JUDAISM & SPIRITUALITY

Lunch and Learn
with Rabbi Paula Marcus
The weekly study group discusses the parshat ha-shavuah, the weekly Torah portion. Knowledge of Hebrew is not required. Join this class at any time. Thursdays, Noon-1PM.

Jewish Meditation Weekly Drop-In
with Etiel Herring
Meditating in front of the Torah is a powerful experience. For more information, call Etiel at (831) 426-9432. Tuesdays, 7-8PM.

Judaism as a Spiritual Journey
with Rabbi Shifra Weiss-Penzias
This class explores our people’s and our individual spiritual journeys, using A Book of Life by Michael Strassfeld. Sundays, March 1, 8, 15, 22, 29, and April 19 from 12:30-1:30PM.

Kavod Cafe
with Holly Blue Hawkins and Rose Ashford
What makes life so precious is its very finiteness. But facing the reality of death is challenging. Attend any or all of our events, supporting you in making end-of-life plans in accordance with your personal values and wish-es. Co-sponsored with Chadeish Yameinu. Please note: some events noted below will be held at Chadeish Yameinu, The Galleria, 740 Front St., #170, Santa Cruz.

February 24 - Death Cafe at Chadeish Yameinu
This is an open-ended opportunity to talk about death in a relaxed, non-judgmental environment. We provide the tea and cookies. 7-8:30PM.

March 22 - Chevra Kadisha Training at TBE
This all-day class offers training in Sh’mira and Taharah, both for those interested in becoming volunteers, and for those who want to learn about these traditional Jewish rituals that honor the deceased and prepare them for burial. The morning session is informational and open to the community. We
will break for a potluck lunch and table conversations. The afternoon session includes a Taharah demonstration for those considering joining the Chevra Kadisha. For reservations or more information, please contact: chevrakadishasantacruz@gmail.com. 11AM-1PM and 2-4PM.

April 27 - Guest Speaker (to be determined) at Chadeish Yameinu Please watch for the TBE weekly email announcements. 7-8:30PM.

May 18 - Movie Night at TBE A thought-provoking movie with discussion afterwards. We will bring the popcorn. 7-8:30PM.

June 22 - Conference report at Chadeish Yameinu Holly Blue Hawkins will report on the annual Kavod v’Nichum (Chevra Kadisha) conference, held this year in Pittsburg. 7-8:30PM.

Ongoing Caregiver Support Group with Dr. Jenny Kaupp Caregiving is an act of loving-kindness, but it can have a negative impact on the health of the caregiver if done in isolation. Social support is a protective factor for caregivers. This group offers a safe space for those who care for loved ones living with chronic illness, emotional problems, issues with aging or other serious conditions. For more information, contact Jenny Kaupp at (831) 295-2592 or jkaupp@drkaupp.com. First and third Tuesdays of each month, 7-8:30PM.

Play Mah Jong Come and enjoy an afternoon of playing Mah Jong. Bring a set if you have one and a snack to share. Meet new players and have fun! Beginners are welcome. Fee is $3.50/week. Tuesdays, Noon-4PM.

Pilates Strength Training Class with Jennifer Balboni Utilizing small balls, hand-held weights, resistance bands and foam rollers, both Pilates movements and strengthening exercises are incorporated into this one-hour challenging, flowing, core-based functional fitness session. Please bring your own yoga mat and small hand-held weights if you have them. Optional class fee. Tuesdays and Thursdays, 10AM.

Chair Yoga with Suzi Mahler Chair yoga is practiced sitting on a chair or standing using a chair for support. It is suitable for students unable to participate in a traditional yoga class. Chair yoga deepens flexibility and strengthens personal body awareness. Optional class fee. Wednesdays, 12:30PM.

Women’s Writing Group led by Renee Winter Students are given writing prompts from Natalie Goldberg’s book, Writing Down to the Bones to inspire them to tell the stories they have inside them. Renee is a writer of memoir and essays who has participated in local writing practice and feedback classes for the past 14 years. Please contact Renee Winter for more information at renee.winter2@gmail.com.

Women’s Song Circle Our goal is to have fun and build community by lifting our voices together in song. A love of singing is all that is required. If you play, please bring your instrument to support the singing. Bring your copies of Rise Up Singing and Rise Again songbooks if you have them. First Thursdays and third Mondays of the month at 7PM. Contact Melissa Sunberg at msunberg@tbeaptos.org for location.

RECREATION & INTEREST CLASSES

Drop-in Crafts Workshop with Leonore Hindin or Adina Licht Join us for creativity and fun! We work on a different craft project each week. All are welcome, from beginners to experienced crafters. Materials are provided. Wednesdays when Temple School is in session, 7-8:30PM.
SALONS
Understanding Online Anti-Semitism
with Michael Greenstone
In the past several years, there has been a dramatic rise in anti-Semitism online. This talk will help shed light on where this is coming from, why anti-Semitism is rising, how it spreads, and how it is used as a tool for social unrest. Michael Greenstone is co-founder and technology director at the Network Contagion Research Institute (ncri.io), an institute whose mission it is to measure, identify, understand and combat hate online. The NCRI is a consortium of academic researchers and technologists that acts as a neutral third party, partnering with social media platforms, media, and government.
Tuesday, February 4, 7-9PM. Location TBD.

An Israeli and Palestinian/Jordanian Tell Their Stories
with Muna Alsheikh, M.Ed and Shlomit Manneberg
Shlomit and Muna will talk about growing up in the Middle East amidst the agonies of war and the political and religious divide in the area, learning fear and judgment of each other. They come together to call for conscious and humanitarian actions to overcome hatred and enmity through open mindedness and heartfulness. They invite us to join them in a timely conversation about developing empathy, understanding and respect for all human rights, and coexisting in peace.
Tuesday, March 31, 7-9PM. Location TBD.

Esther's Story: Facing Hate with Courage
with Jehon Grist, Senior Educator, Lehrhaus Judaica
Esther’s story is exciting, romantic and disturbing. Set in the lavish court of the Persian king 2,400 years ago, this tale takes readers through the dramatic ups and downs of our heroine. It also provides an early example of the anti-Semitism that has threatened the Jewish people ever since. But is there actual history in this story? And why did many ancient Jews and Christians oppose its addition to the biblical canon? This session will delve into these and other questions as we discover one of the most controversial and popular books of the Bible.
Thursday, February 27, 7-8:30PM. Location TBD.

Judaism You Can Use for Personal Growth and Greater Happiness
with Rabbi Richard Litvak
Judaism has many wonderful spiritual practices, the wisdom of which has been proven by modern neuroscience to be deeply wise and life enhancing. In this salon, we will learn about them, how to practice them, and why they add richness and meaning to life.
Tuesday, April 14, 7-9PM. Location TBD.

Whole Food Plant-Based Nutrition
with Dr. Elise Atkins
If you are interested in taking steps to prevent diabetes, heart disease, and cancer or in gaining control over chronic diseases you already have, then whole food plant-based nutrition may be just the tool you’re looking for. In addition to better health, plant-based eating benefits our planet. Join Dr. Elise Atkins for an evening of discussion about the why and how of using food as medicine.
Wednesday, March 18, 7-9PM. Location TBD.

Wise Aging for Baby Boomers: Living with Joy, Resilience and Spirit
with Rabbi Richard Litvak
This salon is geared toward Baby Boomers. We will learn how to meet the challenges of aging that we are beginning to experience, so that we age with joy, resilience and spirit. We will explore the insights and wisdom of Jewish tradition as revealed in the books, Wise Aging by Linda Thal, PhD and Rabbi Rachel Cowan; and Getting Good at Getting Older, by Richard Siegel and Rabbi Laura Geller.
Monday, May 11, 7-9PM. Location TBD.

The Book of Ruth: Defining Jewish Life and Identity in the Biblical World
with Jehon Grist, Senior Educator, Lehrhaus Judaica
This brief but fascinating text touches so many bases in our understanding of the Biblical world: daily life, family, clan and national identity, and the roles and limitations of women. Finally, it informs our own modern ideas of what
constitutes Jewish identity. Our session will explore these issues and also cover the story's historical and archaeological contexts.

Thursday, May 21, 7-8:30PM. Location TBD.

**CLASSES & SPECIAL EVENTS**

**Judaism and the Mysteries of Life, Death and the World Beyond**
A Scholar-in-Residence Shabbaton with Reb Simcha Raphael

*Friday evening, March 6* - Erev Shabbat Services/Dvar Torah Joseph's Bones and the Jewish Tradition of Memory.
7:30PM at Temple Beth El.

*Saturday morning March 7* - Shabbat Services/Noon Lunch N'Learn Afterlife Journey of the Soul in Kabbalah.
10AM at Chadeish Yameinu, 740 Front St., Suite 170, Santa Cruz.

*Saturday evening, March 7* - Havdalah/Story-Telling Tales of the World Beyond: Stories of Ancient Ancestors, Wandering Spirits and Reincarnating Souls.
7PM at Benito & Azzaro Pacific Gardens Chapel, 1050 Cayuga St., Santa Cruz.

Reb Simcha Raphael, PhD is the founding director of Da’at Institute for Death Awareness, Advocacy and Training and an adjunct professor of religion at LaSalle University in Philadelphia.

**SENIOR CONNECTIONS**

Programs are held on the 2nd and 4th Mondays of each month. 1:30-2PM nosh/schmooze, 2-3:30PM main presentation. Programs are free and open to the public.

*January 27* - UCSC’s Chia-Lin Yang, SF Conservatory of Music’s Elbert Tsai and students - Happy 250th Birthday, Ludwig! An Afternoon of Beethoven’s Work and His Influences.

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*February 10* - UCSC Professor (Emerita) of Music, Leta Miller - Lou Harrison: The Making of a Local Musical Legend and a Man Ahead of His Time.

*February 24* - Author Jill Wolfson - Experiences Teaching Writing to Inmates at Juvenile Hall.


*March 23* - UCSC Instructor Bruce Thompson - Jews and *The Wizard of Oz*.


*April 27* - Sam Leask of the Community Foundation - Smarter Giving: Use Your IRA Required Withdrawals for Charity (and Skip the Taxes).

**BROTHERHOOD**

Brotherhood bagel brunches/meetings take place once a month on Sunday mornings between 10AM and noon. The meetings usually include a guest speaker.

*March 29* - Cabrillo College President Dr. Matthew Wetstein and Cabrillo Trustee Adam Spickler.

*April 26* - Tobias Aguirre, CEO, Fishwise.


Register for classes online at [www.tbeaptos.org](http://www.tbeaptos.org) by going to the website’s calendar and clicking on the class. You may also register by contacting Melissa Sunberg at msunberg@tbeaptos.org or (831) 479-3444. Activities take place at Temple Beth unless other locations are listed. If a location is listed as TBD (as of this printing), please contact Melissa Sunberg to get the updated information.