

Adult Education Classes Fall 2019

Chadeish Yameinu Jewish Renewal

PO Box 3578 Santa Cruz, CA 95063-3578
831-295-8467 www.CYSantaCruz.com

How to sign up

Please reserve your place in any individual class or series you want to attend by emailing the contact person listed.

Let the contact person know whether you will be paying by check or online credit card payment. Checks can be sent to Chadeish Yameinu, P.O. Box 3578, Santa Cruz, CA 95063-3578. Credit cards are accepted at CY's website; select the 'support' tab and follow the instructions.

If you prefer to pay by check or cash in person at the time of the class, please let the contact know.

- If the class fee listed is not possible, any donation will be accepted for any class.

If you have previously registered and thereafter, a class is cancelled, or the start date is changed, you will be notified by email.

All classes will be held at CY's Shul located at 740 Front Street, Suite 170, Santa Cruz unless otherwise noted.



Jewish Meditation: Music of Mindfulness Working with Stress and Anxiety

Armando Alcaraz

Contact: Louise Caraco:
louisecaraco18@gmail.com

September 22 • 3–5:00pm

Meditation followed or opened by a song,
and a small talk/discussion.

The Myriad Names of G-d

Etiel Herring and Rabbi Eli; contact Leona Phillips
Leonaphillips@comcast.net

December 12, December 19. 7–8:30 pm

It's said that there are hundreds of names of G-d. We'll examine some of the most common names as well as a few of the more esoteric ones. Come to one or both classes.

A Taste of Mussar

with Rose Ashford

Contact: Louise Caraco:
louisecaraco18@gmail.com

All are welcome to this 4-week introductory class in the thousand-year-old body of teachings and practices that provide distinctively Jewish answers to the questions we all ask about life. Mussar guides you in identifying your unique, personal path of spiritual growth and offers practices to assist you on your journey.

Oct. 28, Nov. 4, 11 & 18, 7–8:30 pm at CY shul,
co-sponsored with Temple Beth El

There is a small cost for this class
payable to the Mussar Institute.

Torah Reading

for Hebrew readers

R'Eli, teacher and contact: rebeli@sbcglobal.net

Deepen your insights and love
of Torah by learning to *leyn*
(chant) in Hebrew. Ability to
read Hebrew required.



Free 1:00 pm:

11/7 • 11/14 • 11/21 • 12/5 • 12/12 • 12/19

Robert Sward's Writing Class

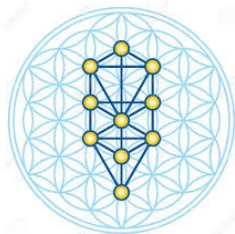
Contact: Louise Caraco: louisecaraco18@gmail.com

September 8, 3–5 pm.

Poetry and prose writing with our former county poet laureate.

Kabbalah

with Rabbi Eli Cohen
Contact: Louise Caraco:
louisecaraco18@gmail.com



Kabbalah means “receiving.”
It’s a tradition rich in
mysticism. It waters the
beautiful garden of Judaism.
And, it can bring us into a
closer connection with the
Sacred. Suggested reading:
Kabbalah: A Sourcebook of

Visionary Judaism, by Edward Hoffman; *Path of the Kabbalah*, by David Sheinkin.

Tues. 7– 8:30 pm: Nov. 5, Nov. 12, Dec. 3, Dec. 10

Jewish Cooking

Contact: Dana Peleg: danagpeleg@gmail.com

Sundays 1–4 pm at Dana’s Beachcomber Park’s
Clubhouse: 2627 Mattison Lane, SC



Louise Drummond will teach
classes in vegetarian and vegan
versions of traditional Jewish
foods for Shabbat, holidays, or
any time.

Sept. 15: Challah, Chocolate Babka, Flaky
Biscuits

Oct. 27: Kasha Varnishes, Kreplach, Spiced
Pickled Beets

Dec. 1: Tabbouleh, Eggplant Salad, Cucumber
and Yogurt Salad

Dec. 8: Sufganiyot with Mixed Berry Filling,
Latkes with Homemade Apple sauce, Zucchini
Latkes with Tzatziki Sauce

Dec.15: Spiced Prunes, Flourless Chocolate
Cake, Mina de Matzo

The Prophets:

**Who Were the Prophets?
What Were Their Messages?
What Relevance Have They for Today?**

R’Eli, contact: rebeli@sbcglobal.net

A 6-part series on Wednesdays
7:00–8:30 pm

Oct. 16: **An Overview & The Prophet
Hulda** (with Rabbi Eli Cohen)

Oct. 30: **The Prophet Habbakuk**
(with Diane Levin)

Nov. 13: **The Prophet Ezekiel**
(with Philippa Gamse)

Nov. 20: **The Prophet Isaiah**
(with Rabbi Howie Schneider)

Dec.11: **The Prophets of the Book of
Judges** (with Rabbi Lori Klein)

Dec. 18: **The Prophet Amos**
(with Rabbi Phil Posner)

Pricing

\$20 per session for members
\$25 per session for non-members,
with a discount for a series.

For a member, the discount will be one class’ worth
plus \$5 for a series of four or five or six: So...

- six classes for \$95
- five classes for \$75
- four classes \$55

- three classes \$10 discount
- two classes \$5 discount

Series discounts available for non-members as well.

Any donation is appreciated.
No one is turned away for lack of funds.

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