



Congregation

Beth Israel

מדרשה

Adult Education

Spring 2009/5769

Spirituality in Motion: A Message for Shabbat (April 17th & 18th)



Noted author and Jewish environmental leader Ellen Bernstein joins Beth Israel for a joyous Shabbat of prayer and discussion. On Friday night, Ellen will shed new light on the ecological messages of the Kabbalat Shabbat service with her prayer commentary throughout the service itself as well as after dinner, and will speak with the congregation on Shabbat morning in a talk entitled, "Song of Songs from an ecological perspective". We hope you will be with us for a wonderful and uplifting Shabbat with one of the Jewish world's leading environmental voices.

Ellen Bernstein is the founder of Shomrei Adamah, the first national Jewish environmental movement, founded in 1988. Ellen authored or edited several books that are today staples of the Jewish environmental consciousness, including: Let the Earth Teach You Torah, Ecology and the Jewish Spirit, and The Splendor of Creation. Ellen worked as a Director of Community Building at the Jewish Federation of Philadelphia and currently teaches a course at Hebrew College in Newton, MA, entitled "The Place of Nature in the Bible".

Hechsher Tzedek

Please join Rabbi Joel Pitkowsky on consecutive Shabbat afternoons as he teaches about the Jewish concepts and laws that form the foundation of Hechsher Tzedek, the new organization coming out of the Conservative Movement that seeks to combine adherence to the ritual laws of keeping Kosher, along with strict ethical and moral norms of behavior toward workers, the environment, and the workplace. These discussions will take place during Seudah Shlishit, following 6:45 PM minchah (afternoon service) and before maariv (evening service) on the following days: **April 18, April 25, and May 2 (approximately 7:15PM)**



Greatest Hits of the Hebrew Bible

Join Rabbi Pitkowsky as he teaches our greatest collection of wisdom and knowledge, the Hebrew Bible, in a 21st century style. In this class we will do a survey of the most important ideas and concepts found throughout the Hebrew Bible, concentrating on the Prophets and the Writings. During each session together, we will examine at least one book contained in the Hebrew Bible, and discuss its importance and relevance to our lives today. And if you thought this was not exciting enough already, this class will be taught via teleconference, to enable people to take an hour out of their busy day to study Judaism, without leaving the comfort of their own homes or offices. All you need is a regular telephone line, and an email address so that ahead of time you can receive the texts we will study together.



Dates: **March 3, 17, 31, April 21, 28, May 12, 26, and June 9 from 12:30-1:30 pm**

Yoga—Yeong Chang



Yoga is an excellent way to exercise our body and mind so we stay healthy physically and mentally. Please check with your doctors first if you have special health concerns or recent injuries/surgeries. Most poses can be modified to be safely practiced for all levels of students. **Tuesdays, 5 p .m.**, cost for 8 sessions \$80 (pre-payment required)

Holocaust Remembrance Day



Monday night, **April 20**-Join the Rabbinical Association of Central Massachusetts and the Central MA Jewish community as we commemorate Yom HaShoa on this annual night of remembrance and reflection. In addition to the regular prayers and candle lightings by survivors and the children of survivors, this year's program, held at Beth Israel, will feature the spiritually enlightening and emotionally moving piano playing of our very own Sivan Etedgee. Sivan will play the music of composers who either wrote during the Holocaust or who had their music banned during the Holocaust. Sivan will also speak with us about the power of this music and what it can mean for us for the future.

Torah in the Woods



Our synagogue theme this year is "An Eternal Connection - God, Humanity, Earth". This theme expresses our desire to protect the earth from harm and also to strengthen our personal relationship to the natural world around us. What better way to do that than by learning Torah while enjoying nature? Join Rabbi Pitkowsky on these two remaining hikes. Each hike will be accessible for anyone (adult or child) able to walk comfortably on uneven terrain for approximately two miles. Depending on the weather, the hike in March may be hiking or perhaps snowshoeing (snowshoes can be rented from Mass Audubon for a small fee). Each hike will feature a walk in some part of Wachusett Meadow Audubon Sanctuary (located in Princeton, MA, and part of the Massachusetts Audubon system of sanctuaries) and text study with Rabbi Pitkowsky. The text study will explore some aspect of Judaism's relationship to the natural world. We will be accompanied on the hikes by a naturalist from Mass Audubon to help us better understand the wonders of God's creation. **Dates of trips: March 1, May 3. Time: 1:00 PM-3:30 PM** (Exact hike will depend on seasonal conditions)

Synaplex Shabbat, March 28th

• ***Blessing the Sun, Moon, and Everything in Between***

As a religion that concentrates on our lives in this world rather than the world to come, Judaism has a highly developed system of fostering holiness in our every day lives. While this system as it relates to food and holidays is well known, much less well known is the system of blessings surrounding the natural world. How do we foster a sense of God's sovereignty over the world around us? By saying blessings when we encounter that world, of course!



Join Rabbi Pitkowsky and BI member, Hebrew College rabbinical student, and environmental educator Dick Rudnick as we explore this series of blessings Shabbat morning during services and after Kiddush during the Synaplex afternoon session.

Special feature: learn about Birkat HaChama, the blessing for the sun that is recited once every 28 years and will happen this April 8. Don't miss out! Your next chance won't come until the year 2037.

• ***Sacrifices?? The Original Remedy for Jewish Guilt??***

Join Renee Rudnick on Shabbat Vayikra to explore the ideas of sacrifice from Torah and today, using text and interactive exercises. What could we possibly learn about sacrifices from Vayikra that we could apply to our lives today?

Registration Form

COURSE	COST	HOW MANY	TOTAL
TORAH IN THE WOODS	\$10		
GREATEST HITS OF THE HEBREW BIBLE	\$18		
YOGA	\$80		
SYNAPLEX: "BLESSING THE SUN, MOON, AND EVERYTHING IN BETWEEN" & "SACRIFICES -THE ORIGINAL REMEDY FOR JEWISH GUILT"	NC		
ECOLOGY OF PRAYER - ELLEN BERNSTEIN INCLUDES SHABBAT DINNER	\$20		
HOLOCAUST REMEMBRANCE DAY	NC		
HECHSHER TZEDEK	NC		
TOTAL			

Name _____

Address _____

Phone _____

Email _____