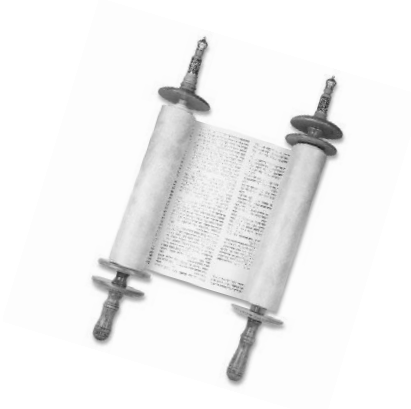




Tikkun Leil Shavuot

*An Adult Learning
Extravaganza!*



Saturday, June 8, 2019

6 Sivan 5779

Our Evening's Schedule

7:00 pm: Welcome, Havdalah

7:20-8:00 pm: Session 1

8:05-8:45 pm: Session 2

8:50-9:30 pm: Session 3

9:30-10:00 pm: Nosh, Music, Dancing

Our "Beit Café" (coffeehouse) will be open all evening if you just want to relax, schmooze, and enjoy the atmosphere.

Electives (Full Descriptions Follow)

Session 1:

<u>Course</u>	<u>Instructor</u>
48 Ways of Living a Torah Inspired Life	Rabbi David Teva
Choosing Chant as a Practice	Cantor Belinda Brennan
Creative Midrash	Rick Hornung
Drum Circle	Melinda Alcosser and Pat Smith
Gentle Yoga	Liz Archambault
Mini-Choir Experience	Meg Gister

Session 2:

<u>Course</u>	<u>Instructor</u>
Art Project 1: Waiting at Sinai	Evelyn Foster
Choosing Chant as a Practice	Cantor Belinda Brennan
Drum Circle	Melinda Alcosser and Pat Smith
Mini-Choir Experience	Meg Gister
What's Israel to Us Today?	Stephen Davis
Will the Real 10 Commandments Please Stand Up?	Rabbi Marci Bellows

Session 3:

<u>Course</u>	<u>Instructor</u>
48 Ways of Living a Torah Inspired Life	Rabbi David Teva
Art Project 2: Receiving Torah	Evelyn Foster
Celebrating Our Jewish Identities	Rabbi Marci Bellows
Creative Midrash	Rick Hornung
Israeli Dancing	Shelley Sprague
What's Israel to Us Today?	Stephen Davis

Course Descriptions

48 Ways of Living a Torah Inspired Life, Rabbi David Teva: An interactive conversation and text study on pedagogy and meaning for a frenetic 24/7, 365 world. How can these rabbinic teachings inform our 21st century lives? Join in for this in-depth look at the 6th Chapter of Pirkei Avot.

Art Project 1: Waiting at Sinai, Evelyn Foster: Our first session will consist of “blind” contour drawing. It is a method that gives a strong feeling of connection to what is being drawn. We will do one or two warm up drawings, then will imagine ourselves at Mount Sinai and use

the method to draw what we can see of ourselves as we wait for Moses to return from the mountain top.

Art Project 2: Receiving Torah, Evelyn Foster: The second session will involve watercolor. We will experiment with watercolor on wet and dry paper, watching how colors mix with one another, flow over white crayon marks, respond to being sprinkled with salt or mopped up by paper towel. Our contour drawings will have been drawn on watercolor paper. Once we have a sense of how watercolor works, we will incorporate it into our “blind” contour drawing to express how it might have felt when Moses came down the mountain (the second time), bearing the Ten Commandments.

Celebrating Our Jewish Identities, Rabbi Marci Bellows: Shavuot marks the occasion on which the People of Israel officially accepted Jewish laws and values as their way of life, and the Book of Ruth illuminates one woman’s journey towards Judaism as an individual. Using these two stories as inspiration, we will participate in a group discussion of our own Jewish identities – how do we each self-identify as Jews? Why do we choose to be part of a Jewish community? What has led us to this particular Jewish path? The sharing of stories will be encouraged.

Choosing Chant as a Practice, Cantor Belinda Brennan: Explore with Cantor Belinda how a simple repeating melody and rhythm (and the silence that follows) can open the heart and lift the soul. As we bring a phrase of Torah into our bodies, the practice of Chant integrates all of our spiritual, intellectual, emotional and physical energies. No specific Hebrew or vocal skills are necessary – just bring your ability to make sound!

Creative Midrash, Rick Hornung: As the rabbis teach us, there are at least “70 faces to Torah.” So many of these are yet to be discovered. Explore the intellectual and meaningful exercise of studying a Torah text, then developing one’s own interpretation and explanation. We will work together and individually on creating *Midrashim*- interpretations of the text.

Hands-on Rhythm with Pat and Melinda: Start with the heartbeat and then find a groove! We will learn basic hand drum technique, some traditional rhythms from world music traditions, and improvise together to create music. Drumming is powerful and healing, feel the beat!

Gentle Yoga, Liz Archambault: Class to include breathwork, warm-up, standing work (poses), and relaxation. Participants need to bring a yoga sticky mat, need to be able to get up and down from the floor without assistance, and will be asked to complete a release form. Class size will be limited.

Israeli Dancing, Shelley Sprague: Put on your dancing shoes and get ready to celebrate Shavuot with music and movement! Shelley Sprague will teach us a few Israeli dances and help us all participate in this joyous Jewish tradition. All levels of ability are welcome.

Mini-Choir Experience, Meg Gister: Join members of the CBSRZ choir and learn some of our most favorite congregational melodies. Add your voice and discover some of the ins-and-outs of some of the Shabbat liturgy. No musical experience required, and you need not read music. Just come ready to add your voice and your spirit!

What's Israel to Us Today? Stephen Davis: Participants will share key current affairs developments such as the aftermath of the Israeli election, peace plans, how Israel figures in US politics, and how campuses across the US are experiencing the BDS (boycott, divestment, sanctions) movement. How do we each think of Israel now? What can we do about it?

Will the Real 10 Commandments Please Stand Up? Rabbi Marci

Bellows: Decalogue or decalogues? Did you know that there are TWO versions of the 10 Commandments in the Torah? Which one was actually handed down at Mt. Sinai? Why are there differences between the two? And how did the rabbis, centuries ago, explain the differences? Come study with Rabbi Bellows and learn about these 10 (20??) Commandments.

*Chag
Shavuot
Sameach!*



**BETH SHALOM
RODFE ZEDEK**