



**Keshet Center for Jewish Learning  
Adult Education**

**5779**

**2018 / 2019**



Lifelong learning is a central tenet of Judaism and we are *finally* 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](mailto:office@bethisraelbellingham.org).

If scholarship is needed for course fees, please contact Rabbi Samuels directly at the number above or at [rabbi@bethisraelbellingham.org](mailto:rabbi@bethisraelbellingham.org)

## **At a Glance: Classes by Starting Date**

### **ONGOING**

|             |   |
|-------------|---|
| Saturdays   | Torah Study with Rabbi Samuels & CBI Members                |
| 2nd Sundays | Biblical Text Study with Mark Packer                        |
| Thursdays   | Shulchan Aruch: Minyan & Learning<br>with Dr. Ahuva Scharff |
| Anytime!    | Living Room Learning with Rabbi Samuels                     |

### **OCTOBER**

|    |   |
|----|---|
| 7  | Yoga & The Sephirot with Michal Retter<br>Session I (4 Classes) |
| 7  | Beginning Trope with Andrea Shupack (6 classes)                 |
| 8  | Korean Martial Arts with Kevin Donner (9 weeks)                 |
| 8  | Conversational Hebrew with Miriam Buckman (12 Classes)          |
| 17 | Judaism 201 with Rabbi Samuels (10 Classes)                     |

### **NOVEMBER**

|   |  |
|---|--|
| 3 | Making Prayer Meaningful with Andrea Shupack (8 Classes) |
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### **DECEMBER**

|   |   |
|---|---|
| 8 | Singing Group: Kol B'yachad, Voices Together<br>with Andrea Shupack (6 Classes) |
|---|---|

### **JANUARY**

|    |  |
|----|--|
| 6  | Intermediate Trope Class with Andrea Shupack (6 Classes)         |
| 13 | Yoga & The Sephirot with Michal Retter<br>Session II (4 classes) |

### **MARCH**

|    |   |
|----|---|
| 6  | Mussar with Rabbi Samuels (6 Classes)               |
| 12 | Prayer Book Hebrew with Andrea Shupack (10 Classes) |

## Classes with Rabbi Joshua Samuels

### **Judaism 201**

**Wednesdays: 7:00-8:15 PM**

10 Sessions: October 17, 24; November 7, 14; December 5, 12; January 9, 16, 23, 30

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

### **Mussar: Striving for Wholeness and Holiness**

*(Back by popular demand!)*

**Wednesdays: 7:00–8:15 PM**

6 Sessions: March 6, 13, 27; April 10, 17, 24

The study of Mussar contains approachable and insightful teachings aimed at fostering personal growth and relationships. We will examine our own lives in terms of *middot* or values that resonate with each of us individually. By the end of the course students will have confronted their less-desired habits and extreme emotions and will be on the path towards wholeness and holiness. The primary text for the course is Alan Morinis' Everyday Holiness.

Fee: CBI Members: \$36; Non-Members: \$54

## **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

## **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

## **Shulchan Aruch: Minyan and Adult Learning**

**Thursdays: 6:00 PM**

Instructor: Dr. Ahuva Scharff

Join us for minyan (Mincha or Ma'ariv depending on time of year) and study of the Shulchan Aruch. The Shulchan Aruch (Set Table) was written by Joseph Caro in Tsfat after the Sephardi expulsion from Spain in 1492. The Shulchan Aruch is a concise discussion of the mitzvot and how to carry them out. The Kabbalists believe that observance of mitzvot unites the parts of the divine that have been scattered as a result of human disobedience. Through the observance of mitzvot, we can bring tikkun (repair) to the world.

We will use the Kitzur Shulchan Aruch that is available on Sefaria. You will need to bring a wifi enabled device (laptop or tablet).

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

Open to synagogue members only.

## **Biblical Text Study**

**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.

## **Conversational Hebrew**

**Mondays: 5 PM & 7 PM**

Instructor: Miriam Buckman

October 8, 15, 22, 29; November 5, 12, 19; December 10, 17  
January 7, 14; February 4

### **Level Aleph (Beginner): 5:00-6:30**

In this course, students will learn basic conversational Hebrew. By the final session students will be able to decode simple words, carry on a simple conversation, and understand the elements and structure of the language. The course will integrate Israeli current-events, music, and culture.

### **Level Gimmel: 7:00-8:30**

This is an upper intermediate level, geared toward people who already have a basic knowledge of the structure of the language and vocabulary, and want to improve their Hebrew to a higher level, to be able to hold longer conversations and read articles and written pieces

*Miriam Buckman is a native Hebrew speaker. She has experience teaching written and spoken Modern Hebrew. Miriam taught Hebrew (all four levels, Alef to Dalet) to soldiers as a “teaching/ aliyah NCO” for a year and a half in the IDF, and to private students. In more recent years, Miriam has been teaching in our Keshet program.*

Fee: \$180 for either twelve-session course  
(\$15 per 1.5-hour lesson)

## **Shabbat Afternoon Learning with Cantorial Soloist Andrea Shupack**

After Shabbat morning services and oneg lunch, enjoy several opportunities to enhance your music and prayer experiences.

### **Making Prayer Meaningful: Navigating Services and Soaring with the Siddur**

**1st and 3rd Saturdays: 1:15-2:30 PM**

8 Sessions: November 3, 17; December 1, 15; January 5, 19;  
February 2 & 16

This class is an introduction to the Shabbat prayer service. We will learn the meanings and themes of the main prayers, and the structure of the service. This class will cover many of the basics, such as the what and why of the choreography, and how to follow along and participate in services. Through music, poetry, and story, we will gain a deeper appreciation and personal connection to the texts, and make our prayer experience more meaningful.

If you are looking to bring more intention (kavanah) to your spiritual practice, better understand the siddur, or feel more at home stepping into the sanctuary on Shabbat, this class is for you.

Fee: \$36 for members, \$45 for non-members

### **Singing Group. Kol B'yachad: Voices Together**

**2nd Saturday of the Month 1:15-2:30 PM**

December 8; January 12; February 9; April 13; May 11; June 8  
(No Group in March)

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



## **Additional Classes with Andrea Shupack**

**Beginning Torah Trope**                      **Sundays: 7:00–8:00 PM**

6 sessions: October 7, 14, 28; November 4, 18, 25

**Intermediate Torah Trope**                      **Sundays: 7:00–8:00 PM**

6 sessions: January 6, 13, 27; February 3, 10, 17

Learn how to chant from the Torah. Andrea Shupack 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.

\*Beginning Trope is for those who have never chanted torah before, or have chanted with the aid of a recording.

\*Intermediate Trope is for those who have taken any trope class before, or have some previous knowledge of the trope melodies and rules. If you would like continue practicing, refresh, or deepen your skills, this class is for you.

Fee: \$36 for members, \$45 for non-members

**Prayer Book Hebrew**                      **Tuesdays: 7:00-8:00 PM**

10 Sessions: March 12, 19, 26; April 2, 9, 16, 23, 30;

May 7, 14

In this class students will learn how to understand the Hebrew in the siddur, prayer book. Students will learn the vocabulary most common to the prayers, and Hebrew grammar.

After this class students will become comfortable reciting and understanding the prayers. The textbook used will be Prayer Book Hebrew the Easy Way. Ability to read Hebrew is very helpful.

Fee: \$45 (includes the cost of the textbook).

Registration is required by March 6th

## **Traditional Korean Martial Art: Kuk Sool Won**

Instructor: Kevin Donner

9 Week Session: Choose any combination of days

### **Mondays and Wednesdays: 4:00-5:00 PM**

October 8 - December 12 (no class 10/31, 11/19, 11/21 & 12/5)

### **Tuesdays and Thursdays: 7:00-8:00 PM**

October 9 - December 13 (no class 9/16, 11/20 & 11/22)

If you have 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.

Any questions? Please call Kevin Donner at (206)290-5339 Info about Kuk Sool Won can be found at [kuksoolwon.com](http://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: For 2 classes per week; \$160 for adults,  
\$150 for children under 12. Registration Fee: \$20  
(one time registration fee made payable to World Kuk Sool)

## **Yoga and The Sephirot: Embodied Jewish Practice**

**Sundays: 10:30-11:45 AM**

Instructor: Michal Retter

Session 1: October 7, 21; November 4, 18

Session 2: January 13, 27; February 10, 24

Bi-monthly Sunday Morning Yoga is a great addition to our spiritual and physical well-being practices.

Each session will include meditations on the Sephirot (Chakras/ Energy centers of the Kabbalah); Breath Awareness and Techniques of Neshimah (breathing); and a combination of gentle, restorative poses as well as dynamic, deep stretches; and final relaxations.

This is a mat-based yoga practice, with guidance and options for all levels. Please bring a yoga mat and a blanket. Let us know if you need these provided for you. Wear comfortable and stretching attire!

*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.*

The classes are suitable and appropriate for everyone; no previous experience is necessary.

Session cost: \$50 for members and \$60 for non-members

Pre-registration is required by Sept. 30th for Session 1  
and Dec. 6th for Session 2.

Maximum number of participants is 16

# 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.*