Contents

Relax Now: Meditation with Mark Bregman
Remarkable Jewish Women: From Biblical to Contemporary Times with Carol Richmond
Jewish Life Cycle Issues: Off the Beaten Path with Carol Richmond
Many Paths to God with Carol Richmond
The Story of the Jewish People…Standing on one foot! with Mark Lazar

Class Registration

To register for a class, email Pam Nathanson at pamn@universitysynagogue.org.

Course Descriptions

RELAX NOW: MEDITATION with Mark Bregman

Our continuing stay-at-home challenges along with the prospect of a changed world have only increased stress for most of us. We can let it go through meditation. Each session lasts about 20 minutes and will provide learning for students to use in their own personal practice.

First session: How-to-Meditate – a basic course and great refresher on how to achieve a comfortable meditative state. We will explore breathing, posture, mantras, body relaxation, and other meditative techniques. Subsequent sessions will be guided meditations using lovely visualizations and relaxation techniques.

Tuesdays at 5:00 p.m., 6/2; 6/16; 6/30; 7/7; 7/21
REMARKABLE JEWISH WOMEN: FROM BIBLICAL TO CONTEMPORARY TIMES
with Carol Richmond

Let’s take a look at influential Jewish women throughout history to discover what makes them unique. How have they contributed to the advancement of Jewry and humanity, from local influence to international stardom? Some names may be familiar but how many of us know exactly what their contributions were and how they were received by the world?

Mondays, 12:30 – 2:00 p.m., 6/8; 6/15; 6/22; 6/29

JEWISH LIFE CYCLE ISSUES: OFF THE BEATEN PATH
with Carol Richmond

In our Basic Judaism and Beyond class, we cover the rituals of our Jewish life cycle, learning where they originated and how they came to be. In this minicourse, we’ll look at some of the issues that we don’t have time to fully explore in our basic course. What’s the Jewish take on sexuality, naming a child, birth control, IVF, adoption, same-sex marriage, conversion, euthanasia, assisted death, suicide, afterlife, tattoos/piercings and capital punishment? Let’s go deeper.

Wednesdays, 7:00 – 8:00 p.m., 6/3; 6/10; 6/17; 6/24

MANY PATHS TO GOD with Carol Richmond

What is the Jewish definition of God, and how does it coincide with or depart from our own thoughts and feelings? Let’s explore the creation or existence of your own personalized theology and compare it with the many attempts at definitions by rabbis and theologians through the ages. We’ll ask the questions: Who/what is a Jew and who says so? What informs our thoughts about God? Does each branch of Judaism have its own final word? How does ritual influence these ideas? Is there an authoritative someone like the Pope, only Jewish who creates a consistent mindset about God? Does the answer predict the future of Judaism? Who speaks for the “Jews”?

Wednesdays, 7:00 – 9:00 p.m., 7/8 and 7/15
THE STORY OF THE JEWISH PEOPLE...STANDING ON ONE FOOT!
with Mark Lazar

How did the Jewish people begin? What were the turning points of our history? How and why did Jewish identity evolve into what we are today? Mark Lazar will guide you through the 3,700-year-old story of the Jewish People from the Mamas and the Papas (Matriarchs and Patriarchs) through the Rabbinic age, to the Jewish Enlightenment and Emancipation, and finally to the creation of the State of Israel.

Mark Lazar has been in Jewish education for over 40 years and has engaged students of all ages. He is primarily based in Southern California after living for 20 years in Jerusalem. Mark joined our religious school staff after serving as director of the Center for Jewish Life at the Merage JCC.

Mondays, 7:00 – 8:00 p.m., 6/8; 6/15; 6/22; 6/29; 7/13; 7/20; 7/27; 8/3
Synagogue members: $100.00