

Judaic Studies Institute

Hebrew Reading and Comprehension - Beginning

INSTRUCTOR: Ms. Elisabeth Rosewall

TIME: Monday nights, 8:00-9:00 p.m., beginning November 3

TUITION: \$100/members and B'nai Noah affiliates, \$150/non-members (does not include texts)

Beginning Hebrew reading with basic vocabulary. No prior knowledge of Hebrew required.

Hebrew Reading and Comprehension - Advanced Beginning

INSTRUCTOR: Ms. Elisabeth Rosewall

TIME: Monday nights, 7:00-8:00 p.m., beginning November 3

TUITION: \$100/members and B'nai Noah affiliates, \$150/non-members)

For those who have completed a beginning Hebrew class (or the equivalent) and want to build greater vocabulary and grammar. The course includes Biblical readings from the Book of Ruth.

Mussar Study Group

TIME: Monday evenings beginning November 3, 7:00-8:00 p.m.

The word *mussar*, from Proverbs 1:2, means instruction, self-discipline, or conduct. The Mussar movement is a 19th century ethical, educational, and cultural movement that led to the creation of a collection of contemplative practices and exercises to help us overcome the inner obstacles that hinder our relationship to God and keep us from living up to our potential. The group will be led by Barb Christiaans, a new member of Ahavas Israel, who is currently taking an on-line mussar course, and has completed a program in Spiritual Direction.

Biblical Archeology Mini-Course

Interactions Amongst Jews, Nabataeans & Romans from the First Century BCE through the Second Century CE

INSTRUCTOR: Dr. Benjamin Dolinka

TIME: 3 Monday nights, December 1, 8, 15

TUITION: \$30 members (including Temple Emanuel), \$45/non-members

Advance registration strongly recommended -- the course will not be offered without a minimum enrollment of 10. For more details see article on page 8.

Yishuv Hada'at – Settling the Mind: Jewish Contemplative Prayer and Yoga

TIME: Six Thursday evenings from November to April: Nov. 20, Dec. 18, Jan. 22, Feb. 19, March 19, April 30.

TUITION: Advance registration is \$50/members, \$75/non-members. Individual sessions are \$10/members (including Temple Emanuel) and B'nai Noah affiliates, \$15/non-members.

Connecting the mind, the body, and the spiritual self using Yoga and Hasidic text study. Accommodations will be made for people of any age and physical ability. Yoga will be led by Carolyn Heines owner of The Yoga Studio. Text study will be taught by Rabbi Krishef, based on materials from the Jewish Institute of Spirituality.

***To register contact the syngagoue office
949-2840***