

Expand Your Horizons— Learn Something New!

by Deborah Pollack, VP of Adult Learning and Programs

The month of March is as good a time for educational growth as any, so take a close look at what's coming up at Temple Beth Torah and join us as we learn something new!

#DoJewish@Home: Jewish Rituals, Practice, and Observances that Will Enrich Family Life, Deepen Family Jewish connections, and Integrate Family Values Into Family Behaviors

Student Rabbi Noah Diamondstein

**Sunday morning, March 3,
9:30–11:00 a.m.**

Every family that has a connection to Judaism, whether all, most, or some of the family members are Jews, has a set of values that guide family life. Sometimes those values are spoken and specific, sometimes they are implicit and very general, but values shape family life. Jewish values are an amazing resource for imbuing a life with Judaism, and Judaism has an entire series of rituals and practices (some daily and some just once or twice a year) that can take those immaterial values and make them tangible! In this class, we'll discuss major categories of Jewish ritual and practice, learn where they come from and how to perform them, and make Jewish actions feel doable, customizable, and ready to plug-and-play at home. You get out what you put in! If we take Jewish practice and action seriously, they will meaningfully enrich our lives every single day.

Jewish Literacy

Rabbi Mike Lotker

Tuesdays, 7:00–8:30 p.m.

Jewish Literacy classes touch on most of the areas of concern and interest to adults who wish to explore the holidays, sacred literature, history, spirituality, mysticism, and living a full Jewish life.

Tuition: There is no cost for these classes for members of area synagogues. The suggested donation for non-members deciding to “drop in” on classes is \$10 per session. If these fees are a barrier to anyone's participation, please speak with Rabbi Lotker; nobody will be turned away.

This program is made possible by Temple Beth Torah and the Jewish Federation of Ventura County.

Jewish History

3/5 Judaism and Christianity—the parting of the ways

3/12 The 20th century (Zionism, anti-semitism and the Holocaust)

Living a Jewish Life

3/19 Temple and Synagogue: Home and kashrut

3/26 Life Cycle: Brit milah, b'nai mitzvah, marriage (and intermarriage), divorce, funerals

4/2 Jewish community: Conversion, movements, synagogue life, etc.

4/9 What does Judaism say about sexual-ity and ??? (students select topics)

Mindful Middot: The Path of Jewish Self-Growth

Rabbi Lisa Hochberg-Miller

**Sunday morning, March 17,
9:30–11:00 a.m.**

Encountering a trait each month, we will read core Jewish texts that help us understand which of our personal traits need growth and/or repair, so that we can be the person we want to be! Using the techniques of Rabbi Israel Salanter, the 19th century rabbi who brought the practice of mussar (mindful self-discipline) into popularity, we will work on our own traits toward self-growth. The discipline of mussar invites us to journal, reflect, pray, and consciously work on qualities such as Equanimity (peace of mind), Anger, Holiness, Feeling Secure, and more.

Short Story Discussion

Deborah O'Neal

Tuesday, March 26, 2:00–3:00 p.m.

Join us as we engage in close reading and discussion of the fascinating and appalling “Rappaccini's Daughter” by Nathaniel Hawthorne. Pick up your copy of the story from the TBT office.

Prayerbook Hebrew

Kathy Fink

**Tuesday evenings, 7:00–8:00 p.m.
Beginning April 2**

Would you like to be able to read along with the Rabbi in the siddur (prayerbook) without looking at the transliterations and even be able to follow along in the Torah? Kathy will be your guide to this simultaneously ancient and modern language using a textbook written specifically for adult beginners, *Aleph Isn't Tough*. Whether you don't know an aleph from a bet or learned Hebrew so long ago that you've forgotten most of it, this is the class for you. You'll enjoy feeling more involved in Shabbat services, especially if you're thinking of preparing for an adult bar or bat mitzvah!

Pre-registration is required. Enroll by 3/25 by emailing Deborah Pollack at rp5dp@sbc-global.net

Shabbat Book Discussion and Potluck Saturday, April 13, 12:30–2:00 p.m.

Memento Park: A Novel by Mark Sarvas
Facilitated by Deborah Pollack

Get a head start on reading this novel set in Los Angeles, New York, and Budapest. *Memento Park* begins with an unexpected call from the Australian consulate through which protagonist Matt Santos learns of a valuable painting believed to have been looted from his family during WWII. To recover it, he must repair his strained relationship with his father, unearth his family history, and restore his connection to his own Judaism.



Joy Goldowitz leads a sold-out class in creative calligraphy, an adult program offering in January.