon-1:00PM.

### Torah Study

with Rabbi Paula Marcus or Rabbi Lori Klein

Come early for Shabbat services and study the Torah portion of the week.

Third Saturday of each month, 9:00AM.

### Beginning Hebrew Reading

with Korrine Fitz

You can learn to decode the Hebrew letters and vowels in a few simple lessons and a few minutes of practice at home. Please purchase the book *Teach Yourself to Read Hebrew* and the *Sounds of Hebrew* flashcards from EKS, both available at the Sisterhood Gift Shop. There is a \$50 fee for this class.

Sundays, January 13, 27, February 3, 10, 24, March 3, 10, 17, 24, April 14, Noon-12:45PM.

### Judaism as a Spiritual Journey/Adult B'nai Mitzvah/Torah Cantillation Class

with Rabbi Shifra Weiss-Penzias

Judaism as a Spiritual Journey continues with a focus on participation in the Torah Service. This class is open to all, whether you are considering an adult b'nai mitzvah, conversion, or just want to deepen your relationship to Judaism, even if you have already had a bar/bat mitzvah. You don't have to be a singer to chant Torah or lead the service. Hebrew reading is encouraged, but not required. Donation requested.

Sundays, January 13, 27, February 3, 10, 24, March 3, 10, 17, 24, April 14, 12:45PM-1:45PM.

### More Wise Aging

with Rabbi Richard Litvak

We will continue to explore the rich wisdom of Jewish tradition and the latest contemporary knowledge focusing on becoming happier, stronger, and more resilient as we age, using the book *Wise Aging: Living with Joy, Resilience and Spirit* by Rabbi Rachel Cowan and Dr. Linda Thal.

Mondays, April 1, 15, 29, and May 6, 2:00-3:30PM.

### Jewish Meditation Weekly Drop-In

with Etiel Herring

Meditating on the bimah, in front of the Torah is a powerful experience. For more information, call Etiel at (831) 426-9432. Tuesdays, 7:00-8:00PM.

### K'vod Cafe

with Holly Blue Hawkins and Rose Ashford

Gain insights and strategies for having conversations with loved ones that will help ensure your wishes for care through the end of life are respected and implemented. Practical help with the documents will be given. Co-sponsored with Chadeish Yameinu. Thursdays, February 14 and March 14, 7:30-8:30PM.

## SALONS

### Discovering the Rich Resources of Jewish Meditation and Mindfulness Practice

with Rabbi Richard Litvak

Unknown to most Jews, Judaism has a rich accessible treasure of Jewish meditative and mindfulness practices. We will explore these practices through the discussion of the wonderful book, *Discovering Jewish Meditation: Instruction and Guidance for Learning an Ancient Jewish Practice* by Nan Fink Gefen (2nd edition).

Monday, March 4, 7:00-9:00PM at the home of Leta & Alan Miller.

### Antisemitism

with Nathaniel Deutsch

Unfortunately antisemitic incidents and hate crimes have significantly increased in both the United States and Europe in the past few years. UCSC Professor and TBE member Nathaniel Deutsch guides us through this difficult and troubling subject.

Thursday, February 21, 7:00-9:00PM at the home of George & Gail Ow.

### The "Egyptian" Tribe? Levites in Egypt and After

with Jehon Grist, Senior Educator, Lehrhaus Judaica

What if only one tribe, the Levites, left Egypt in the Exodus? What does the available evidence tell us? Inspired by Richard Elliot Friedman's best seller, *The Exodus*, this salon will explore his thesis about the Levites in Egypt, what they learned from Jethro and the Midianites, and how the earliest Levitical experience affected the origins of Israelite religion, and of Judaism. Monday, April 15, 7:00-9:00PM at the home of David & Suzanne Silverglate.

## CLASSES & SPECIAL EVENTS

### Understanding and Embracing the Enemy: An Israeli and A Palestinian/Jordanian Tell Their Stories

with Shlomit Manneberg and Muna Alsheikh

Shlomit Manneberg was born in Israel to a Jewish family, and Muna Alsheikh is a Muslim born to Palestinian parents and raised in Jordan. They will talk about growing up in the Middle East amidst violence and the political and religious divide. They come together to call for conscious and humanitarian action to overcome hatred and invite conversation about developing empathy, understanding, respect, and peaceful coexistence.

Thursday, May 16, 7:00-9:00PM.

## Tent of Abraham Presents **Becoming Allies in Learning: Bystander Training in Resolving Conflict**

with the Council of American Islamic Relations  
Becoming Allies in Learning is the third of a three-part series on building peace through dialogue and action. The Council on American Islamic Relations will conduct training in how to safely and effectively support a person being harassed because of their ethnicity or religion. Hosted by the Islamic Center of Santa Cruz. Sunday, April 7, 2:00PM-5:00PM at the Center for Spiritual Living, 1818 Felt St., Santa Cruz. Child care available for children ages 5 and up. RSVP at [tofasantacruz.org](http://tofasantacruz.org).

## SENIOR CONNECTIONS

Programs are held on the 2nd and 4th Mondays of each month from 1:30-3:30PM.

**January 28** - UCSC Professor of Jewish Studies Nathaniel Deutsch - Hasidic Communities in Brooklyn. (Please note: early start time of 1:30PM for Prof. Deutsch's program.)

**February 11** - 1st District Supervisor John Leopold - The State of Affairs in Santa Cruz County.

**February 25** - A Celebration of Jewish Music with Rabbi Shifra Weiss-Penzias and special musical guests, soprano Lisa Delan and tenor Akindele Bankole.

**March 11** - Educator and radio personality Gary Shapiro - Great Jewish Comedians.

**March 25** - UCSC Professor Bruce Thompson - Hollywood and the Jews: *Casablanca* and *The Wizard of Oz*.

**April 8** - An Introduction to the Gokhale Method for Pain-free Posture with Deb Voisin.

**April 22** - Film screening of *Big Sonia* with a Q&A with the film's director.

**May 6** - 13th Annual Luncheon with musical entertainment by Mark Levy.

## SISTERHOOD

### Sisterhood 2019 Keshet Ruach Retreat: Our Season of Liberation

Surrounded by the beauty of the sea and pines, we will connect with one another as we create, eat, laugh, learn, sing and study together. Our guest scholar will be Rabbi Tirzah Firestone. Rabbi Firestone is an author, psychotherapist, and founding rabbi of Congregation Nevei Kodesh in Boulder, Colorado. She is widely known for her groundbreaking work on Kabbalah and depth psychology and the re-integration of the feminine wisdom tradition with Judaism.

April 5-7 at Asilomar Conference Center in Pacific Grove.

## BROTHERHOOD

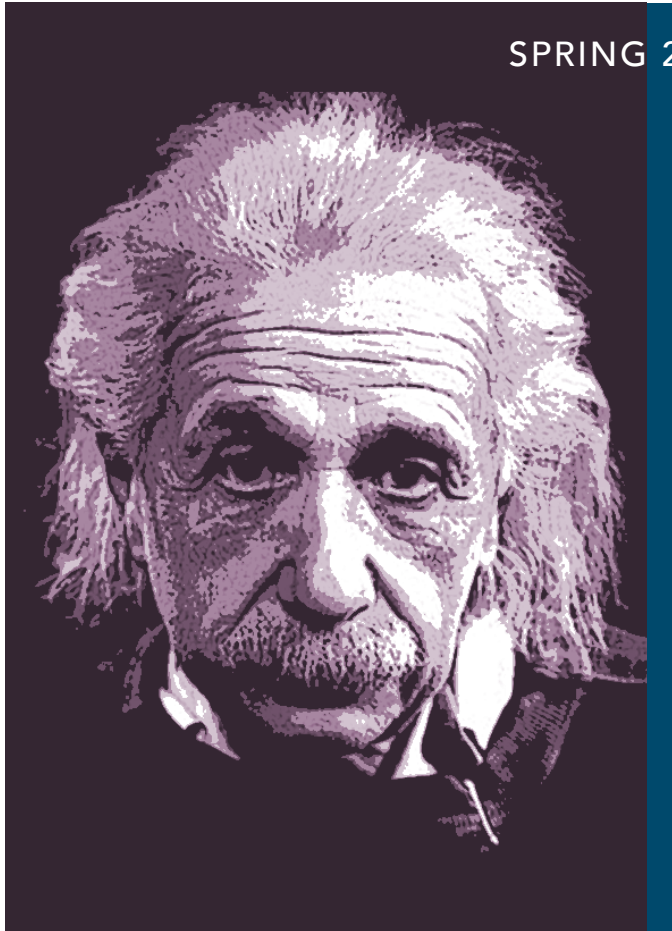
Brotherhood bagel brunches/meetings take place once a month on Sunday mornings between 10AM and noon. The meetings usually include a guest speaker. George Fogelson will speak on Jewish history in Santa Cruz at the February 24 meeting. Check the TBE online calendar for more information.



Register for classes online at [www.tbeaptos.org](http://www.tbeaptos.org). by going to the online calendar and clicking on the class. You may also register by contacting Melissa Sunberg at [msunberg@tbeaptos.org](mailto:msunberg@tbeaptos.org) or (831) 479-3444.

Activities take place at Temple Beth El unless other locations are listed.

SPRING 2019



LIFELONG LEARNING

"Wisdom is not a product of schooling but of the lifelong attempt to acquire it."

—Albert Einstein



Temple Beth El  
Jewish Community Center  
3055 Porter Gulch Road  
Aptos, California 95003-2703  
(831) 479-3444