ADULT EDUCATION PROGRAMS 5780
August 2019 — August 2020

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All classes will be held at University Synagogue unless otherwise noted.

Class Registration

To register for a class, email Pam Nathanson at pamn@universitysynagogue.org.
For more information or answers to questions, email Sue Penn at spenn@universitysynagogue.org, or call 949-553-3535.

Cost: Please note that for some courses, there may be a difference between member and non-member pricing. You may pay with a credit card on file, over the phone, or mail your payment to:

Attn: Adult Education
University Synagogue
3400 Michelson Drive
Irvine, CA 92612

The schedule is subject to change, so please register at least one week prior to the class and check our website at www.universitysynagogue.org for added classes and events.
Jewish Learning & Culture

LUNCH AND LEARN: “The Biblical Book of Numbers” will be taught by Rabbi Rachlis, who will teach the formative myths and stories of our tradition, from the wandering through the wilderness in search of a better life to the most ethical portions dealing with justice, freedom, and the building of a humane society. The text will be handed out at each class. Bring a dairy lunch if you wish; drinks will be provided. Register with Pam Nathanson at pamn@universitysynagogue.org.
Dates: One Tuesday/month, 10/15, 11/12, 12/3, 1/7, 2/4, 3/3, 4/7; Time: 12:00 – 1:00 p.m.

BASIC JUDAISM AND BEYOND
Who are “The Jews”? How did we evolve? What do we collectively and individually believe and not believe as Jews? This class has been gathering small communities of learners who have never been exposed or those who need a refresher course to de-mystify Judaism through discussions about who Jews are philosophically, ritually, historically and religiously. We will compare and contrast 4 branches of Judaism to see how we are the same and different. We will explore many aspects of Jewish rituals and practices including the celebration of Jewish holidays and life cycle rituals to better understand why we do what we do, how it has evolved and what it means to us today. As time permits, we will explore “What Judaism Says” about current topics of the day. Instructors: Carol Richmond, Rabbi Rachlis and Director of Congregational Learning, Sue Penn

Cost: Free for members; $250 per semester for all others, plus a one-time $50 book fee for all students. Minimum number of students: 15

Dates: Semester 1: Wednesdays, 10/2, 10/16, 10/30, 11/6, 11/13, 12/4, 12/11, 12/18, 1/8/20, 1/15; Time: 7:00 – 9:00 p.m.
Semester 2: Wednesdays, 2/5/20, 2/12, 2/19, 2/26, 3/4, 3/11, 3/18, 3/25, 4/1, 4/15, 4/22, 4/29, 5/6, 5/13; Time: 7:00 – 9:00 p.m.

HIGH HOLY DAYS REFRESHER COURSES
Wednesday, 9/11* 7:00 – 9:00 p.m. Part one of Pre-Basic Judaism and Beyond (BJB) High Holy Day informational class on the topic of Rosh Hashanah.

Wednesday, 9/25* 7:00 – 9:00 p.m. Part two of Pre-BJB High Holy Day informational class on the topic of Yom Kippur.

All congregants are invited to attend these two classes, but registration is required. To sign up, email Pam at pamn@universitysynagogue.org, or call the office at (949) 553-3535.

*All registered BJB students are automatically enrolled in these classes.
Jewish Learning & Culture (cont’d)

BEYOND BASIC JUDAISM TOO (BJB TOO)
BJB TOO is offered to those who have completed Basic Judaism and Beyond and for anyone in our congregation who wants to know more. Many congregants have graduated from our Jewish Alive and American Class (now re-titled Basic Judaism and Beyond) wanting more information and the camaraderie that these classes provide. We are extending our Basic Judaism curriculum learning experience to include new information and to revisit a few topics with updated viewpoints. All are welcome, regardless of past class experience. This is an opportunity to take a deeper dive into Jewish holidays, foods, traditions and rituals, experience a brief intro to trope, Hebrew, Torah, books of the Tanach, as well as other texts that guide us, Reconstructionist philosophy and a comparison of the many branches of Judaism. We’ll also look at the evolution of synagogue communities and how they have helped shape our American Jewish history and culture. We will revisit Jewish lifecycle rituals and look at how they have changed in interpretation or performance, and have grown in importance or have been ignored over the past 200 years.

Instructors: Carol Richmond, Cantor Braier, Rabbi Rachlis and Director of Congregational Learning, Sue Penn

Cost: Free for members; $250 per semester for all others, plus a one-time $50 book fee. Minimum number of students: 15

Dates: TBD; Time: 10:30 a.m. – 12:00 p.m.

JEWISH ETHICS IN A GLOBAL WORLD will be taught by Rabbi Rachlis. We will study Jewish ethical texts dealing with contemporary issues. The texts will be given out at each class. Dates:
Sundays: 1/12/20, 2/9/20, 3/15/20; Time: 9:30 - 10:30 a.m.

PRAYERBOOK HEBREW: BEGINNING HEBREW FOR ADULT LEARNERS
Learn the Hebrew alphabet, develop reading skills in order to follow synagogue services, keep up with your children’s Religious School education or simply enhance your own Jewish knowledge so that you can participate in Shabbat and holiday services. For beginners through advanced learners, as well as for those who need a refresher course. Instructor: Miriam Van Raalte

Tuesdays: Semester 1: 10/29, 11/5, 11/12, 11/19, 12/3, 12/10, 12/17, 1/7, 1/14, 1/21
Semester 2: 2/4, 2/11, 2/18, 2/25, 3/3, 3/10, 3/17, 3/24, 3/31, 4/7; Time: 10:00 – 11:00 a.m.
Cost: $180/semester for members, $360/semester for non-members; Minimum number of students: 6
Private Tutorial with Rabbi Rachlis
Rabbi Rachlis will teach any University Synagogue member anything that he/she wants to learn. Just set up an appointment; he’ll give you a syllabus and you’ll meet with him approximately once a month for individualized study.

Jewish-Christian Dialogue on “The World We Live In,” led by Rabbi Rachlis and Interim Pastor David Pattee of Irvine United Congregational Church. This presentation will focus on contemporary religious, political and ethical issues.

- Our Annual Pre-Thanksgiving Service with Irvine United Congregational Church
- Location: University Synagogue
- Date: Tuesday, 11/26; Time: 7:30 p.m.
- Guest speaker, TBA

Learner’s Minyan: Jewish Body Language & The Language of Prayer
Learn the structure, body language (bending, bowing, closing one’s eyes, etc.) and melodies of Shabbat services.
Instructors: Rabbi Rachlis and Cantor Braier
Date: Saturday, 2/1; Time: 11:00 a.m. – 12:00 p.m.

Torah Trope
Learn to chant Torah. Reading knowledge of Hebrew is required.
Instructor: Cantor Braier
Dates: Tuesdays: 1/7, 1/14, 1/21, 1/28; Time: 5:30 – 7:00 p.m.

Adult Bar or Bat Mitzvah – First (or Second at Age 83 or Older)
Have you considered studying for a Bar or Bat Mitzvah? We’d love to guide you through the process. This could be either an individual or group event.
If interested or to sign up, contact: Sue Penn at spenn@universitysynagogue.org.
Jewish Learning & Culture (cont’d)

STUDY OF TORAH AND SELECTED BOOKS OF THE BIBLE
Life experience is the only tool needed to join this group. We will approach the Bible with a Reconstructionist viewpoint guided by an experienced Torah Study group participant. We will discuss specific Parashot (Torah portions) and Books of the Bible emphasizing ideas and themes that will illuminate the imprint of the ancient books upon religious practice, philosophy and cultural life of us all. Our modern viewpoint will bring to light concepts that have never before been discussed by those who take the Bible literally, or have given up on finding truth in the Bible. Women and men from all backgrounds, levels of Jewish education and ages 16 and above are welcome.
Instructor: Patrick Schlup
Dates: 2nd and 4th Tuesdays, starting 10/22
Time: 7:00 – 8:30 p.m.; Cost: Free; Minimum number of students: 10

RECONSTRUCTIONIST STUDY GROUP (RSG)
The Reconstructionist Study Group is open to anyone who is eager to learn more about Reconstructionist Judaism through lay-inspired study. Join us each month for lively and passionate discussions of a wide array of topics that often delve deeply into Reconstructionist thought and practice, how they differ from those of other Jewish denominations and movements and what they share with them, as well as what we all share together as Jews. We will explore contemporary issues and challenges and examine them through a Reconstructionist lens. We go back to Biblical sources and seek new interpretations, mindful of the Reconstructionist maxim: the past always has an important vote on modern Jewish practice, but it doesn’t have a veto. And sometimes we choose topics that simply engage our curiosity and love of Jewish learning. From time to time, special guests join us, notable rabbis and thinkers of long-standing and a formative commitment to Reconstructionist Judaism, including our very own Rabbi Rachlis, as well as other voices in the wider Jewish community.
Discussion Leader: Dr. Michael Schaffer, historian and University Synagogue member
To sign up, email Ella Serebriannik at ella.sereb@gmail.com.
Dates: 4th Monday of every month: 8/26, 9/23, 10/28, 11/19 (Tuesday), 12/23 (tentative), 1/27, 2/24, 3/23, 4/27, 5/18; Time: 7:30 – 9:00 p.m.
Location: Alternating members’ homes and occasionally at University Synagogue
JEWISH VALUES AND THE ISRAELI-PALESTINIAN CONFLICT: A HARTMAN INSTITUTE LECTURE AND STUDY SERIES

Through video lectures, text study and lively group discussion, we are pleased to bring the world-renowned faculty of the Shalom Hartman Institute to University Synagogue’s community this fall. This class explores one of the most divisive issues affecting the Jewish people today: the Israeli-Palestinian conflict. Through the study of Jewish narratives about Israel and the unpacking of the complex meanings of peace in Jewish tradition, participants are invited to explore the ideas and values that animate different attitudes toward the conflict and how these values shape their own political understandings. Though a shared political platform may not be attainable, this course strives to achieve a shared respect for our differences.

Together, we will engage in a new values-based discourse about Israel, including topics such as: Living With Difference, The Israel We Imagine, Jewish Narratives of Peace, Attitudes Towards the Land, Justice, Self-Preservation, Compromise, and The Idea of Jewish Exceptionalism. Each session includes text study, discussion, video lecture and interviews with leading Hartman scholars.

Led by Sue Penn, Director of Congregational Learning
Dates: Tuesdays, 10/29, 11/5, 11/12, 12/3, 12/10, 1/7, 1/14, 1/21, 1/28, Time: 6:30 – 8:30 p.m.; Cost: $100

NEW PERSPECTIVES ON CURRENT EVENTS

Dates: First Wednesday of each month
Time: 11:30 a.m. – 1:00 p.m.; Cost: Free; Minimum number of participants: 6
Facilitated by:

- 11/06: Debbie Stern - Understanding your Medicare Benefit Options from Part A – Part D
- 12/04: David Franks - Family Dynamics During the Apartheid Regime
- 01/08: Polly Hale - LGBTQ
- 02/05: Lindell Marsh - The Future of Habitat Conservation Planning
- 02/11: (Tuesday, 6:00-8:30 p.m.) Nadine Steinberg – Real and Fake News (In Collaboration with Women’s Connection)
- 03/04: Dr. Michael Schaffer - What’s Happening to the World We Live In?
- 04/01: Sue Penn - Engaging Millennials and Generation Z in Judaism
- 05/06: Dr. Howard Rothfeder – Highlights of Medicine Today
Jewish Learning & Culture (cont’d)

COOKING THROUGH THE JEWISH YEAR
Sundays; Time: 12:15 – 2:30 p.m.; Cost: Free; Location: University Synagogue

- 12/8: Hanukkah (latkes, sufganiot) - Sari Schreiber
- 1/12: Shabbat (kugel) - Sharon Glickman
- 2/09: Tu B’Shvat (salads) - Marcy Garrett
- 3/01: Purim (hamantashen) - Mark Bregman
- 4/05: Passover (chicken soup and kneidlach) - Carol Richmond
- 5/17: Shavuot (cheesecake) - Jeff Wolff and Cindy Reynolds

Health & Wellness

BRIDGES - A SOCIAL COMMUNITY FOR THOSE WITH MEMORY LOSS
Do you know someone who would benefit from our Adult Day community of active and enthusiastic participants? University Synagogue’s Bridges program offers a social group model for those with memory loss who are independently capable of completing their daily activities. This program challenges participants, encourages an active lifestyle and brings together a mix of both cognitive and physical activities, designed to create social and inter-generational interactions and cultural involvement. Our activities include music, art, exercise, brain games, outdoor activities and fresh meals prepared on site. We are open to people from all backgrounds and faiths but, from time to time, Jewish traditions are highlighted.
Instructor: Heather Anderson; Dates: Tuesdays and Thursdays
Time: 9:00 a.m. – 3:00 p.m.; Cost: $75 per day. Minimum of 10 clients per day

CARING FOR A LOVED ONE WITH MEMORY LOSS: MANAGING DIFFICULT BEHAVIORS
This class will discuss several of the challenging behaviors commonly displayed by individuals with early to mid-stage dementia. It will also suggest strategies for managing these behaviors.
Instructor: Gail Reisman, PhD; Date: Thursday, 9/19; Time: 9:30 – 11:30 a.m.
**Personal Enrichment**

**ISRAELI DANCING WITH TESSA**
Please join us in an advanced Israeli dance group. The music is wonderful, anyone can learn the steps, and it’s good for you! We will send you a YouTube video after we have taught a dance, so you can practice it at home. *The class is currently at capacity, but we are adding names to our waiting list.*

**Instructor:** Tessa Kershnar  
**Dates:** Mondays and Wednesdays; Time 7:00 – 8:30 p.m.; Cost: Free

**BALLROOM DANCING**
With a great mix of music and styles, enjoy dancing everything from the waltz to cha-cha to swing to the foxtrot.

**Instructor:** Mandy Mykitta  
**Date:** Wednesdays, 10/23, 10/30, 11/6, 11/13, 11/20, 12/4; Time: 5:30 – 6:30 p.m.  
**Cost:** $50/person for the session; Minimum number of participants: 10

**Parenting**

**PARENTING BOOK CLUB**
Becoming a parent is one of the most joyful and simultaneously difficult tasks. Join us one Sunday a month to share the wisdom of other parents and professionals through books about parenting in general and, specifically, Jewish parenting. We will share our ideas and victories about this most awesome of Jewish responsibilities. The books will address children of a variety of ages and stages.

**Instructor:** Carol Richmond  
**Dates:** Sundays, 1/12, 3/15, 4/5, 5/17; Times: 10:30 – 11:30 a.m.  
**Cost:** Free for US members and US Pre-School parents

- 01/12: “Our Share of Night, Our Share of Morning” by Reconstructionist Rabbi Nancy Fuchs
- 03/15: “The Blessing of a Skinned Knee” by Wendy Mogel, PhD
- 04/05: “While Standing on One Foot” by Nina Jaffe and Steve Zeitlin

**PARENTING CLASSES**
**Instructor:** Hannah Thompson; **Date:** Wednesday, 9/25; Time: 7:00– 8:30 p.m.; Cost: Free  
**Instructor:** Hayley Goldberg; **Date:** Wednesday, 1/29; Time: 7:00 – 8:30 p.m.; Cost: Free
Parenting (cont’d)

PARENTING WORKSHOPS
Sundays, 11:00 a.m. – 12:00 p.m.; Cost: Free for US members and US Pre-School parents

10/06:  
**Cyber Security: Monitoring Your Child’s Screen Time**  
Instructor Staci Eisman, IUSD Technology Teacher

11/24:  
**When School Gets Hard: Learning Struggles vs. Learning Challenges**  
Instructor Danielle Wiltchik, Special Needs OC and IUSD

01/26:  
**Beyond Shabbat: Bringing Shalom Bayit Home**  
Instructor Sue Penn, Director of Congregational Learning, US

04/26:  
**Stress and Anxiety: When to Intervene**  
TBA

05/03:  
**Teens and Sexuality**  
Instructor Kristel Dumas, Planned Parenthood

Additional Programs of Interest for Adults

**Distinguished Speakers Series**
University Synagogue is renowned for a love of stimulating and intellectual discussion. Our Distinguished Speakers Series brings noted speakers who engage audiences in thoughtful dialogue. Speakers foster exciting and dynamic learning on topics such as religion, ethics, art, politics and general culture.

To see a full list of speakers, visit:  
https://universitysynagogue.org/events/category/speakers/list/

**Orange County Jewish Film Festival**
Founded and sponsored in large part by University Synagogue, the Orange County International Jewish Film Festival (OCJFF) is the area’s first Jewish-themed film festival. Now celebrating its 30th consecutive season, OCJFF seeks to broaden the perspective of local film-goers, to capture and share the Jewish experience of the 20th and 21st centuries, and to celebrate Orange County’s ethnic, racial and religious diversity. 2019-20 season co-sponsors include: Temple Bat Yahm, Temple Beth Tikvah, Congregations B’nai Tzedek and Shir Ha-Ma’alot, the Reform Temple of Laguna Woods, Heritage Pointe Senior Living, the Anti-Defamation League Orange County/Long Beach, and the UCI-affiliated Orange County Jewish Community Scholar Program.

To see a full schedule of films, visit:  
http://www.ocjff.org