

Kabbalah Experience

Annual Report 2009-2010



eye-opening
mind-bending
joyful
thought-provoking
illuminating
creative
inspiring
reverent
unique
participatory
transformative



The Goldberger Center: Kabbalah Experience's new home



Our Mission:

Kabbalah Experience is an open and inclusive learning community committed to encouraging individual spiritual growth through the study and application of Kabbalah's insights into the parallels between physical and spiritual reality.

2009-2010 Board of Directors

Sally Stich, President

Ken Diamond

Kristi Dinner

Dr. Marty Dubin

Ilana Erez

Rebecca Gershten

Dr. Anne Goldberg

Richard Greenberg

Ken Heller

Elliott Husney

Stephen Kapnik

Sally Kurtzman

Annelle Norman

Sharon Ripps

Jane E. Rosenbaum

Dr. David Sanders

President's Letter

Kabbalah Experience is "an organization that is changing people's lives"

As the Kabbalah Experience board enters its fifth year, we have much to be proud of. Since part of our goal has always been to develop a sense of community, a Kabbalah Experience beyond classes, we can say that it's happening.

Our past year was filled with activities that brought our students and their friends together. We have recently created alliances with Hebrew Educational Alliance and Temple Sinai, opening our programs to their constituents with the support of the rabbis in both congregations. Our standing in the community as a respected educational organization continues to strengthen as we prove ourselves a place that encourages dialogue, questioning, and camaraderie under the umbrella of Kabbalistic teachings.

Executive Director's Letter

Always look at three things: Where are you coming from, where are you going, and to whom are you accountable. Ethics of the Fathers 3:1

Our beginnings in 2003 were quite humble. 7:30 a.m. on Thursdays. Four students studying Kabbalah. Our first classes were in private homes. The learners were highly motivated. There was no set curriculum. The classes were affordable.

The roots of Kabbalah Experience are remembered so that we remain mindful of maintaining values vital to our learning. Keeping classes small places the emphasis on active learning and engagement through discussion. Providing a homey and welcoming environment lets people relax their minds and connect with each other. Not turning anyone away due to lack of financial resources or because of background keeps us diverse and caring. Our beginnings help remind us — be humble, always. Know where you come from.

Humility, though, does not mitigate thinking big and fulfilling your mission by reaching out to the ever-increasing number of people seeking deeper understanding of spirituality through Kabbalah. Even with an

None of this would be possible without two things: the leadership of our Executive Director, David Sanders, and our board members whose dedication to the organization is reinforced through much hard work.

As a result of both, we see ourselves achieving certain critical goals: increased student numbers, higher attendance at programs, and enthusiastic giving to an organization that is changing people's lives.

We enter the new year with confidence that everything already good will be even better. And that everything not yet realized will come to fruition.

—Sally Stich



abundance of faith, it takes courage to experiment, to put yourself out there and live your truth. Know where you are going.

This is where accountability comes to bolster your sense of self by partnering with people and organizations that are like-minded, courageous and faithful to their missions. There is a parallel process at work — collaboration inside and outside the classroom, between teachers and students and between our Board of Directors and our community partners.

Accountability also means to not stay stagnant. Teaching must ever be present, alive and changing. That is our guarantee to you the learner and to those of you who donate time, money and creative energies. We will always be moving forward while maintaining the values that set us in motion, and not ignoring those little things such as a kind word, a caring act, and simply staying connected.

—David Sanders



Kabbalah Experience Faculty



Dr. David Sanders is the founder and director of Kabbalah Experience. He has taught Kabbalah in Denver for twenty years. His style is to teach from the middle, engaging the learner and modeling what it means to change. David is a clinical psychologist.



Dr. Anne Goldberg is a graduate of the Kabbalah Experience Teacher's Institute and has studied Kabbalah for five years. She has special interest in the interaction of quantum physics and ancient faith. Anne is a forensic psychologist in the field of health and chronic pain.



Stephen Kapnik is a graduate of the Kabbalah Experience Teacher's Institute and has studied Kabbalah for seven years. He eagerly shares Jewish wisdom that opens him up to see each day with new possibilities of celebration and joy. Stephen is a lawyer.



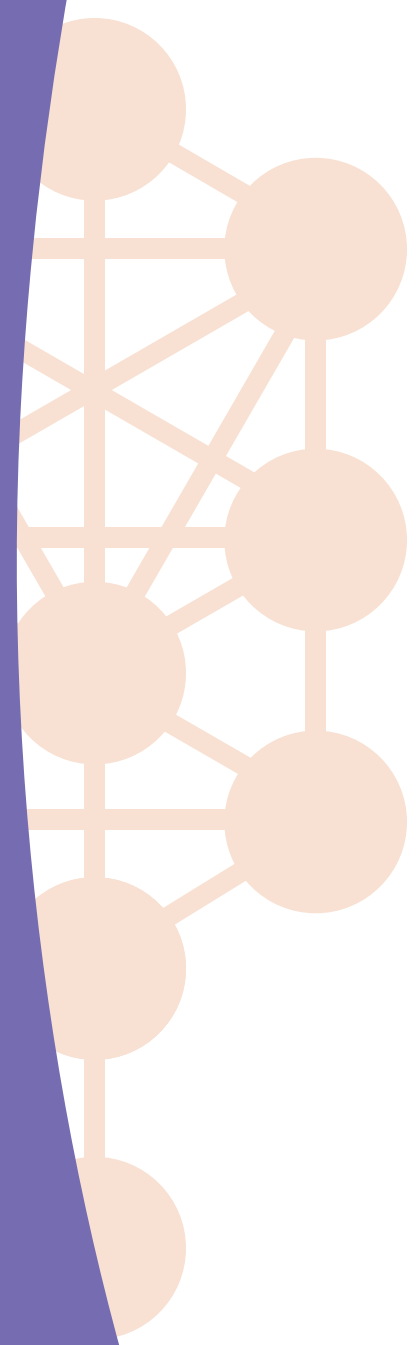
Teena Slatkin has studied Kabbalah for the past ten years. She leads women's spiritual missions to Israel. Teena teaches *In Tune with Time*, a monthly (new moon) women's class. Teena is a writer and community activist.



Julie Geller is a singer/songwriter of Jewish and folk music. As a teacher, she specializes in helping others access their full creative potentials. Julie records, tours, teaches, and co-hosts a radio show on Indie104 LA.



Dr. Lorell Frysh has spent thirty years studying the world's great spiritual and healing traditions. She teaches classes on Sacred Space and leads regression sessions. Lorell is an interior designer and transpersonal psychologist.



What Kabbalah Experience Students Say

First-year Kabbalah Experience student

Andrew Freeman is a new transplant to Denver from the East Coast. He and his wife, Marti, live in Denver with their daughter Gabi and two dogs. Andrew is a cardiologist at National Jewish Health and is a member of the Hebrew Educational Alliance.



Andrew says: *"I have been an avid self-studier of Kabbalah for some time and was excited to see classes offered by Kabbalah Experience. Kabbalah Experience enables me to take my own self-study to the next level with an open discussion format and eclectic mix of energetic people interested in furthering their understanding of Kabbalah, led by a truly engaging teacher."*

Second-year Kabbalah Experience student

Gwen Crawford is a keynote speaker, trainer, and consultant who has been making a difference to her audiences since 1994. Gwen owns Crawford & Associates, a training development organization specializing in uncovering human potential.



Gwen says: *"My study at Kabbalah Experience has guided me on my path of personal discovery. I am finding the adventure exciting, a bit difficult and a whole lot of fun! The mystery continues to unfold as I become more aware of the deeper consciousness of my spiritual reality and self."*

Third-year Kabbalah Experience student

Carolyn Steele was born and raised in Denver. Her career was spent in the insurance and investment industries. Currently, she teaches yoga to senior citizens. She is also pursuing a serious hobby of writing, which developed during her participation in Kabbalah Experience's "Cultivating Your Inner Artist" class.



Carolyn says: *"My self-perception has dramatically changed, which has enabled me to view myself and others with more equanimity. I see myself using the principles as taught by Kabbalah Experience to enhance my everyday life in more open, honest and expressive ways. I have a much deeper understanding of Judaism that has allowed me to embrace and practice Judaism in a more spiritual and meaningful way, and to feel that I am leading a purposeful life. The diversity of age, life experience, theologies and thought processes of the students creates the sense of a safe, supportive community. The bottom line is that Kabbalah Experience has changed my life in ways I never thought possible."*

*Engage your spirit
Change your life*

Kabbalah Experience by the Numbers

- 93: Full-time students (year end)
- 270: Class attendees
- 26: Full or partial scholarships
- 38: Total classes taught at KE
- 11: Total classes taught in the community
- 260: Kabbalah Live! attendees
- 14: KE board members
- 111: KE members
- 4: KE staff members
- 14: Grant Farm CSA members



The word *Alef* equals 111 in gematria. This number represents the unity of the letter Alef that in itself equals one in gematria. Our 111 members are unified in creating a community which enhances each person's spiritual growth.

About Kabbalah Experience

Striving to change, letting go of baggage from the past, is one aspect of the pragmatic spirituality people engage in at Kabbalah Experience.



Classes at Kabbalah Experience feature small groups in which questions and dialogue are used to learn the principles of Kabbalah and apply them to personal growth. This adult-centered method of learning appeals to people who learn best when their own thinking process is encouraged and engaged.

The Kabbalah Experience curriculum draws upon the major texts of the Kabbalah, including the Zohar and Sefer Yetzirah, the teachings of Isaac Luria, the Ba'al Shem Tov and his disciples, and more contemporary Kabbalah teachers. The curriculum also draws from the sciences — quantum physics and biology, as well as the spiritual wisdom of other cultures and insights from various schools of psychology.

Our curriculum is specifically designed for people seeking a deeper understanding about life's purpose and meaning. While Jewish in its origin and language, the Kabbalah Experience curriculum has a universal spiritual message.

2009-2010 Kabbalah Experience Highlights

Reb Zalman Helps Dedicate New Space

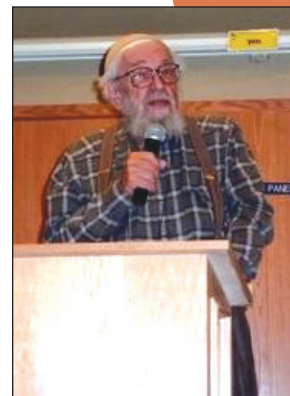
At the Kabbalah Experience Year End Party on August 15, 2010, our honored guests, Reb Zalman Schachter Shalomi and Morah Yehudis Fishman, participated in the dedication of our new space. A packed house enjoyed our screening of the documentary *The Jew in the Lotus*, followed by a Q & A with Reb Zalman.

Reb Zalman said: “How do you manage during our current difficulties? How do you get through it? The things you study and learn at Kabbalah Experience will help you to be different from what you are, in order to become what you can be. Be open for that to happen. Be open because transformation is always a little bit scary. If you come with preconditions and say, ‘I only receive what I want to receive,’ you are not going to receive. Kabbalah Experience is a place to share with each other, to keep the kind of fellowship that will make you delight and say, ‘We may have to solve this elsewhere but here we replenish ourselves.’”

First Annual Kabbalah Live! Lecture Series a Big Success

The first annual Kabbalah Live! Lecture Series attracted over 250 people to hear five talks by an eclectic group of speakers addressing spirituality. Speakers included marathon runner Frank Shorter, Rabbi Emeritus Raymond Zwerin, cartoonist Ed Stein, food writer Marty Meitus, and playwright Ami Dayan. Each spoke on how they bring spirituality into their lives and their life’s work.

Frank Shorter spoke on the topic of the Spirituality of Running and shared many details about his life, including his gold medal win in the 1972 Olympics. He said of the spiritual benefits of running: “When I was fifteen years old, I realized that being out there running — just running for myself — was a spiritual thing. I was lucky enough to find something that I could do that was for myself — that held me together. I needed running so much that I was totally consistent. I structured my spiritual renewal every day by being so consistent. Being out there every day by myself is my anchor spiritually, and I think that is what has kept me even for so many years.”



Reb Zalman at the dedication



Frank Shorter

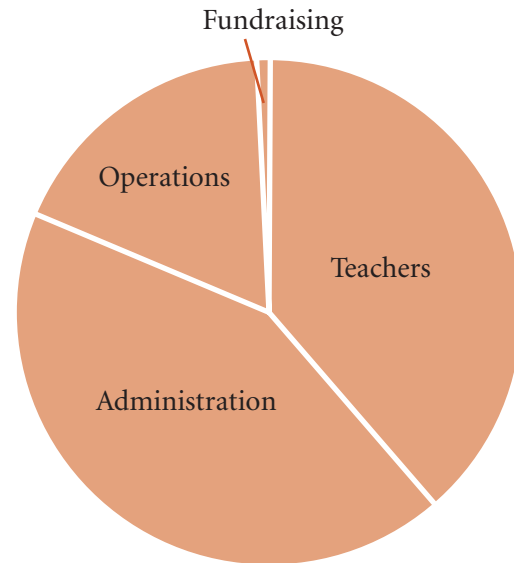
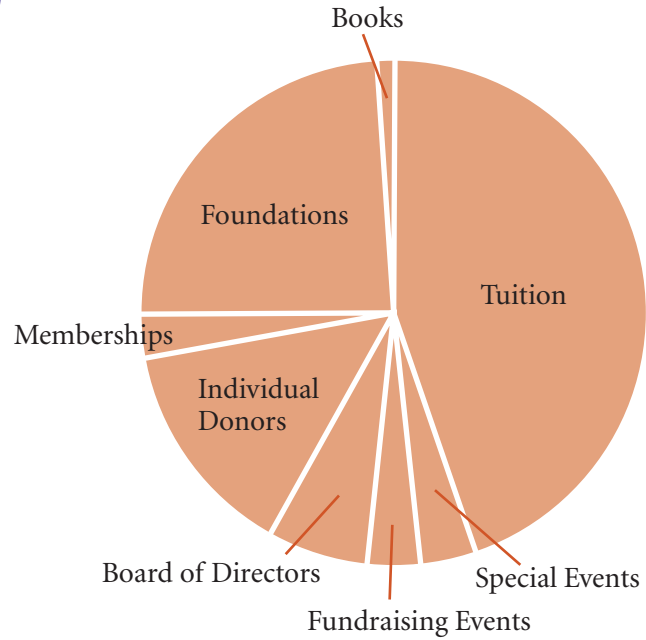
2009-2010 Financials

Income

Tuition	\$58,677
Special Events	\$4,853
Fundraising Events	\$4,385
Board of Directors	\$8,208
Individual Donors	\$18,778
Memberships	\$3,400
Foundations	\$31,488
Books	\$1,226
Total Income	\$131,015

Expenses

Teachers	\$45,873
Administration	\$53,905
Operations	\$22,219
Fundraising	\$476
Total Expenses	\$123,473
Net	\$7,542



Kabbalah Experience Partner Organizations



Allied Jewish Federation has supported us from our inception and designated us as a significant community partner. AJF funds us through their allocation grants and donor-directed giving. Grants from AJF have been crucial in developing our Teacher's Institute and our overall outreach efforts. In turn, we promote support of AJF through our Board and membership attending annual AJF functions and contributing to their general fund.



Rose Community Foundation has been an early and steady partner in helping us grow and flourish as an organization. Kabbalah Experience's mission dovetails with RCF's Jewish Life program's highest priorities: experiences that promote Jewish growth and outreach to unconnected Jews. RCF's 2007 Jewish community study aided our strategic planning. The demographic shift of Jews to South Metro Denver planted the seed for our move south. Baby boomers are the largest percentage of people in Jewish Denver households — an age group we serve. Spirituality is very important to Jews in Denver, and yet less than 20% find that spiritual connection through a synagogue. Kabbalah Experience answers this need.



Loup Jewish Community Center jumped on the opportunity to offer our classes and programs at the JCC and have welcomed us as a department, including signage throughout the building. In addition to our regular first-year classes, the JCC housed our inaugural Kabbalah Live! Lecture Series and co-developed and sponsored two Mindful Parenting courses through Shalom Family.



Hebrew Educational Alliance has not only provided us with a new space, they have treated us as family. Our new home at the Goldberger Center provides us with more classroom space, a great office and ample parking. Our alliance with the Alliance promotes our programs with their members and is an additional resource for Jewish learning for HEA.



Temple Sinai is now a neighbor, and we are participating in their regular program offerings, including Sinai Sundays and the adult education speaker series. Synergies abound for both adult and youth programming. As with HEA and JCC members, we offer discounts and free membership to Temple Sinai members.



Kohelet House was our home for the first four years of our operation. We are grateful for their support and for the many programs we developed and offered together during those years.

Donate to Kabbalah Experience

Kabbalah Experience is a 501 (c)(3) nonprofit corporation. Income from tuition covers less than half of our expenses — the remaining comes from donations and grants.

We invite you to support our work with a donation of any size. You are a part of our community, and you know the value of our work. We rely on you to keep us moving forward.

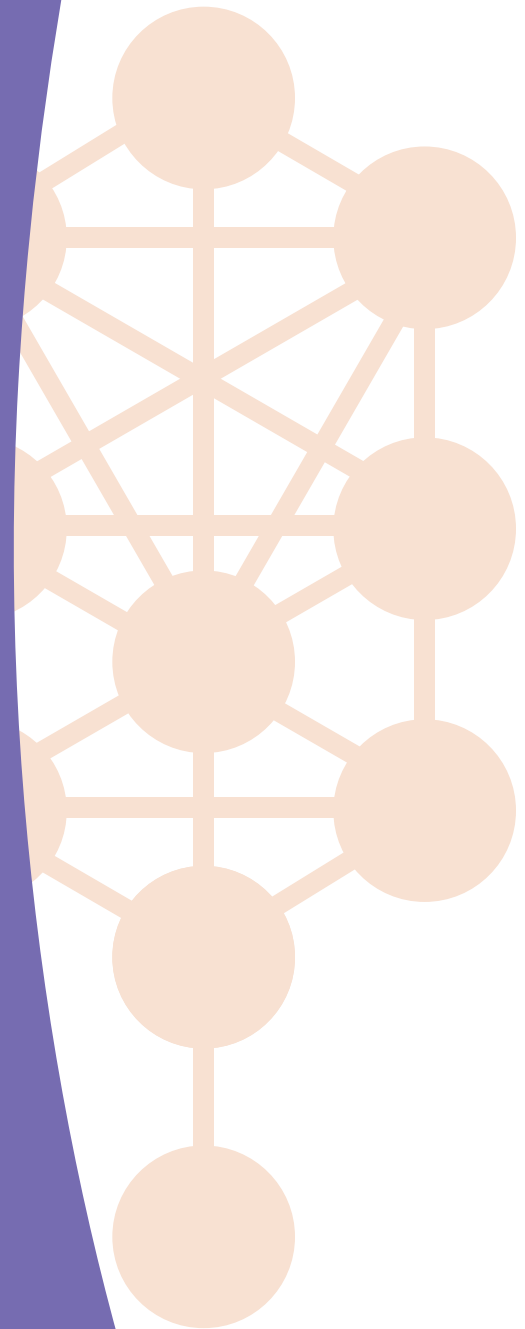
To donate to Kabbalah Experience, please call Rikke Siersbaek at 303-758-8996 or email rikke@kabbalahexperience.com. You can also donate securely online by visiting our website at www.kabbalahexperience.com.

The Spirit of Chesed

From Tango and Tapas to Brisket and Latkes, the second annual Kabbalah Experience fundraising dinners were a big hit again this year.

We thank the Kabbalah Experience members who opened their homes and prepared meals, and those members who bought the dinners.

A good time was had by hosts and guests alike, and we look forward to next year's dinners.



Kabbalah Experience 2009-2010 Donors

Keter

Allied Jewish Federation
Anonymous
Kristi Dinner
Anne Goldberg
Celeste Grynberg
Linda Kornfeld
Robyn and Bob Loup
Phil Mason
Louann and Micky Miller
Andrea Pollack
Sharon Ripps
Rose Community Foundation
Sally and Tom Stich
Ruth and Warren Toltz

Tiferet

Marty and Barbara Dubin
Ilana Erez
Rebecca Gershten
Walter Goldberg
Ken and Linda Heller
Elliott and Gloria Husney
Andrea Hyatt
Stephen and Deanne Kapnik
Bonnie and Peter Kudla
Sally Kurtzman
Stephen Levine
Annelle Norman
Jane E. Rosenbaum
Letty Rozell
David and Rita Sanders
Alex Topelson and
Diahndra Diamond
Francine and Jorge Topelson

Yesod

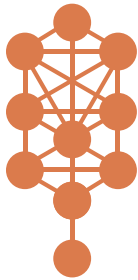
Stephen and Paula Axelrod
Judith Blaine
Andrew and Laurie Brock
Peggy Brody
Gwen Crawford
Wendy Dinner
Jordan and Sheila Ginsburg
Barbara Goldberg
Philip Gordon
Ken Greenberg
Gail Hageman
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Jane Jacobs
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Gerard Rudofsky
Nora Schrutt
David Sherman
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Aaron Grunewald
Kiki Stein
Sandy Vinnik
Joan and Abbott Wallis
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Brad Ripps
Jeffrey Robbins
Michael Rudnick
Connell Saltzman
Gary Schwartz
Cindy and Andy Silverman
Jay Strear
Hedva Weinberg

*I have
found
that
giving
liberates
the soul of
the giver.*

—*Maya Angelou*



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Engaging Creative Minds Since 2003