

October/November Learning Opportunities with Rabbi Shere

Shabbat Morning
10 a.m.

October 14 & 28
November 11 & 18



with Rabbi Shere
and yoga instructor
Nicole Ferguson or Mindy Eisenberg

Connect body and soul as we apply the wisdom of Torah to the gentle practice of yoga. No yoga experience necessary. Dress comfortably.



Strengthen Your Core
Through Jewish Values

Rabbi Shere will share spiritual insights following a floor Pilates class led by Sheila Tyner

MONDAY, NOVEMBER 13 AT 11 AM

No Pilates experience necessary.
Bring your own mat.
Mats are available to borrow.

Cost: \$5/member, \$8/non-member
Pay online at www.adatshalom.org/pilates

For additional information, contact Jodi Gross
248.851.5100 or jgross@adatshalom.org
Chairs: Lori Issner, Sheila Tyner and Julie Wiener

Rabbi Rachel Shere

presents a 3-part Lunchtime Learning series on



NO CHARGE TO ATTEND
PLEASE RESPOND BY FRIDAY
PRECEDING EACH PROGRAM.

Tuesdays

October 31, November 7 & 14

11:45 a.m.

Rod Serling's hit sci-fi television show from the 1960s probed many of life's most perplexing and profound questions. In this class, we will watch segments from several episodes and then study the Jewish sources that look to provide answers.

*Sisterhood Rosh Chodesh
Kickoff Event with Rabbi Shere*

*With the new moon comes an
opportunity for self-renewal*
New Moon ✨ New Start

Please join the women of Adat Shalom for Torah study, participatory prayer, and light refreshments in honor of the new month of Cheshvan.

Friday, October 20
10 - 11:30 am

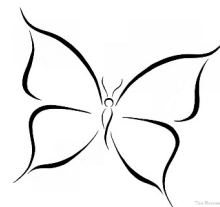
Open to the community.
No charge.

Please RSVP to Rochelle Lieberman by October 12
(248) 553-2498 or rochelle.r.lieberman@gmail.com

Grief Support Group
Dealing with Loss at the High Holidays

The fall holiday season can be very difficult when you have lost a loved one. Please join Rabbi Shere for the remaining grief support session. She will explore with you the specific challenges of the High Holidays including empty seats at the table, understanding the Book of Life, and responding to well-intentioned condolences that sometimes hurt more than they heal.

This group is open to anyone who is...
☞ experiencing pain and loneliness from the death of a loved one
☞ seeking a Jewish answer to living meaningfully with loss



10:30 a.m. Sunday – October 15

Open to the community. There is no charge.

**For questions on any of these programs -
Contact Jodi Gross, 248.851.5100
or jgross@adatshalom.org**