

Gertrude Lederman Family Continuing Education

Continuing Education courses at North Suburban Synagogue Beth El offer a wonderful chance to deepen your understanding of Jewish thought, culture, and identity as part of a vibrant, inclusive and welcoming community of lifelong learners. Join us for these Fall 5785 classes:

	Writer's Beit Midrash	Wednesdays, 9:30-11:00 am September 4 & 18; November 6 & 20; December 4 & 18
	God of Our Mothers & Fathers: What Our Matriarchs & Patriarchs Teach Us About Connecting to God with Rabbi Alex Freedman	Thursdays, 11:15 am - 12:15 pm September 5, 19 & 26
	Prayer, Penitence, and Personhood: Historical Perspectives on the High Holy Days with David Shyovitz	Mondays, 8:00-9:00 pm September 9, 16 & 23
	Talmud with Rabbi Michael Schwab	Tuesdays, 8:30-9:30 am September 10-24; November 5 - December 17
	Café Ivrit: Intermediate Conversational Hebrew with Pnina Arsers	Tuesdays, 6:15 - 7:30 pm September 10 -24; October 29 - December 17
	Sicha B'Ivrit: Advanced Conversational Hebrew with Shlomit Hoch	Thursdays, 6:00 pm - 7:30 pm September 12-26; November 7 - December 19
	Challah Baking and Braiding with Anya Viner	Fridays, 9:15-10:30 am September 13 & 20; November 1 & 8
	Breaking Jewish News and Views with Carl Schrag	Wednesdays, 9:45-11:00 am September 18 & 25; October 30 - December 18
	The Moment Judaism Began with Rabbi Steven Bob	Thursdays, 11:15 am - 12:15 pm October 31; November 7 & 21; December 12
	Beginner's Hebrew with Fran Pearlman	Mondays, 9:15 - 10:30 am November 4 - December 16
	Adult Torah Trope with Hazzan Jenna Greenberg	Tuesdays, 12:00-1:00 pm November 5 - December 17
	Destination: The Land of Canaan with Rabbi Dr. Vernon Kurtz <small>Sponsored by the Schechter Institute</small>	Sundays, 10:30-11:45 am November 10 - January 19

Visit the Continuing Education page on the Beth El website at www.nssbethel.org for more information and to register. Questions? Contact Rachel Kamin, Director of Lifelong Learning, at rkamin@nssbethel.org or 847-926-7902.

High Holiday Boot Camp

God of Our Mothers & Fathers: What Our Matriarchs & Patriarchs Teach Us About Connecting to God with Rabbi Alex Freedman

Thursdays, 11:15 am – 12:15 pm, September 5, 19 & 26, 2024

The image of God as “King” reverberates throughout the High Holiday liturgy, suggesting that we relate to God as subjects. Rosh Hashanah’s Torah and Haftarah readings, however, center our foremothers. Using Hadar’s Project Zug curriculum, we will explore what both the matriarchs and patriarchs teach us about connecting to God. **Class will meet in person and on Zoom. FREE**

Prayer, Penitence, and Personhood: Historical Perspectives on the High Holy Days with David Shyovitz

Mondays, 8:00 – 9:00 pm, September 9, 16 & 23, 2024

Explore with David Shyovitz, Associate Professor of History and the Director of the Crown Family Center for Jewish and Israel Studies at Northwestern University, some of the fascinating, lesser-known aspects of Rosh Hashanah and Yom Kippur that appear in medieval Jewish narratives, artwork, and rituals.

Class will meet in person and on Zoom. FREE

Free Classes

Lunch & Learn: with Rabbi Michael Schwab

Thursdays, 12:00 – 1:00 pm, August 29 & December 5, 2024

Join Rabbi Schwab at Beth El or from the comfort of your own home or office for this special study session. A complimentary lunch will be served at Beth El! Register online to indicate your choice of a tuna, turkey, corned beef or vegetarian sandwich from Shaevitz Uptown BBQ. Chips & drinks will also be provided.

Class will be held in person and on Zoom. FREE

Writer’s Beit Midrash

Wednesdays, 9:30 – 11:00 am, September 4 & 18; November 6 & 20; and December 4 & 18, 2024

All fiction, non-fiction, poetry, memoir, and essay writers (published or not yet published) are welcome for discussions, exercises, camaraderie, and critique every other Wednesday morning.

Class will meet in person. FREE

HAZAK Fitness, Core, Balance and Stability with Gina Hanusa, Certified Senior Fitness Specialist

Thursdays, 10:00 – 11:00 am, September 5, 19 & 26; October 31; November 7 & 21; and December 12, 2024

Join HAZAK for invigorating exercises and fun stability drills. Wear comfortable clothing and proper shoes and be prepared to elevate your heart rate. RSVP to HAZAK@nssbethel.org.

Class will meet in person. FREE

The Moment Judaism Began with Rabbi Steven Bob

Thursdays, 11:15 am – 12:15 pm, October 31; November 7 & 21; and December 12, 2024

The Books of Ezra and Nehemiah describe a dynamic period in the narrative of our people. During the first decades following the return from Babylonian exile new rituals emerge which provide the foundation for our Jewish lives. We will look closely at key verses from Ezra and Nehemiah which reveal the birth of Judaism as we know it. **Class will meet in person and on Zoom. FREE**

Adult Torah Trope with Hazzan Jenna Greenberg

Tuesdays, 12:00–1:00 pm, November 5 – December 17, 2024

Unlock the secret of chanting Torah, decode the melody patterns, and learn the “how” as well as the “why” of Torah cantillation. A perfect opportunity for: anyone who would like to learn to chant Torah for their friends' and family members' B'nai Mitzvah or other *s'machot*; who has taken this class before but wants to refresh their skills; or who wants to become a Torah reader to earn a Team Torah cookie in 5785. Comfort with reading Hebrew text is required.

Class will meet in person and/or on Zoom. FREE

Open Conversational Hebrew

Sundays, 9:30 – 11:00 am

Practice Hebrew conversation informally with other participants. For information, contact Judy Farby at judyfarby@yahoo.com or

847-372-1700. **Class will meet on Zoom. FREE**

Fall 5785 Quarter Tuition Courses

The fee for Continuing Education courses is \$60 per quarter for NSS Beth El members and \$125 for guests. Payment for one course generally includes any additional classes during the same quarter at no additional charge. **ANNUAL PASS:** Beth El members can purchase a special discounted annual pass for \$180 (\$360 for guests) which includes all classes during the 2024-2025 fall, winter, spring and summer quarters. Register [online](#) or contact Marcie Eskin at meskin@nssbethel.org or 847-926-7903.

Talmud: Tractate B'rachot with Rabbi Michael Schwab

Tuesdays, 8:30 – 9:30 am

September 10 – 24 and November 5 – December 17, 2024

Rabbi Schwab takes students on a journey through the mainstay of the Jewish oral tradition, its rich history, structure, and famous personalities.

Class will meet in person and on Zoom. Fall Quarter Fee

Breaking Jewish News & Views with Carl Schrag

Wednesdays, 9:45 – 11:00 am, September 18 & 25 and October 30 – December 18, 2024 (no class November 27)

This class zooms in on local, national, and global news through a distinctly Jewish lens. We'll navigate the ever-evolving post-October 7 reality as we talk about politics, Israel, anti-Semitism, anti-Zionism, rifts in our Jewish community, and more. Carl Schrag, former editor of The Jerusalem Post, brings a journalist's probing questions to every topic. **Class will meet on Zoom. Fall Quarter Fee**

Challah Baking & Braiding with Anya Viner

Fridays, 9:15 – 10:30 am, September 13 & 20 and November 1 & 8, 2024

In this hands-on workshop we will learn how to make challah dough from scratch and practice basic and advanced braiding as well as creative shapes, fillings and decorations. All supplies will be included and you will take your challah home each week to bake. **Class will meet in person. Special Fee not covered by Fall Quarter tuition: \$18 per session or \$60 for all four classes.**

Because the cost of tuition should never be a barrier to participation in our NSS Beth El classes, we do offer financial assistance. Please contact Marcie Eskin at meskin@nssbethel.org for scholarship information.

Hebrew Classes

Beginner's Hebrew with Fran Pearlman

Mondays, 9:15–10:30 am, November 4 – December 16, 2024 (no class November 11)

Practice your Hebrew reading fluency, learn the most commonly recited Jewish prayers and blessings (and what they mean!) and develop your Hebrew vocabulary. Perfect for parents who want to learn alongside their children and anyone who wants to feel more comfortable with everyday Hebrew. A basic knowledge of the Hebrew alphabet is recommended.

Class will meet in person. Fall Quarter Fee

Café Ivrit: Intermediate Conversational Hebrew with Pnina Arsers

Tuesdays, 6:15 – 7:30 pm, September 10 – 24 and October 29 – December 17, 2024 (no class November 5 or 26)

Using the *Brandeis Modern Hebrew* textbook, we will improve our listening, reading, speaking, and writing skills and explore aspects of Israeli culture through language, literature and current events.

Class will meet in person. Fall Quarter Fee

Sicha B'Ivrit: Advanced Conversational Hebrew with Shlomit Hoch

Thursdays, 6:00 – 7:30 pm, September 12 – 26 and November 7 – December 19, 2024 (no class November 28)

Using the textbook, *Kriat Beynaim* from the Hebrew University of Jerusalem, we will dive into an array of enriching materials including news articles, songs, literature, and much more. We will also have fun with online games and engaging warm-up activities to enhance our learning experience. **Class will meet on Zoom. Fall Quarter Fee**

Special Events

Israel Update with Mike Hollander

Wednesday, September 11, 2024, 9:45 – 11:00 am

What was happening in Israel before October 7, what's been happening since, what's the current situation now, and what are the possible directions Israel is heading towards? Explore these questions and more with Mike Hollander, an experienced Jewish educator and licensed tour guide in Israel. Breakfast treats will be served! **Class will meet in person and on Zoom. FREE**

Sukkot Morning @ the Movies & HAZAK Luncheon

Tuesday, October 22, 2024, 11:00 am – 1:00 pm

How did a mysterious Long Island couple's half a billion-dollar gift inspire peace and climate action through water tech? Join us for a special screening of the new documentary film, *Who are the Marcuses?*, followed by blessings in the Sukkah and a complimentary lunch, sponsored by HAZAK. RSVP by October 15 to HAZAK@nssbethel.org.

SAVE THE DATE:

The NSS Beth El Annual Used Book Sale will be
February 23 – March 2, 2025

Plan to drop off gently used books for both children and adults on any subject between January 1 – February 20, 2025.

Donations received before January 1 may be discarded.

Janet and Irving Robbin Scholar in Residence:

A Weekend with Dr. Yehuda Kurtzer

Saturday, November 2 – Sunday, November 3, 2024

Dr. Yehuda Kurtzer, President of the Shalom Hartman Institute and a leading Jewish thinker, will deliver the D'var Torah during Shabbat Morning Services, as well as a Post Kiddush Lecture. A community event will be held on Sunday afternoon, November 3. Watch for more details.

Chesbon HaNefesh: Accounting of the Soul Workshop with Erin Doppelt

Monday, November 11, 2024, 7:00 pm

Erin Rachel Doppelt, a certified meditation teacher and spiritual psychology coach, will discuss her debut book *Nothing Can Stop You*, a hands-on guide for self-reflection, discovery, and unleashing your authentic self.

Sisterhood Torah Fund Book Club

Join Rachel Kamin, Director of Lifelong Learning, for lively book discussions and author events. New participants are always welcome!

On Her Own by Lihi Lapid; translated by Sondra Silverston

Saturday, September 21, 2024, 12:30 pm

Set between the eve of Passover and Israel's Independence Day, the story centers around Nina, a teenage runaway who witnesses a murder, and ends up hiding out in the Tel Aviv apartment of Carmella, an elderly woman with dementia who mistakes Nina for her granddaughter.

The Amen Effect by Sharon Brous

Saturday, November 16, 2024, 12:30 pm

Based on one of her most impactful sermons, Rabbi Brous pairs anecdotes from building and pastoring a leading-edge faith community with ancient Jewish wisdom and contemporary science to offer a blueprint for a more meaningful life and a more connected, caring world. Rabbi Schwab and Ali Drumm will join us to discuss this national bestseller by one of our country's most prominent rabbis.

Participants are encouraged to make a minimum donation of \$54 to the [Torah Fund Campaign](#). The Book Club will continue in 2025 – stay tuned for more details.

Schechter Institute of Jewish Studies

Destination: The Land of Canaan with Rabbi Dr. Vernon Kurtz

Sundays, 10:30 – 11:45 am

November 10, 2024 – January 19, 2025

From Mt. Sinai the Israelite people set out on a journey to the Land of Canaan and on their way the Bible describes many different episodes. We will study together the Biblical and Rabbinic texts concerning these stories and search for modern lessons to be applied today. **Sponsored by the Schechter Institute of Jewish Studies, class will meet on Zoom. Tuition: \$180; register online with the [Schechter Institute](#).**

North Suburban Synagogue

Beth El
בית כנסת בית אל

HIGH HOLIDAY BOOT CAMP



GOD OF OUR MOTHERS & FATHERS:

WITH RABBI ALEX FREEDMAN

Thursdays, 11:15 am-12:15 pm
September 5, 19 & 26, 2024

What Our Matriarchs &
Patriarchs Teach Us About
Connecting to God.



PRAYER, PENITENCE, AND PERSONHOOD:

HISTORICAL PERSPECTIVES ON THE HIGH HOLY DAYS

WITH DAVID SHYOVITZ

Mondays, 8:00-9:00 pm
September 9, 16 & 23, 2024

Associate Professor of History and the Director of the Crown
Family Center for Jewish and Israel Studies at Northwestern
University.



All sessions are free and will be held in-person and on Zoom.
Register online or contact Marcie Eskin at meskin@nssbethel.org.

www.nssbethel.org