

Adult Education Program Guide Winter/Spring 2019-2020



Beth Meyer Synagogue
Torah • Avodah • Gemilat Hasadim

Beth Meyer Synagogue
504 Newton Road
Raleigh, NC 27615

919-848-1420
www.bethmeyer.org

Adult Education @ Beth Meyer Synagogue

מְרַבֵּה תּוֹרָה, מְרַבֵּה 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.

Wednesday Mornings @ Beth Meyer

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*.

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.

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

Lev Shalem Pirkei Avot

Jan 8	Mar 25
Feb 5	Apr 22
Feb 12	May 6
Feb 19	May 20
Mar 11	

Book by Book - The Bible

Jan 15	Mar 18
Jan 22	Apr 1
Jan 29	Apr 29
Feb 26	May 13
Mar 4	

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. 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!

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. There will be reminders during the year to register for individual brunches (closer to their occurrence).

Cost: \$12 per brunch*

- 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 (*Beth Meyer members need to log-in to get member pricing*), or use the registration form on page 19.

**for non-members: \$15 per brunch*

Hebrew Reading & Prayer/Synagogue Skills

Hebrew Reading 102 - for those who can read Hebrew . . .

. . . But not quickly enough to keep up in services. Drills and practice, with a focus on vocabulary and grammar. This is a continuation from Hebrew Reading 101 - but others may join in. Please contact the school office if you have questions.

Sunday mornings, 10:00 - 11:00 a.m.

10 sessions from Jan 12 - Mar 15

Cost: \$75 (\$90 for non-members)

+ \$25 book fee (if you don't have the book)

Hebrew Reading 103

This course is designed for students who can read prayers in Hebrew, but would like to become more fluent in their reading and dive deeper into the Hebrew grammar, vocabulary, and context of the Shabbat morning liturgy. We will continue working with *Aleph isn't Enough* as a guide for learning vocabulary and grammar, and *Siddur Lev Shalem* as a guide for prayer. We'll focus on the structure of the Shabbat morning service, bimah choreography, and skills such as having an Aliyah to the Torah, opening the ark, and dressing the Torah.

Sunday mornings, 11:00 a.m. - 12:00 p.m.

10 sessions from Jan 12 - Mar 15

Cost: \$75 (\$90 for non-members)

+ \$25 book fee (if you don't have the book)

All classes are taught by Sharon Mills.

Click [HERE](#) to register online (*Beth Meyer members need to log-in to get member pricing*), or use the registration form on page 19.

All classes are dependent on a minimum enrollment.

Hebrew Reading & Prayer/Synagogue Skills

Torah Trope Class - Learn to chant from the Torah

If you can read Hebrew and carry a simple tune, you can learn to chant Torah. Learn all of the basics and sign up to read a Torah portion.

Monday evenings, 7:00 - 8:00 pm

8 sessions from Jan 13 - Mar 2

Cost: \$60 (\$75 for non-members) + Text book: \$30

Torah Trope “Re-take” Class

Did you learn trope - but haven't used it in a while? Feeling rusty? Or perhaps you'd just like a “refresher” class?

If you've already taken a trope class with Sharon Mills, or already know trope but need a refresher, take our Torah Trope Class at 1/2 PRICE!

Monday evenings, 7:00 - 8:00 pm

8 sessions from Jan 13 - Mar 2

Cost: \$30 (\$37.50 for non-members)

+ Text book: \$30 (if you don't already have a copy)

All classes are taught by Sharon Mills.

Click [HERE](#) to register online (*Beth Meyer members need to log-in to get member pricing*), or use the registration form on page 19.

All classes are dependent on a minimum enrollment.

A GUIDE TO FEELING COMFORTABLE IN SHUL

With Rabbi Eric Solomon

Do you know what to do if you're called up for an Aliyah? Or asked to lift or dress the Torah, open the ark, carry the Torah? What about wearing tefillin, putting on a tallit - or a kippah? Do you know “basic synagogue etiquette?” Or maybe you know - but could use a refresher?

Join Rabbi Eric Solomon on two Sunday mornings for all of the above - and more! He's ready to answer ALL of your questions.

Sunday, April 19 and 26, from 10 - 11 am in the sanctuary.

There is no cost - but registration is requested.

Click [HERE](#) to register online or use the registration form on page

Wise Aging

*with Rabbi Jenny Solomon
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.

Monday afternoons, 1:00 - 2:30 p.m.

*9 sessions: Feb 3, 10, 24,
Mar 16, 23, 30
Apr 6, 20, 27*

All classes will meet at Beth Meyer Synagogue.

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 (*Beth Meyer members need to log-in to get member pricing*), or use the registration form on page 19.

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.

<i>Dates:</i>	Jan 26	Hesed - Love as Compassion
	Feb 23	Faith - Love as Loyalty
	Mar 22	Kiddush HaShem - The Jewish Task
	Apr 26	Israel - The Jewish Land
	June 7	Responsibility - The Jewish Future

To register online (*Beth Meyer members need to log-in to get member pricing*), please click [**here**](#).

Otherwise, please use the registration form on page 20.

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.

.Click [here](#) to register online (*Beth Meyer members need to log-in to get member pricing*), or use the form on page 20.

Luncheons: Books that Ask Big Questions

with Rabbi Jenny Solomon

Feb 11 and Apr 2, 12:30 - 2:30 p.m.

Location: Beth Meyer Synagogue

(bring a dairy or pareve lunch, we will provide drinks and desserts)

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!

Feb 11: *My Grandfather's Blessings* by Rachel Naomi Remen Apr 2: *Einstein and the Rabbi* by Naomi Levy

Registration is requested

Please register at: https://www.bethmeyer.org/ABO_Luncheons.

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 (*Beth Meyer members need to log-in to get member pricing*), click [here](#).

Otherwise, please use the registration on page 20.

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

With Rabbi Eric Solomon

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

Free for Beth Meyer members, \$10 per session for non-members

In this class we will delve into some of the major prayers from Shabbat services (e.g. Barkhu, Shema, Amidah), and reinterpret them in innovative and creative ways with the help of rabbinic commentaries, mystical explanations and contemporary glosses.

Come ready to see old prayers in new ways.

Registration very helpful (*so we'll have enough space and materials*)

Click [here](#) to register online (*Beth Meyer members need to log-in to get member pricing*) or use the form on page 20.

"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: Mar 29 Passover
 May 10 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:

Jan 18	Phyllis Kritz
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

**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.*

Other Opportunities for Learning . . .

Raleigh/Cary JCC Events & Classes

To RSVP and/or 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

- Jan 15 Dr. Jodi Magness, archeologist: More Than Just Mosaics:
The Ancient Monumental Synagogue at Huquq in Israel's
Galilee
- Feb 2 Mark Werner, national president of Volunteer for Israel:
Fighting Back: Jewish Partisans in Nazi Occupied Poland - a
personal chapter from the Holocaust.
- Mar 11 Mary Ann Freedman, videographer: "Jewish Pirates of the
Caribbean: Conversos of the Inquisition.
- Apr 22 Dr. Motti Inbari, Visiting Associate Professor of History
at Duke University: Evangelicals & Israel: Their Attitudes
Toward Israel

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.

- Jan 6 *An Invisible Thread* by Laura Schroll
- Feb 3 *Eternal Life* by Dara Horn
- Mar 2 *Famous Father Girl: A Memoir of Growing Up* by Jamie Bernstein
- Apr 6 *The Day the World Came to Town* by Jim Defede

JCC Boomers BINGO & Lunch

Wed, Feb 5 & Apr 1

12:30 - 2:30 pm at the JCC

JCC members \$8, \$10 for non-members

Lunch will be provided while we watch a concert video. Then stick around
for a few games of BINGO!

Other Opportunities for Learning . . .

Raleigh/Cary JCC Living & Learning Programs (cont)

JCC Boomers BINGO & Lunch

Wed, Feb 5 & Apr 1

12:30 - 2:30 pm at the JCC

JCC members \$8, \$10 for non-members

Lunch will be provided while we watch a concert video. Then stick around for a few games of BINGO!

Chinese Brush Painting

4 Week Series on Thursdays, 1:00 - 3:00 pm, at the JCC

Session 1: Jan 9, 16, 23, 30

Session 2: Feb 6, 13, 20, 27

Session 3: Mar 5, 12, 19, 26

Session 4: Apr 23, 30, May 7, 14

\$95 for JCC members, \$115 for non-members

(cost does not include class supplies)

Coffee Connections

Shalom Triangle Newcomers! Join us for coffee and conversation at the JCC as we meet and greet other people new to the area. There is no fee for this program.

Thursday, Jan 16, 7:00 - 9:00 pm

Friday, Feb 21, 10:00am - noon

Thursday, Mar 19, 7:00 - 9:00 pm

Friday, Apr 24, 10:00am - noon

Jewish Essentials

A 10-Week Introduction to Judaism presented by the Raleigh-Cary JCC and Area Congregations. The class, taught by Raleigh-Cary area rabbis, 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.

The class will be held at Beth Shalom in Cary, beginning on Feb 18, from 7:30 - 9:00 pm. For information (dates, times & cost) - contact the JCC

JCC and Synagogue members: \$120

All others: \$180

Text: *Living Judaism* by Wayne Dosick (purchased separately)

Register by Feb 14 at <http://bit.ly/jewishessentials2020>

Carolina Center for Jewish Studies

2019-2020 Events Program

For details, updates, and to learn of additional events that are still early in the planning stage: <https://jewishstudies.unc.edu/events/upcomingevents/>.
NOTE: Effective August 15, there is a new fee policy for on-campus, week-night parking: <https://move.unc.edu/parking/weeknight-parking/>. We will soon add more parking information for all our events.

Jan 27, 5:30pm

David Engel, New York University

Annual Holocaust Remembrance Day Event: Why Did the Holocaust Happen?

Community lecture in Hill Hall, Moeser Auditorium

Mar 2, 5:30pm

Devi Mays, University of Michigan

KF Sephardic Studies Lecture

Academic Lecture in Hill Hall, Moeser Auditorium

Apr 16

Uhlman Family Seminar: Lecture with Christopher Browning, emeritus professor at UNC-CH.

Title: TBA

organized by Carolina Public Humanities

Gateways to Judaism

An introduction to:

- Jewish Theology
- Prayer
- Mitzvot & Halakhah (*commandments & Jewish law*)
- Midrash & Talmud (*commentary*)
- American Judaism
- Contemporary Israel

Taught by Rabbis Citrin, Dinner, and Solomon

All classes meet at Temple Beth Or
5315 Creedmoor Road, Raleigh

Wednesday evenings, 7:30 - 9:00 p.m., Jan 8 - Mar 18

\$120 for members TBO and Beth Meyer

\$180 for all others

To register, or for more information:

contact the TBO office at adminasst@tborageigh.org

**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):
\$12 (\$15) for an individual brunch
 ___ Jan 19
 ___ Feb 9
 ___ Mar 1
- Hebrew 102 (*page 4*)
Cost: \$75 (\$90 for non-members)
+ \$25 book fee (*if you don't have the book*)
- Hebrew 103 (*page 4*)
Cost: \$75 (\$90 for non-members)
+ \$25 book fee (*if you don't have the book*)
- Torah Trop Class (*page 5*)
Cost: \$60 (\$75 for non-members)
+ \$30 book fee
- Torah Trop "Re-take" Class (*page 5*)
Cost: \$30 (\$37.50 for non-members)
+ \$30 book fee (*if you don't have the book*)
- Guide to Feeling Comfortable in Shul (*page 5*)
There is no cost - but registration is requested
- Wise Aging (*page 6*)
Cost: \$150 (\$180 for non-members)

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**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: _____

- Paths to God (page 7)
There is no cost for members - but registration is requested
(*\$10 per session for non-members*)
- | | |
|------------|------------|
| ___ Jan 26 | ___ Apr 26 |
| ___ Feb 23 | ___ June 7 |
| ___ Mar 22 | |
- Sibling Rivalry: A Soulful ReFrame (page 8)
Cost per couple: \$70 (*\$95 for non-members*)
Cost per single: \$36 (*\$50 for non-members*)
- Becoming a Soulful Couple (page 9)
Cost per couple: \$100 (*\$136 for non-members*)
- Turning Tefillah (Prayer) Into To-Feel-Yah:
A Close Study of Some Of Our Most Important Prayers
(page 9)
There is no cost for members - but registration is requested
- Donation to the Kanof Adult Endowment Fund \$ _____

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Torah • Avodah • Gemilut Hasadim