



A Lifetime of Learning

Temple Chai

A leader in providing inspiring, engaging and exciting Adult Education.

Continuing to build on our solid foundation while also offering new opportunities for learning and life enrichment.

Temple Chai Adult Education 2017 - 2018

Torah Study

Every Sunday morning, 9:15 - 10:15 am., when Religious School is in session. This class is an in-depth study, focusing on the Book of Leviticus and includes a broad, discussion-based format. The class is taught by Rabbi Bonnie Koppell. Drop-ins are always welcome. No charge for members of Temple Chai. Donations are welcomed from guests.

A Taste of Judaism®

The Union for Reform Judaism is a proud Creator of A Taste of Judaism®. This engaging 3-week class on Jewish spirituality, ethics, and community is designed for the curious beginner. This class is taught by Rabbi Bonnie Koppell and Rabbi Mari Chernow. Class meets on Sunday, Sept. 10, 17, and 24 from 10:30 am - 12:15 pm. For more information and to register, contact *Sheana Abrams* at sabrams@templechai.com.

Introduction to Judaism

Begins on Sunday morning Oct. 1, 10:30 am - 12:30 pm, and meeting for 18 weeks. This class provides an overview of Jewish values, history, life cycle observances, holidays, and more. This course is perfect for interfaith couples, those from different faith backgrounds considering conversion, and Jews looking for an adult-level introduction. Registration is through the Union for Reform Judaism - <http://reformjudaism.org/introduction-judaism>. This class is taught by Rabbi Bonnie Koppell, together with Temple Chai clergy. For further information, please contact *Rabbi Sabine Meyer*, smeyer@urj.org.

Seeking Everyday Holiness

The entire Jewish world is asking for deeper, richer spirituality and the Jewish spiritual tradition of Mussar meets this need. The Union for Reform Judaism (URJ) and The Mussar Institute (TMI) have teamed up to offer **Seeking Everyday Holiness**: A Community Mussar Program. At the center of this course is the inspiring book *Everyday Holiness* by Alan Morinis, Dean of The Mussar Institute. The course will delve into 9 of the most important soul-traits (*middot* in Hebrew) that the book covers, including weekly group meetings and weekly periods of personal study and practice. This class will be taught by Rabbi Bonnie Koppell. Classes will be held on Thursdays, from 7:00 - 8:30 pm, beginning Oct. 5. Cost for the class is \$90 which includes the book and course materials. Scholarships are available.

Class information is continued on the reverse side

Wise Aging

Targeting those 55+, this class will be taught by the dynamic duo of Dr. Janet Shalwitz and Dr. Felix Salomon. Focusing on the years of healthy aging, participants will explore the potential for learning and growth in the “third chapter” of life. The Wise Aging program provides new resources to live the later years with spirit, resilience, and wisdom. Class meets on the 4th Sunday of the month, beginning Sept. 24 (adjusted to the 3rd week for Nov. and Dec.) thru May 27, from 10:30 am - 12:15 pm. There is a suggested donation of \$18 per class, with scholarships available.

Adult B’nai Mitzvah

Never had a Bar/Bat Mitzvah at age 13? It’s never too late to explore the Shabbat morning service, meet new friends, learn to read Hebrew and read from the Torah. This class meets on Wednesday nights from 6:30 -8:15 pm, beginning on January 17. This 18-month class will culminate with a joyous Bnai Mitzvah celebration on March 23, 2019. Instructors are Rabbi Bonnie Koppell and Temple Chai clergy.

Valley Beit Midrash

The opening event for the 2017 - 2018 season will be Rabbi Dr. Yitz Greenberg on Oct. 22, 7:00 pm at Temple Chai. He will speak about *The 10 Jewish Moral Imperatives: A Jewish Response to a Fractured Society*. For additional information or to register for upcoming Valley Beit Midrash classes, lectures and panel discussions, please visit their website at www.valleybeitmidrash.org.

Introduction to Mindfulness

This 6-week class will meet on Thursday evenings from 7:00 - 8:30 pm, beginning on Oct. 12. If you are wondering how “mindfulness” creates resilience and changes our relationship with stress and illness, this course is for you. The instructor, Genevieve Tregor, MS, has been practicing mindfulness meditation since 2008.

Register online - www.solutionmindfulness.com.

Melton Classes

Core 2 - Crossroads Ethics will begin Wednesday, November 1. More details coming soon.

For more information on any of the classes listed, unless otherwise noted, please contact Joan Neer at jneer@templechai.com or 602-971-1234.