



Congregation Beth El Journey Groups

Join a Jewish Journey Group! This exciting new program features groups of synagogue members with common interests, shared experiences, or shared life circumstances who meet regularly for activities related to their common experience. Joining a Journey Group is a great way to meet new people and/or participate in an activity that helps define you as a Jew, a member of Beth El, and a human being. This year, Beth El offers the following Journey Groups: (If you're interested in forming a group, please contact Emily Bartell).

CHAI GROUP

Led by Rabbi Avi Libman and Jessie Blank-Birnbaum.

Experience Shabbat and other special programming with our Chai Group. This group is made up of young professionals ages 21- 36.

Come join us for wine & cheese, music, singing, interesting speakers, discussion and refreshments.

Cost: Free (and open to the public)

Dates & Times: Services are on the Fourth Friday of every month at 7:30 p.m.

Runs through June of 2009.

Location: Bet Midrash.

FATHER & SON JOURNEY GROUP

Fathers and sons have unique ways of interacting with each other, and with other men and boys. In this group, we'll gather periodically as fathers and sons, to socialize, discuss, play and pray.

For more information, contact Dan Weiss at:

djw031257@yahoo.com

WRITING JOURNEY GROUP

Please join us for our monthly Writers Journey Group meetings to find inspiration, feedback and friendship with fellow word lovers. The congregation's monthly "Kolenu" newsletter will be running submissions for "The Writer's Corner", a new section devoted exclusively to Beth El congregants who are interested in seeing their name in print and are members of our group.

Cost: Free

Time & Date: We will meet the second Sunday of every month at 12:30 p.m.

Location: Bet Midrash



MOMMY & ME

Led By Rabbi Graubart

The Beth El Mommy & Me Group is designed for families with children ages 6 months to 2 years.

Mommy & Me features the celebration of Jewish holidays and features singing Jewish songs with Rabbi Graubart, mingling, socializing and playing together.

Cost: Free

Time & Dates: Thursdays 10:30 a.m. - 11:30 a.m.

Date: Runs through April 30, 2009

Location: Room 15

REGALIM- FEET! HIKER'S JOURNEY GROUP

Led by: Rabbi Irving Elson

If getting out in the fresh air, connecting with folks, as you take in all the sights and sounds that San Diego has to offer, well this is the group for you!

Join us for a Sunday morning hike/walk and see beyond your front door!

Cost: Free

Dates: January 11th: Point Loma Hike- Whale Watching

Meet at Point Loma Cabrillo National Monument

1800 Cabrillo Memorial Drive San Diego California 92106

March 1st: Borrego Springs- Wild Flower Viewing

Meeting location will be determined closer to the date.

Location: TBD for each session.

For more information, please email Rabbi Elson at:

irving.elson@navy.mil Or please contact Emily Bartell at emily@congregationbethel.org



SHORT STORIES JOURNEY GROUP

The Oxford Book of Hebrew Short Stories*
(Translated into English)

Using the Oxford Book of Hebrew Short Stories, which is a composite of Modern Hebrew Literature, our Hebrew Short Story Journey Group continues.

These stories demonstrate the development of Hebrew fiction that began primarily with the Jewish cultural movement known as the Haskalah, the Hebrew Enlightenment of the 19th and 20th centuries and have continued through the experiences in America and Israel. Our group sessions take place monthly on a Sunday morning. Typically, one short story is read, reviewed and discussed in each of our class sessions.

All synagogue members and friends are invited to our lively and interactive discussions. We look forward to seeing you.

Please confirm with us if you are going to attend prior to each session.

(A minimum of 10 people enrolled for this program is necessary for these sessions to take place.)

Session Date	Story	Author	pages
1/18/09	The Snow	Yehuda Amichai	160-169
2/22/09	The 3 Legged Chicken	Yehoshua Kenaz	269-283
3/15/09	Uproar	Uri Nissan Gnesin	45-55
4/26/09	TBD		
5/24/09	TBD		

*The Oxford Book of Hebrew Short Stories will be required for class participation.

Edited by Glenda Abramson. Published by the Oxford University Press.

Led by: Mo Gold

Cost: Free and bagels and coffee are served at each of our sessions.

Time: 10:30 a.m. – 12:00 p.m.

Location: Bet Midrash

MITZVAH MILERS BICYCLING JOURNEY GROUP

Led by: Rabbi Irving Elson

Mitzvah Milers is a group who share a love of cycling and enjoying a great Shabbat afternoon ride. It provides an environment for cyclists to meet each other and experience the delight of Shabbat while exploring some of the beautiful rides around La Jolla and San Diego. We will meet on Shabbat afternoons (weather permitting), at Beth El and go for an approx. 1.5 hour ride.

We welcome you to join us on our rides which are usually at an intermediate level, with moderate hills and a sociable pace. For us, rides are social events, not races, so we make every attempt to ride as a group for safety and camaraderie.

Cost: Free

Dates: Jan. 24th

Feb. 14th: Tour de Palm- 25 or 50 Mile ride in Palm Springs- must sign up at www.tourdepalmsprings.com

Mar. 21st

Apr. 04th: Tour de Matzah

May 02nd

Jun. 06th

Time: 2:30 p.m.

Location: TBD for each session.

If you are interested, please email Rabbi Elson at: irving.elson@navy.mil Or please contact Emily Bartell at emily@congregationbethel.org

