



Kesher Center for Jewish Learning Adult Education Book

5780

2019 / 2020



Lifelong learning is a central tenet of Judaism and we are thrilled to offer you various courses which we hope will pique your interest. Whether you are a veteran adult ed student or a newcomer, we look forward to engaging with you in Torah and the Jewish tradition and making new friends in the process.

You are encouraged to register ahead of time in order that we may provide appropriate materials and to ensure that a class will not be cancelled.

—Rabbi Joshua Samuels



REGISTRATION

To register for Adult Education classes, please contact
Mary Somerville in the main office
at 360-733-8890 or
office@bethisraelbellingham.org.

If scholarship is needed for course fees, please contact
Rabbi Samuels directly at the number above or at
rabbi@bethisraelbellingham.org

At a Glance: Classes by Starting Date

ONGOING

Saturdays	Torah Study with Rabbi Samuels & CBI Members
1st Saturdays	Singing Group: Kol B'yachad with Andrea Shupack
2nd Sundays	Biblical Text Study with Mark Packer
Anytime!	Living Room Learning with Rabbi Samuels
See Options	Korean Martial Arts with Kevin Donner

NOVEMBER

3	Gentle Yoga with Michal Retter (3 Classes)
6	Judaism 201 with Rabbi Samuels (10 Classes)
7	Beginner Prayer Hebrew with Andrea Shupack (8 classes)
10	Crafting a D'var Torah with Roby Blecker (2 Classes)
17	Finding Your Story: Workshop with Jay S. Nahani (1 class)

DECEMBER

7	Beit Cafe Storytelling Event: An Evening of Miracles
8	How's and Why's of Jewish Genealogy with David Schlitt

JANUARY

11	FEAST OF LEARNING! A whole day of classes and music
12	Beginning Torah Trope with Andrea Shupack (6 Classes)

MARCH

5	Intermediate Prayer Hebrew with Andrea Shupack (7 Classes)
15	Freedom of Expression: Poetry Style with Jay Nahani (3 Classes)
18	Modern Yiddish Literature in Translation with David Schlitt (3 Classes)

APRIL

29	Jewish Responses to Christian Questions with Rabbi Samuels, Geraldine Reitz, & Roby Blecker (4 Classes)
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MAY

16	Yearner's Minyan Shabbat Service
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Ongoing Courses

Torah Study

Saturdays: 9:30-10:30 AM

A Weekly Torah Study and Discussion

Leader: Rabbi Samuels and CBI Congregants

All Year in the Beit Midrash

Judaism offers many paths to modern spirituality, but the weekly study of Torah is the foundation. Come study the Torah in translation in a relaxed and friendly environment.

No prior Torah or Hebrew knowledge required; just a desire to learn Torah for the sake of learning.

There is no fee

Biblical Text Study

2nd Sundays: 3:00-4:45 PM

Instructor: Mark Packer

Meets on the 2nd Sunday of each month at the instructor's home.

Come join Mark Packer for a close examination of the text of the Hebrew Bible. In previous years the class has delved into the narrative of King David, Psalms, Daniel, the Book of Isaiah and I and II Samuel and Kings.

No knowledge of Hebrew is required for this class. The instructor will attempt to elucidate the beauty and subtleties of the Hebrew text itself in an effort to bring forth what may not be coming through with full force from the English translations.

There is no fee for this class; however, donations to the Synagogue will be happily accepted.

Living Room Learning

Dates & times to be worked out with Rabbi Samuels

What Jewish topic do you want to learn about or discuss? What text have you always wanted to explore but never had the opportunity? What current Jewish issue is on your mind?

With Living Room Learning you open up your home to a small group of friends, come up with a Jewish topic and Rabbi Samuels will bring the materials to study. We can sit around your living room and discuss any number of Jewish topics that pique your group's interest. Invite anyone that would like a casual evening filled with *haverim* (friends) and Jewish learning.

There is no fee



Singing Group

Kol B'yachad: Voices Together

1st Saturday of the Month 1:00-2:15 PM

Instructor: Cantorial Soloist Andrea Shupack

November 2; December 7; January 4; February 1; March 7;
April 4; June 6 (No Group in May)

Come learn melodies for Shabbat services and other beautiful and fun Jewish music. No knowledge of Hebrew, liturgy, or music necessary. Open to all. Come have fun singing together and learning new music.

There is no fee

Traditional Korean Martial Art: Kuk Sool Won
Mondays and Wednesdays: 6:00-7:30 PM
Sundays: 1:00-2:00 PM Following Keshar

Classes are ongoing and students may begin at any time
Instructor: Kevin Donner

Learn self-defense in a fun and supportive environment!

Have you ever been interested in martial arts as a way to stay fit, further develop self confidence and personal discipline, then this is the course for you!

Kuk Sool Won is a Korean martial art that includes a wide array of offensive strikes using various parts of the body, as well as defensive techniques such as joint locks and throws.

Students also develop a mastery of pressure points as a way to overpower and incapacitate larger and stronger attackers.

As students move up in rank, they will be introduced to new and increasingly advanced self-defense techniques.

If you are interested in joining, trying it out for free, or simply coming to watch and see what it's all about, contact Instructor Kevin Donner at (206)290-5339 or kswBellingham@gmail.com
Info about Kuk Sool Won can be found at kuksoolwon.com
It is recommended that students attend at least two classes per week. Kuk Sool Won is appropriate for all ages and genders, regardless of level of fitness.

Kevin is a black belt in Kuk Sool Won, and has over 10 years martial arts experience. He loves teaching students of all ages and abilities, including his own wife and children.

Fee: \$80 per month for teens and adults,
\$75 for children 7-12 & \$30 for children 5-6
One time Registration Fee: \$20

More classes with Rabbi Joshua Samuels

Judaism 201

Wednesdays: 7:00-8:15 PM

10 Sessions: November 6, 13, 20; December 4, 18; January 8, 15, 29; February 5, 12

This class is an excellent introduction to Judaism or the perfect refresher. The course will cover the following topics: Who is a Jew? What is Torah, Midrash and Talmud? The many Jewish views of God; The Jewish approach to life and death; The Jewish calendar and festivals; Kabbalah and Jewish Mysticism; Israeli history; Jewish life-cycle events; and more. This is Judaism 101 plus a little extra! The fee covers the cost of the primary text, Settings of Silver and other texts.

Fee: CBI Members: \$36; Non-Members: \$72

Jewish Responses to Christian Questions

Wednesdays 7:00-8:15 p.m.

4 Sessions: April 29; May 6, 13, 20

Instructors: Rabbi Samuels, Roby Blecker, & Geraldine Reitz

Judaism and Christianity are very similar in some respects, yet vastly different in others. In a predominantly Christian country, Jews are sometimes confronted with questions about faith that are rarely ever discussed in a synagogue setting yet are quite popular in Christian circles. This four session course will cover the following topics by looking at them through a Jewish lens: Afterlife, Suffering, Jesus/Messiah, Sacred Texts as Proof Texts.

Each of the three instructors have spent a lot of time in interfaith settings, studying from and along side their Christian friends.

Fee \$36

Mark your calendars for our first ever!



FEAST OF LEARNING
Saturday, January 11th

A day full of learning
with classes, food,
art, and music

Featuring special guests
scholar/artists in residence
Hillel Smith & Laura Berman

Hillel Smith

Hillel Smith is an artist and designer focused on re-imagining the potential of Judaica by utilizing contemporary media to create new manifestations of traditional forms. He has painted dynamic Jewish murals around the United States, Israel, and at the Fendi headquarters in Rome, Italy. He revitalizes ancient rituals with online projects, including Parsha Posters, encouraging creative reconsideration of religious practice. Seeing Hebrew as the visual glue that binds Jews together across time and space, he also teaches Jewish typographic history, using print as a lens for Jewish life and culture. Making fun and engaging content is similarly the crux of his work as a designer for clients including HIAS, PJ Library, and Patton Oswalt. See his work at hillelsmith.info



Laura Berman



Laura Berman has reached acclaim for her soul-touching vocal and honest, lyrical poetry. Her style and approach is reminiscent of the likes of Carole King and Carly Simon. She has five studio albums to date, and has toured nationwide. Her credits include opening for NYC-based pop-rock band, October Project, singing backup with Enya on the David Letterman Show, performing alongside authors Neale Donald Walsch, Marianne Williamson, and Oprah's confidant Rev. Michael Beckwith. She has a featured song in the children's film Clifford's Really Big Movie. Laura returned to her Jewish heart and spirituality at

Havurah Shir Hadash synagogue in Ashland Oregon, and had the honor of singing with the music team for two Reb Zalman Shabbatot there. She performs at synagogues, inspiring listeners with her unique and modern interpretation of sacred prayers and incorporating her original song compositions into the service as a fresh way of presenting Torah. See her work at laurabermanmusic.com

Classes with Cantorial Soloist Andrea Shupack

Beginner Prayer Book Hebrew

Thursdays: 5:00-6:00 PM

8 Sessions: November 7, 14; December 5, 12, 19; January 9, 16, 23

In this class students will learn how to understand the Hebrew in the prayer book. Students will learn the vocabulary most common to the prayers, and some Hebrew grammar, learning how to translate the prayers we chant at Shabbat services.

After this class students will become comfortable understanding the prayers. The textbook used will be Prayer Book Hebrew the Easy Way. An ability to read Hebrew is recommended for this class.

Fee: \$65 (includes cost of the textbook).

Registration is needed by Oct. 31st

Beginning Torah Trope

Sundays: 2:30–3:30 PM



6 sessions: January 12, 26; February 9, 16; March 15, 22

Have you ever wanted to try chanting from the Torah, but feel daunted by the task? Or do you chant with the aid of a recording, and want to become more skilled and independent in your chanting?

Come learn how to chant from the Torah while also learning what trope is and how it works. Andrea teaches in a simple and clear way, demystifying the art of chanting, and making it achievable for everyone.

Ability to read Hebrew is helpful. No other experience necessary.

Fee: \$36

Intermediate Prayer Book Hebrew

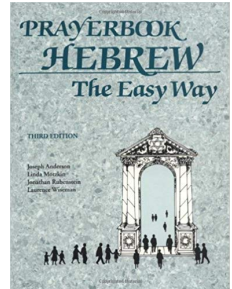
Thursdays: 5:00-6:00 PM

7 Sessions: March 5, 12, 19, 26; April 2, 16, 23

This is a continuation of the Beginner Prayer Book Hebrew class. If you previously took any Prayer Book Hebrew class with Andrea, you are ready for this class. We will continue in the book, and will also review previous chapters.

Fee: \$36

We will be continuing in the same textbook

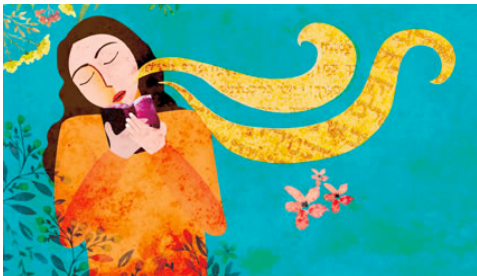


Yearner's Minyan

With Rabbi Samuels and
Cantorial Soloist Andrea Shupack

Shabbat Morning Service, May 16th 10:30 AM

Yearner's Minyan is a "Learner's Minyan" for all of us yearning to get more out of our communal prayer experience.



If you have ever felt awkward, frustrated, bored, or wished you understood more about the prayer service, this is a great opportunity to get more at home with the beautiful and inspiring liturgy of our tradition.

Come join us as we unravel the structure, choreography, and meaning of the Shabbat morning service while we pray together. No previous background in Hebrew or Jewish education is necessary, just the desire to learn.

Morning Gentle Yoga

3 Sundays: 10:30-11:50 AM

Instructor: Michal Retter

3 Sessions: November 3, 17; December 15th

Suitable for beginners and more experienced practitioners.

Everyone is welcome to these classes, including those who haven't yet practiced yoga.

Join us upstairs in the multipurpose room and wake up to this gentle morning flow class! This class will help send the breath of Life into all those places that may need a little extra space after laying still all night. Get your blood circulating as we together work through stiffness, cramping and tightness that you may be holding onto. We will begin each class by setting a positive intention that will get you on your way to a happy, healthy, satisfying week!

Yoga uses postures and stretches in combination with the breath to develop flexibility and relaxation. Yoga encourages proper alignment of the body and is excellent for increasing flexibility, developing strength, improving body awareness, building concentration and calming the mind.

\$45 if you pre-sign up by Oct. 27th

OR \$20 drop in.

Bring your own mat & props if you have them.

Michal Retter, E-RYT is a current member of Congregation Beth Israel. She was born in Jerusalem and has been teaching yoga in Bellingham since 2004. She is an adjunct faculty of Whatcom Community College and also teaches at 3 Oms Yoga and Bellingham Athletic Clubs. Michal has a background in energy healing, relaxation techniques and body psychotherapy.

Crafting a D'var Torah

Sundays: 11:00-12:30

2 Sessions: November 10th & 24th

Instructor: Roby Blecker

Constructing a d'var Torah can be a much more enjoyable task than it might seem at first. B'nei mitzvah students know they will be expected to do it--and often their parents contribute to the process. Others may want to create a drash for themselves in order to delve a little more deeply and personally into the Torah. This class will provide a number of templates to help make writing a d'var Torah an easy and even a fun experience.

There is no fee

The Hows and Whys of Jewish Genealogy

Sunday, December 8th 2:00 - 4:00 PM

Instructor: David Schlitt

Technology has made “finding our roots” easier than ever before. But what kind of stories do genealogical records tell? What (and who) do they conceal? Join Western Washington University Judaica Archivist David Schlitt for a hands-on introduction to Jewish genealogy.

This program will give participants the tools to trace their family history, and asks how we can make genealogy a Jewishly meaningful practice.

David Schlitt is Judaica Project Archivist and Visiting Instructor of Yiddish at Western Washington University. Prior to coming to Bellingham he directed the Rauh Jewish History Program & Archives at the Heinz History Center, in Pittsburgh, Pennsylvania.

He holds a graduate degree in history from the University of Michigan and is pursuing a Masters in Library and Information Science from Simmons University.

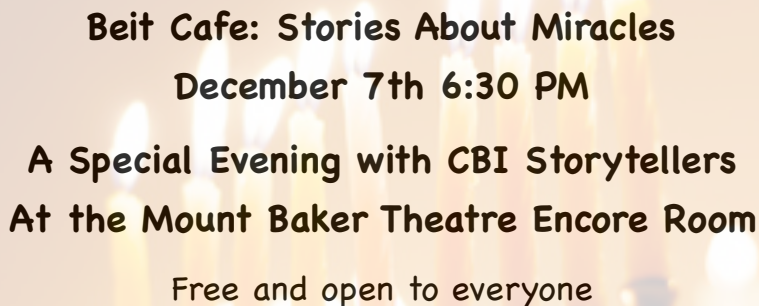
There is no fee

Wonder of Miracles: Find Your Truth, Tell Your Story
A Workshop To Get Your Story Out
Sunday, Nov. 17th 2:00-4:00 PM
Instructor: Jay S. Nahani (Braunstein)

Do you have a story longing to be told? A story that wants to come out but just needs an invitation or some direction? Do you wonder once your story is written how to share it out loud? Join me for a generative workshop where you will receive writing prompts, get open mic tips, and write 1-2 stories in a non-judgmental, supportive setting. This workshop is designed for novice and experienced writers. This is a great opportunity for those who wish to participate in the December 7th Beit Cafe storytelling program. The theme of this year's Beit Cafe is miracles.

Bring your own journal or notebook and pen.

Jay S. Nahani is an ardent believer in the power of expression to inspire, heal, and transform. With training in social work and expressive arts therapy, Jay's business and practice of Creative Insights (creativeinsightswithjay.com) offers services in writing coaching, compassionate editing, embodied attunement, and group facilitation. Nahani's poetry and prose have appeared in Bellingham Poem Booth, and in such anthologies as VoiceCatcher, Yours Truly, Pears Like Copper Buddhas, and For Love of Orcas.

A background image of several lit candles in glass holders, creating a warm, soft glow. The candles are of varying heights and are arranged in a slightly blurred manner, emphasizing the light they emit.

Beit Cafe: Stories About Miracles
December 7th 6:30 PM
A Special Evening with CBI Storytellers
At the Mount Baker Theatre Encore Room
Free and open to everyone

Freedom of Expression, Poetry Style

Sundays 10:30-12:00

3 Sessions: March 15, 22, & 29

Instructor: Jay S. Nahani (Braunstein)

In this class, we will explore poetry that focuses on the theme of Freedom. We will reflect on a myriad of poetic voices that have come out of bondage and/or disempowerment, in their many forms, and have found a way to freedom through creative expression. This class will be generative in nature, and for all levels, so whether you are new to poetry or a seasoned poet, your voice will be supported and encouraged both on the page and out loud.

By the end of the three sessions, we will have read AND created poetry about freedom that may even find its way to your Seder table!

Please bring a journal and a pen to class.

Snacks will be provided.

Fee \$72

Modern Yiddish Literature in Translation

Wednesdays 7:30-9:00

3 Sessions: March 18, March 25, April 1

Instructor: David Schlitt

Derided for much of its history as a primitive “zhargon” (jargon), Yiddish, the language of Ashkenazic Jewry, bloomed into a vital world literature during the 19th and 20th century. Between 1860 and 1940, Yiddish publishers released three-thousand different periodicals and over 50,000 book titles. Join David Schlitt for a three-part study session on modern Yiddish literature in translation. Selections will include poetry and prose from all corners of the Yiddish-speaking world, and material from figures both well-known and overlooked.

There is no fee

CONGREGATION BETH ISRAEL

751 San Juan Boulevard
Bellingham, WA



*“Ben Zoma says: Who is wise?
One who learns from many people.”*

– Pirkei Avot 4:1

CBI is a diverse and inclusive synagogue affiliated with the Union for Reform Judaism and committed to a tradition that honors both Jewish continuity and innovation.

We warmly welcome people into our vibrant community, dedicated to the study of Torah and creative Jewish learning, joyous and meaningful worship, and engaging in the sacred obligation of tikkun olam, repair of the world.

As inheritors of a rich past and creators of a future full of possibility, we continually seek new opportunities to support each other in participating and growing Jewishly.