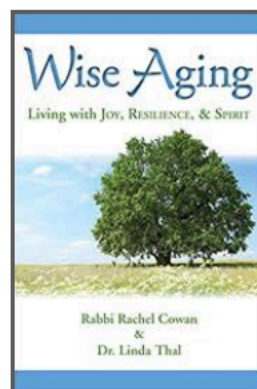


Sholom Adult University - Summer Session 2019

Rabbi Medwin will be teaching two courses this summer on Tuesdays. They are open to the community. Please invite your friends. The registration form can be found in this issue of the Harbinger on page 3, on the temple website (templesholomny.org), and at the temple office.

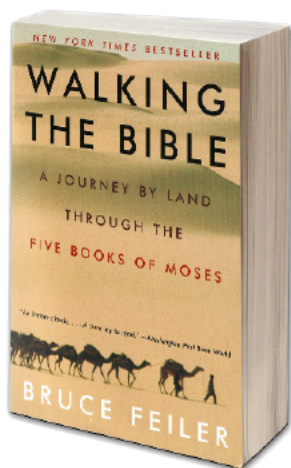
Wise Aging: Living with Joy, Resilience, and Spirit.

We will be using the book by Rabbi Rachel Cowan and Dr. Linda Thal as a basis for discussion. The introduction to the book contains a few jokes that have been circulating in the media. “Inside every senior there is an 18-year-old wondering, ‘What the hell happened?’” “Grandma, my teacher says little girls can grow up to be anything they choose. Why did you choose to be an old lady?” “There are three ages of man: youth, middle age, and ‘You look good!’”



While illness and loss go along with aging, we can redefine our approach to life. Life presents us with challenges as well as opportunities. The perspective we take can help turn a challenge into an opportunity if we have the right mindset. Facing life with an open heart and a curious mind can move us towards wisdom and compassion in our golden years. God has blessed us with extra years. Together in the class, we can explore ways to appreciate this blessing.

Please purchase the book for the course.



Walking the Bible: A Journey by Land Through the Five Books of Moses.

We will be using the book by Bruce Feiler as a basis for discussion and learning. The Bible is thousands of years old and sometimes the practices we read about seem ancient, foreign and difficult to relate to. Author and journalist, Bruce Feiler, wanted to find a way to better connect to these ancient words. He traveled through three continents and five countries to trace the steps that our Biblical ancestors traveled. In this class we will take the journey with the author. From the PBS special of the same name, we have access to photos and video clips of the different areas he visited. These will help us get a better sense of where our ancestors lived and traveled. Also, the pictures will help to clarify the meaning of the texts we so value, and make them come alive and become more relevant in our lives.

Please purchase the book for the course.

If you are interested in taking either or both of these courses, please fill out the **registration form on page 3** and return it to the temple office **no later than June 21**, to avoid the registration fee. The first class is Tuesday, June 25, and runs through August 20.