

Academy of Jewish Learning

Fall 2009 Classes

Registration and first classes begin at 2:00 PM Sunday August 23 at Temple Beth El

Hebrew Reading and Singing: Learn to read and sing Hebrew songs whose lyrics are Biblical, Medieval, or Modern, as well as holiday and Israeli Defense Forces songs.

Instructor: Erich Zameret, MA

Sunday 2:00 PM

Jewish Spirituality: An Introduction: Jewish Spirituality is an exciting invitation to examine Jewish spiritual practices. This six-week course explores sources of spirituality, the tools of spiritual practice, and concludes with sections on how to make spirituality an integrated part of our lives. The course uses *The Jewish Lights Spirituality Handbook: A Guide to Understanding, Exploring and Living a Spiritual Life*, Edited by Stuart Matlins, as its text.

Instructor: Harvey So Daiho Hilbert, PhD, Roshi

Sunday 2:00 PM

Beading with a Jewish Flair. This introductory class will teach participants the basic techniques of making a single strand beaded necklace around a silver Jewish star or Chai. Participants will learn how to finish the necklace using beading wire, crimps and the clasp. We will spend the first class learning about the possibilities of design/color. The remainder of the first class will be spent choosing your Jewish star or Chai and the beads that you want to surround your centerpiece. The instructor will provide the tools. Materials may be purchased through the instructor and will be available for at the second session.

Instructor: Susan Michelson, Jewelry Maker

Sunday 2:00 PM

Chesed: the Jewish Path of Lovingkindness. This class will explore how we might practice loving-kindness and develop such a practice as a foundation for Jewish living. Text: *The Sacred Art of Lovingkindness: Preparing to Practice*, by Rabbi Rami Shapiro

Instructor: Harvey So Daiho Hilbert, PhD., Roshi

Sunday 3:00 PM

Mixed Blessings: Jewish Values in an Interfaith Family: Unexpected and often conflictual events surface in interfaith families who wish to honor Jewish values and yet respect the religious practices of other family members. Emotionally laden issues, which include holidays, food, life cycle events, and unique customs, occur. This class will use a topical discussion format based on the text, *Mixed Blessings: overcoming the stumbling blocks in an interfaith marriage*.

Judy C. Hilbert, PhD. Susan Quinn, MSW, co-facilitators

Sunday 3:00 P.M.

Daytime Yoga for Beginners: This class is for people brand new to yoga and who have an interest in beginning a yoga practice. This is a six week course of instruction. **Day and time to be announced shortly.**

Instructor: Susie Citrin, RN, Certified Yoga Instructor

Contemplative Practices: Continuing meditation from a Jewish point of view. We will sit one period. Please bring a cushion if you use one. Sitting in chairs is permissible.

Instructor: Harvey So Daiho Hilbert, PhD, Roshi

Tuesday

3:00 - 4:00 PM On-going Contemplative Spirituality taught by Harvey Hilbert, Ph.D.-roshi

4:00 - 4:30 PM Meditation led by Harvey Hilbert roshi

4:30 - 5:30 PM Yoga for Beginners taught by Susie Citrin, RN, Certified Yoga Instructor

Wednesday

5:00 - 5:30 PM Meditation led by Harvey Hilbert-roshi

5:30 - 6:30 PM Intermeditate Yoga taught by Susie Citrin, RN, Certified Yoga Instructor

Yoga and meditation are excellent tools for aiding in your health and wellbeing. Please wear loose fitting clothes and bring a meditation cushion and a yoga mat if you have one. These classes are open to all regardless of faith tradition. There is a \$5.00 donation request for each class. Contact Harvey Hilbert-roshi at 575-405-8522

Continuing Yoga: On-going basic gentle yoga. Students should consider bringing their own mats.

Instructor: Susie Citrin, RN, Certified Yoga Instructor

Wednesday 5:30 PM

For additional Information, please call Harvey So Daiho Hilbert, PhD at 521-3711