Adult Education @ Beth Meyer Synagogue

מַרְבֶּה תוֹרָה, מַרְבֶּה חַיִּים

(marbeh Torah, marbeh hayim)

“The more learning, the more life.”

- Pirkei Avot

Beth Meyer is a synagogue for life-long learners. We have a wide range of Adult Education opportunities, including programs on religious ideas, Jewish responses to world events, Torah study, Hebrew classes and much more. We also bring experts and teachers into our community as scholars-in-residence.

In this booklet, you will find some of the opportunities we will be offering this fall. Additional programs and classes will be advertised as they develop.

While not all classes require registration, RSVPs are helpful so that we will have enough materials and plan properly for space needs. We can also send updates should schedules change, or if classes are cancelled.

There are several ways to register. If you are looking at this booklet online, there are links embedded that will take you to the registration sites. If you are using a hard-copy of this booklet, there is a registration form included on the end pages. Finally, you can visit our website and search for the class/program title, or look at the calendar for the program, or visit the adult link on the Learning Tab.

To assist us in supporting our Adult Education programs, please consider making a donation to the Kanof Adult Education endowment or our Scholar-in-Residence fund.
Every Wednesday is an opportunity for study at Beth Meyer Synagogue!

**11:00 a.m. - noon**

These sessions are open to the entire community. One need not commit to attend every session and reservations are not required.

Rabbi Solomon and Amy Ripps will *mostly* alternate weeks and classes - please check the calendar below for exact dates.

Rabbi Solomon will continue teaching Pirkei Avot from the newly published, *Lev Shalem Pirkei Avot*. This new edition significantly impacts our contemporary understanding of this classic ancient text.

Amy Ripps is tackling a study of the Tanakh - working book by book through the Jewish Bible. Each session will cover an entire book - highlighting the characters, the lessons to be learned, the history and more. This year we’re on track to cover Hosea through Psalms.

The calendar of sessions is below (subject to change):

<table>
<thead>
<tr>
<th>Lev Shalem Pirkei Avot</th>
<th>Book by Book - The Bible</th>
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<td>Oct 30</td>
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Sunday Mornings @ Beth Meyer

Sunday morning is a perfect time to come together and learn . . . and eat!

Join us for a nosh and a program at our Sunday Morning Brunch Series, 10 a.m. - noon. Reservations are requested and there is a savings if you sign up for all five. There will be reminders during the year to register for individual brunches (closer to their occurrence). Watch for announcements in HaMaggid and the weekly email.

Cost:  $12 per brunch, $45 for the series of 5 brunches*

Sunday, Nov 17  Diary of a Young Jewish Girl During the Hungarian Holocaust - Hiding in Plain Sight
Roger Lang, Beth Meyer Congregant

Sunday, Dec 8  The Yossele Schumacher Affair: A Case Study of Israel’s Response to Ultra-Orthodox Ideological Crime
Motti Inbari, Associate Professor of Religion at UNC Pembroke

Sunday, Jan 19  Jewish Cemeteries in Poland as a Testimony to the State of Affairs
Anna Klein, Congregant at Judea Reform

Sunday, Feb 9  The Judaic Art Gallery: Creating a National Treasure
John Coffey, Deputy Director for Collections & Research

Sunday, Mar 1  The Jewish Legionnaires and the Fight for Zionism during WWI
BJ Davis, Beth Meyer Congregant and Education Section Chief, North Carolina Museum of History

Click HERE to register online, or use the registration form on page 19.

*for non-members: $15 per brunch, $60 for the series of 5 brunches
Hebrew Reading 101
This class is for true beginners. We start at the beginning, learning the letters and vowels, and how to put them together to read words. At the end of the class, students will be able to read basic blessings.
Sunday mornings, 10:00 - 11:00 a.m.
10 sessions from Sept 8 - Nov 24 (no class on Sept 29 and Oct 6)
Cost: $75 ($90 for non-members) + $25 book fee

Hebrew Reading 103
This class is for those who are reading Hebrew (even if slowly) and would like to increase their proficiency. We will use the book, Alef Isn’t Enough, which includes acquisition of key vocabulary from the Siddur, the Haggadah, and the Tanakh.
Sunday mornings, 11:00 a.m. - 12:00 p.m.
10 sessions from Sept 8 - Nov 24 (no class on Sept 29 and Oct 6)
Cost: $75 ($90 for non-members) + $25 book fee

All classes are taught by Sharon Mills.
Click HERE to register online, or use the registration form on page 19.
All classes are dependent on a minimum enrollment.

Shabbat Study Group
Every Shabbat afternoon following Kiddush
(approximately 12:30 - 2:00 p.m.)

For several years, a group of congregants has gathered after Kiddush to study Bible. Our study has changed over the years - from reviewing the entire Bible to studying the weekly portion (parashat hashavuah). The group is committed to continue to study - and all are invited to join in at any time. We have learners truly at all levels and we all work together. “Drop in” anytime and check it out!
Wise Aging
with Rabbi Jenny Solomon
Offered twice during the year  (see below)
Cost: $150 ($180 for non-members)

There is no set of instructions for getting older—for the shifts in our social and support networks, the feeling of invisibility, the angst of dealing with aging parents, the mixed signals of entering retirement, or the surprising turns in our relationships with ourselves, our partners, friends, and colleagues. On the other hand, those currently in this stage can count themselves as part of an extraordinary, history-making generation—pioneers in understanding and making the most of this “third chapter” of life. Many who find themselves in this group will be blessed with unprecedented healthy years ahead, full of potential for learning and growth. This 9-session experience, created by the Institute for Jewish Spirituality, is designed for those who are 55 and older aimed at giving Jewish adults a meaningful place to open up conversations about what it means to get older and to create new understandings about life so we can live with spirit, resilience and joy. Topics are explored using mindfulness and contemplative practices to deepen the inner and outer journeys of participants.

Cohort 1: Thursday afternoons, 1:00 - 2:30 p.m.
9 sessions: Sept 5, 12, 19, 26,
           Oct 17, 24, 31,
           Nov 7, 14

Cohort 2: Monday afternoons, 1:00 - 2:30 p.m.
9 sessions: Feb 3, 10, 24,
           Mar 16, 23, 30,
           Apr 6, 20, 27

There are generous subsidies available in case of financial need through the “Honey & Perry Levine Memorial Fund” for Senior Programs at Beth Meyer. Please contact Susan Sugar for more information

Click HERE to register online, or use the registration form on page 19.
“Va’ani Tefilati”
(I am my prayer)

Embodied Prayer through Gentle Yoga: Holiday Series

Join Rabbi Jenny Solomon and Dr. Barbara Vosk for a prayerful yoga practice. Each session will include a bit of Jewish learning, chanting, and meditation led by Rabbi Jenny and a gentle yoga practice led by Barbara.

In this practice, you will engage in gentle movements and rest in stillness with the support of props such as blankets, bolsters, and blocks. This quiet and rejuvenating practice helps melt away tension in the body and offers another avenue to express our prayers, moving from rote recitation to meaningful and contemplative embodied prayer. This particular series is aimed at preparing our bodies and souls for the holidays: Rosh Hashanah/Yom Kippur, Hanukkah, Passover, and Shavuot. By accessing the wisdom of our bodies through yoga and singing, we seek to enrich our experience of Jewish holidays and the sacred rhythms of Jewish life. This class is appropriate for everyone; no previous yoga experience is required.

Classes meet on Sunday evenings from 7:00 to 8:15 p.m. in the Lounge*. Props and mats are provided. Come for one session - or come for the whole series!

Dates:  
Sept 22 Days of Awe  
Dec 15 Hanukkah  
Mar 29 Passover  
May 17 Shavuot

Registration on the website is encourage but not required. You can register [here](#) online (scroll down for the registration info). Additionally, all participants need to fill out a yoga waiver before attending class. You can access the waiver online [here](#) or get a hard-copy of the form in the synagogue office.

*The Lounge is on the lower level of the main building. If stairs are a problem for you, please contact the office so that we can arrange for you to use the elevator.
Shabbat Yoga
at Beth Meyer

Beth Meyer offers monthly Shabbat morning yoga in our Lounge* as a great addition to our Shabbat spiritual practice. The program begins at 9:00 a.m. and ends by 10:15 a.m. Participants are encouraged to come as they are for our Torah Service and Musaf that follow immediately in the sanctuary. Props and mats are provided - but you may bring your own mat if you prefer.

Dates:
Sept 14    Dr. Barbara Vosk
Oct 12     Phyllis Kritz
Nov 9      Dr. Barbara Vosk
Dec 14     Dr. Barbara Vosk

Feb 15     Phyllis Kritz
Mar 14     Dr. Barbara Vosk
Apr 18     Dr. Barbara Vosk
May 9      Phyllis Kritz

This is a mat-based yoga practice, with guidance and options for all levels. Childcare is available with advance notice. Please contact the school office by Wed prior if you need childcare (919-848-8111).

Our Teachers:
Phyllis Kritz credits the transformative power of the practice for cultivating peace and wholeness from the inside out. Phyllis graduated from the North Carolina School of Yoga; she completed the Yoga and Jewish Spirituality Teacher Training Institute and earned her 500-hour level Yoga Teacher Training through Inner Peace Yoga Therapy. Phyllis weaves together her passion for Judaism, spirituality, and yoga teaching in her own home studio, Neshamah Yoga, as well as Shabbat yoga and 12-Step Recovery yoga.

Dr. Barbara Vosk is a practicing psychologist and has been a registered yoga teacher since 2011. She completed her 500 hour training at Blue Lotus yoga studio in Raleigh, with advanced training in restorative and therapeutic yoga. Barbara enjoys opportunities to combine her love for yoga and Judaism in service of helping others find paths to healing that include body, mind and spirit.

Registration is not required. All participants need to fill out a yoga waiver before attending class. You can do this online HERE or get a hard-copy of the form in the synagogue office.

*The Lounge is on the lower level of the main building. If stairs are a problem for you, please contact the office so that we can arrange for you to use the elevator.
Mindfulness meditation is a practice designed to support and sustain our Jewish lives and the fulfillment of our Jewish values. In mindfulness meditation we train our capacity to pay attention to what is happening on the inside. This helps us become aware of the patterns and habits that run our lives. We begin to realize that these patterns and habits may serve our goals, desires, and purposes – but often they do not. We start to realize that there actually is a “pause button” built into our system. With mindfulness training, we can learn how to pause before reacting. This course offers the fundamental principles of Jewish mindfulness meditation. With guidance, learning, and opportunities for practice – this course is designed to help participants create the foundation for a meditation practice that can provide us an inner refuge or sanctuary that we can take with us wherever we go, so that no matter the circumstances we may find ourselves in, no matter how stressful and strenuous our responsibilities may become, we can always discern a subtle quality of awareness hovering in the backdrop and permeating our experience of body, heart, mind and world. This spiritual practice is intended to help us be more present, more connected, and more awakened to what really matters. If you have extensive practice in meditation or you are a total beginner, all are welcome.

Dates:  
- September 9, 16, 23  
- October 28  
- November 4, 11  
- December 2, 9

To register online, click here. Otherwise, please use the registration form on page 19.
Becoming a Soulful Parent

with Rabbi Jenny Solomon
Sunday mornings, 10:45 a.m. - noon
6 Sessions: Sept 8, 15, 22, Oct 20, 27, Nov 3
Cost per couple: $130 ($165 for non-members)
Cost per single: $70 ($85 for non-members)

This class is designed to gather a small group of parents to embrace their daily parenting struggles and rewards through the context of Jewish wisdom and community.

This course allows parents to take the time out of their hectic lives to reflect honestly about the challenges and joys of parenting. The course provides participants with:

• New insights into their role as parents
• Deepened awareness of their parenting and of their children
• Appreciation for their partner’s different parenting style
• A community of friends and co-travelers in the journey of parenting

Please note that this class is limited in size. It is designed for co-parents and single parents (ideally, both parents in a two-parent family participate together)

Childcare can be provided with advance notice.

To register online, click here. Otherwise, please use the registration form on page 19.

Heading Home:
The Tale of Team Israel

Join us for a screening of this “stirring story of sports, patriotism and personal growth. “Heading Home” charts the journey of Israel’s national baseball team competing for the first time in the World Classic.

Thursday, October 17, 7:00 pm IN THE SUKKAH
$5.00 per person (snacks provided without charge)

Co-sponsored by Beth Meyer’s Men’s Club

To purchase your tickets, please use the registration form on page 19, or you can purchase tickets online here.
Sibling Rivalry: A Soulful Reframe

with Rabbi Jenny Solomon  
Sunday mornings, 10:45 a.m. - noon  
3 Sessions: Feb 2, 9, 23  
Cost per couple: $70 ($95 for non-members)  
Cost per single: $36 ($50 for non-members)  

Does your children’s bickering drive you nuts? In this class we will take a break from the wearing grind of family turmoil and offer a soulful re-frame to get to what’s really at the core of sibling rivalry.  
The class is designed for both co-parents and single parents.  

To register online, click here.  
Otherwise, please use the registration form on page 20.

Becoming a Soulful Couple

with Rabbi Jenny Solomon  
Sunday mornings, 10:45 a.m. - noon  
4 Sessions: Mar 15, 22, 29, Apr 19  
Cost per couple: $100 ($136 for non-members)  

Everything important in our lives requires maintenance, attention, and fine tuning. Too often, the hectic pace of life makes it hard for us to create time and space to nurture the relationship that matters most. Through a soulful Jewish lens, this course is designed to give couples of any age or stage tools to understand themselves and each other more deeply in order to fuel intimacy and connection.

To register online, click here.  
Otherwise, please use the registration on page 20.
Luncheons: 
Books that Ask Big Questions

with Rabbi Jenny Solomon
Select Mondays, 12:30 - 2:30 p.m. (see dates below)
Location: Beth Meyer Synagogue (please bring a dairy or pareve lunch and we will provide drinks and desserts)

No fee - participants are invited to bring their own lunch

Building on the success of Ask Big Questions luncheons over the last two years, these gatherings, designed to engage men and women, will center around four great books. Our conversations will aim to foster curiosity, share wisdom, build trust, strengthen community, and deepen understanding through the gift of a great book, all while enjoying a delicious lunch in good company. We will ask “big questions” that matter to everyone and that everyone can answer based on our reading and our own lived experience. Join us for one or all four!

Registration is requested
Please register at: https://www.bethmeyer.org/ABQ_Luncheons.

Sept 9:
This is Real and You are Completely Unprepared
by Alan Lew
Jan 14:
My Grandfather’s Blessings
by Rachel Naomi Remen

Nov 12:
If All the Seas were Ink
by Ilana Kurshan
Mar 16:
Einstein and the Rabbi
by Naomi Levy

Hold the Date:
“Turning Tefillah (Prayer) Into To-Feel-Yah: A Close Study of Some Of Our Most Important Prayers”

Thursday evenings, 7:30 pm, February 13, 20, 27

Rabbi Solomon will teach a 3-part class on prayer. More information and registration will be available in January.
Paths to God
A course based on traditional sources and the teachings of Rabbi Lord Jonathan Sacks

Sunday evenings, 7:00 - 9:00 pm
Free for Beth Meyer members, $10 per session for non-members

“At some point in life, every reflective human being will ask three fundamental questions: Who am I? Why am I here? How then shall I live?

Whether we believe, or don’t believe, these are religious questions. Science can tell us how life began, but it can never tell us what life is for. Anthropology can tell us the many ways in which people have lived, but it can never tell us how we should live. Economics and business studies can tell us how to generate wealth, but they cannot tell us what to do with the wealth we have made.

The search for meaning at its heart is a religious quest.”

Join us as we seek answers to our questions using materials provided by the office of Rabbi Lord Jonathan Sacks. We will meet on five Sunday evenings and each unit stands alone so join us for all or any of the sessions.

Dates:

Jan 26   Hesed - Love as Compassion
Feb 23   Faith - Love as Loyalty
Mar 22   Israel - The Jewish Land
Apr 26   Kiddush HaShem - The Jewish Task
May 31   Responsibility - The Jewish Future

To register online, please click here. Otherwise, please use the registration form on page 20.
Global Day of Jewish Learning: Speaking Volumes

Sunday, November 17

Words have power. They can create, they can harm or heal, they can explain or they can obscure. Even our silences can speak volumes. This year, communities around the world will join together to discuss words and their impact on our lives, using Jewish texts as a starting point for conversations. Explore the power of words by asking questions like:

- Do words have the power to affect the world around us?
- How can we learn through disagreements?
- What can Jewish texts teach us about how our words can hurt others?
- How is silence a form of speech?
- What can we learn about our relationships from the names we use?

We will run two study sessions; you can attend either or both. The first will begins at 12:30 pm, the second at 1:30 pm.

“Names: Meaning and Memory” @ 12:30 pm
Names are words we use – for ourselves and for others – to demonstrate the nature of our relationships and how we view the world. We will look at texts that explore how names connect us with meanings and memories. Facilitator: Janis Zaremba

“Hurtful Words” @ 1:30 pm
What can Jewish texts teach us about the ways our words can cause harm? In this unit, we will explore how the words we choose and use can affect those around us, whether or not we intend for those words to wound. Facilitator: Deborah Goldstein

To register online, please click here.
Otherwise, please use the registration form on page 20.

For those attending the Beth Meyer brunch in the morning, we will have a light lunch available for you during the break between the two programs.
Other Opportunities for Learning . . .

Triangle Seminar for Jewish Studies
Fall 2018


Monday, Oct 28
“Jacob Dinezon, his contributions to Yiddish Literature of late 19th & early-20th Centuries”
Scott Hilton Davis, Emmy Award-winning filmmaker, author, and publisher of 19th-century Yiddish literature in English translation
The lecture discusses Jewish creativity in the mid-1860's, Dinezon's writings and other Yiddish writers of that era. Scott will be talking about Dinezon's legacy in Warsaw (where he died) and New York City (the location of a major portion of his archive). There will be a short reading of Dinezon stories.

Monday, November 18
“There's way more to the Hanukkah story than what we teach to young children.”
Amy Ripps, Director of Lifelong Learning, Beth Meyer Synagogue
The lecture will cover questions such as: Who were the Maccabees and why do we hold them up as heroes? Would we support them today?

Monday, December 16
“North Carolina's Judaic Art Gallery: Where we are and where we'll be”
John Coffey, Deputy Director for Collections and Research, Curator of Judaic Art, NC Museum of Art
This power point presentation will discuss the ins and outs of curating Jewish ceremonial art: acquisitions, conservation, display and interpretation.

All sessions meet at the National Humanities Center in RTP
7:30 - 9:30 p.m.

Series Fee - Anniversary Special Price: $10.00 per person
Individual lecture: $5.00

For updates: www.shalomraleigh.org/calendar
Or contact Ronni Marblestone 919 848-3752
Other Opportunities for Learning . . .

Jewish Essentials
A 10-Week Introduction to Judaism presented by the Raleigh-Cary JCC and Area Congregations

The class is taught by Raleigh-Cary area rabbis and offers an overview of Jewish holidays, lifecycle events and extends a pathway to Jewish studies for conversion, interfaith couples, and Jews wishing to refresh their childhood religious school education.

Class location: Beth Meyer Synagogue

Wednesday evenings: 7:30 - 9:00 pm
- September 4, 11, 18, 25
- October 2, 16, 23, 30
- November 6, 13

JCC members: $120
Members of any area synagogue: $120
Others: $180

PLUS cost of textbook, *Living Jewish* by Wayne Dosick.
Please purchase book on your own before the first class (available at Amazon, etc)


YAVNEH - A Jewish Renewal Community
Yavneh welcomes Beth Meyer members at all its activities.

Please visit [Yavneh-raleigh.org](http://Yavneh-raleigh.org) and sign up for our weekly newsletter so you will always know what’s going on.
Other Opportunities for Learning . . .

Raleigh/Cary JCC Events & Classes

To RSVP and for more info, contact Jamie Allen
919-676-6170, x212 or Jamie.Allen@ShalomRaleigh.org
All dates and programs are subject to change and should be verified when registering at www.raleighcaryjcc.org.

JCC Speaker Luncheons, 12:30 - 2:30 pm, at the JCC
$5 for JCC members; $10 for non-members
Oct 17 Dr. Rachel Jones Shaevita: Hollywood, the American Dream Factory: How Jewish American Immigrants Shaped the American Dream
Nov 13 Prof. Bob Moog: Middle East: Regional Disorder
Dec 18 Dr. Saskia Ziolkowski: The Italian Racial Laws and their Legacy

JCC Book Club, 12:30 - 2:00 pm, at the JCC
Free for JCC members, $3 for non-members
Tote a non-meat lunch; dessert & beverages provided.
Book selections will be posted on the JCC website after Aug 26.
Oct 7
Nov 4
Dec 2

Healthy Living Programs

Apple Cobbler Class
Thursday, Sept 26, 7:00 - 9:00 pm at the JCC
$20 for JCC members, $35 for non-members

Win @ The J (Women’s Initiative Network) featuring Orna Drawas
Sunday, Oct 27, 10 am - noon at the JCC
$18 for JCC members, $25 for non-members

Cooking with Rachael: Around the World Dinner Series (Ethiopia)
Thursday, Nov 7, 6:30 - 8:00 pm at the JCC
$30 for members, $40 non-members

(continued on page 19)
Other Opportunities for Learning . . .

Raleigh/Cary JCC Living & Learning Programs (cont)

Other Programs

Chinese Brush Painting
Thursdays, 1:00 - 3:00 pm, at the JCC
Oct 24, 31, Nov 7, 13
$95 for JCC members, $155 for non-members
(cost does not include class supplies)

JFS Senior Resource Fair
Sunday, Sept 15, at Temple Beth Or
3:00 - 5:00 pm
Cost: Free

Grand Opening & Celebration of David R. Kahn Community Campus
Sunday, September 22, at the JCC
1:30 - 4:00 pm
Preparations are underway for the Grand Opening of the newly renovated 30-acre Greater Raleigh Jewish Community Campus in North Raleigh – now proudly named the David R. Kahn Community Campus. We hope to see you on this historic and festive day!

9th Annual Women’s Dreidel Exchange
Thursday, Dec 12, 7:00 - 9:00 pm, at Temple Beth Or
Cost: Free
Save the date: December 8, 2019
Abram & Frances Pascher Kanof Lecture

Date: Sunday, December 8
Time: 2:00 p.m.
Location: North Carolina Museum of Art
Lecturer: John Coffey, Deputy Director for Collections & Research
With Corey Riley, NCMA conservator

"The Mad King of the Museum: William Wetmore Story's 'Saul under the Influence of the Evil Spirit'." The Lecture will conclude with musical selections from Handel's oratorio "Handel."

There is no fee for this program- but reservations are required. You can reserve your tickets by contacting the box office at: (919) 715-5923
To register for our classes, program, or Brunch Series, or to purchase tickets, please return this form (with payment) to:
Beth Meyer Synagogue, 504 Newton Road, Raleigh, NC 27615
(it is also possible to register online at www.bethmeyer.org)

Name: ________________________________
email: ________________________________

☐ Brunch Series (page 3)
Cost for members (non-members):
$45 ($60) for the series of 5 brunches
or $12 ($15) for an individual brunch

___ Nov 17  ___ Feb 9
___ Dec 8    ___ Mar 1
___ Jan 19

☐ Hebrew 101 (page 4)
Cost: $75 ($90 for non-members) + $25 book fee

☐ Hebrew 103, (page 4)
Cost: $75 ($90 for non-members) + $25 book fee

☐ Wise Aging (page 8)
Cost: $150 ($180 for non-members)

☐ A Journey into Jewish Mindfulness Meditation (page 8)
Cost: $130 ($160 for non-members)

☐ Becoming a Soulful Parent (page 9)
Cost for a 2-parent family: $130 ($165 for non-members)
Cost for a 1-parent family: $70 ($85 for non-members)

☐ Heading Home: The Tale of Team Israel (page 9)
Cost: $5 per ticket
___ number of tickets

(continued on next page)
To register for our classes, program, or Brunch Series, or to purchase tickets, please return this form (with payment) to:
Beth Meyer Synagogue, 504 Newton Road, Raleigh, NC 27615
(it is also possible to register online at www.bethmeyer.org)

Name: ________________________________
email: ________________________________

☐ Sibling Rivalry: A Soulful ReFrame (page 10)
   Cost per couple: $70 ($95 for non-members)
   Cost per single: $36 ($50 for non-members)

☐ Becoming a Soulful Couple (page 10)
   Cost: $100 ($136 for non-members)

☐ Paths to God (page 12)
   There is no cost for members - but registration is requested ($10 per session for non-members)
   ___ Jan 26   ___ Apr 26
   ___ Feb 23   ___ May 31
   ___ Mar 22

☐ Global Day of Jewish Learning (page 13)
   There is no cost for members - but registration is requested

☐ Donation to the Kanof Adult Endowment Fund $ _____