

## Learning Opportunities for Adults at Congregation Kol Ami of Frederick

We have planned a robust schedule for continuing adult education. Below you will find the programs through June 2021. We have tried to create a series that meets the interests of a diverse community. Before each class we will send Zoom links. Each session will be about 45 minutes to an hour; guided meditations will be closer to ½ hour. If you have any questions, please contact Rabbi Gruber at rabbigruber@kolamifrederick.org.

### Weekly

Mondays 12:30-2:00 pm

**TORAH STUDY** - Enjoy meaningful conversation about the portion of the week. Our discussions are punctuated by a combination of “ah ha” moments and delightful laughter. We warmly welcome newcomers and beginners to Torah study. For more information on Torah Study, check out the weekly bulletin.

### November

Sunday November 15, 7:00 P.M.

**INTERFAITH HUNGER AND HOMELESS WALK.** Virtual. Learn about organizations helping our neighbors who are living in difficult, vulnerable circumstances.

Tuesday November 17, 7:30 P.M.

**GUIDED MEDITATION: GRATITUDE.** Participants in a guided meditation follow the directions of a facilitator to take a journey within oneself that will help a person relax, reduce stress, heighten self-awareness, and promote personal and spiritual growth.

Sunday November 29, 7:00 P.M.

**PART 1: WHAT IS JEWISH COMEDY?** Who could not use a laugh or four these days?

### December

Thursday December 10, 7:00 P.M.

**HANUKIYOT FROM AROUND THE WORLD.** First night of Hanukkah. Light candles and then join Rabbi Gruber for a virtual international tour of *menorot* in a wide variety of styles and origins.

Monday December 28, 7:30 P.M.

**GUIDED MEDITATION: GETTING READY FOR A NEW YEAR.**

### January

Thursday January 14, 7:00 P.M.

**VALUES THAT COMPETE WITH TRUTH** (exploring teachings from the Talmud). Is it ever okay to fudge? To lie outright? To deceive? Come and learn.

Sunday January 24, 7:00 P.M.

**PART 2: WHAT IS JEWISH COMEDY?**

Thursday January 28, 7:30 P.M.

**GUIDED MEDITATION: VISITING A WARM PLACE**

### February

Sundays, February 7, 14, and 21, 7:00 P.M.

**GETTING MORE FROM WORSHIP AND PRAYER, 3-part series.**

We hope these classes will help you better understand our liturgy and the activity of praying.

Thursday February 11, 7:30 P.M.

**GUIDED MEDITATION: RECOGNITION AND APPRECIATION**

### March

Sunday March 7, 4:00 P.M.

**CREATING A KOS MIRYAM** for use at your *seder*. This session will have two segments. First, we will study some *midrashim* about the role of Miryam in providing water in the wilderness and learn about the new tradition of *kos Miryam* (Miryam's cup) at *seder*. In the second part we will create our own cups. You will need to gather your supplies in advance of this lesson.

Thursday March 18, 7:30 P.M.

**GUIDED MEDITATION: HEALING KOS MIRYAM**

## April

Thursday April 1, 7:30 P.M.

**GUIDED MEDITATION: SPRING AWAKENING**

Thursday April 22, 7:00 P.M.

**JEWISH VIRTUE, PART 1 - OVERVIEW**

Thursday April 29, 7:00 P.M.

**JEWISH VIRTUE, PART 2 - *HESED* - KINDNESS/GRACIOUSNESS**

## May

Thursday May 6, 7:00 P.M.

**JEWISH VIRTUE, PART 3 - *DEREKH ERETZ* - DECENCY**

Thursday May 27, 7:30 P.M.

**GUIDED MEDITATION: STANDING AT SINAI**

## June

Thursday June 10, 7:30 P.M.

**GUIDED MEDITATION: *RAHAMIM V'HESED***

Monday June 21 or Thursday June 24, 7:00 P.M.

**WHAT DO WE BELIEVE?** An open conversation on God, Torah, and Israel

### Experts in our Midst

While Rabbi Gruber is teaching or facilitating most of our continuing adult education program, we hope you will consider sharing your interests or expertise with members of our community. Perhaps you can offer a class, demonstration, or discussion remotely based on your professional skills and knowledge or simply a passion you enjoy and feel you can share with others. Perhaps you can do a workshop on estate planning or demonstration on creating your favorite desserts. Others might appreciate a program of music or art. We will help you explore what we can do through remote technology. We hope to offer a congregant presentation once a month. If you would like to share with your community, please contact Joanna Sieger at [pastpresident@kolamifrederick.org](mailto:pastpresident@kolamifrederick.org) who is coordinating this schedule.

### Adult *B'nai Mitzvah* Classes

- Did you miss the opportunity to celebrate a *bat* or *bar mitzvah* at the age of 13?
- Would you enjoy studying with our rabbi to become a more literate Jew?
- Would you like to learn to read from the Torah?
- Are you willing to make a commitment of time and energy exploring your own Jewish identity with a small group of like-minded adults?

If you answer "Yes!" to any of these questions, seize the opportunity to join our new adult *b'nai mitzvah* class. Our program will extend over about two years. This course of study for members of Congregation Kol Ami of Frederick will help you broaden your Judaic knowledge and experience.

I am assessing interest in an adult *b'nai mitzvah* class. If you are interested, please let me know by sending an e-mail to [rabbigruber@kolamifrederick.org](mailto:rabbigruber@kolamifrederick.org).

George Bernard Shaw observed, "Youth is the most beautiful thing in this world - and what a pity that it has to be wasted on children!" With respect to preparing for and celebrating a *bar* or *bat mitzvah*, frequently adolescents do not make the most of this experience. For adults, participation in this class can be a transformative experience. Any adult member of Congregation Kol Ami of Frederick may participate in our adult *b'nai mitzvah* program - even if you celebrated a *bar* or *bat mitzvah* at 13. This is a special opportunity to learn from a much more mature perspective.

With blessing - *B'vrakha*  
Rabbi Marc A. Gruber