

Join the National Havurah Committee and *havurot* from across the Mid-Atlantic for the

# NHC Chesapeake Havurah Retreat

A gathering  
of individuals,  
families, and  
*havurot*  
of all ages.

A weekend to  
sing, pray, eat,  
relax, and  
learn from  
each other.



April 20-22, 2007  
Shabbat Tazria-Metzora  
Earth Day Weekend

Pearlstone Conference & Retreat Center  
Reisterstown, Maryland

[www.havurah.org](http://www.havurah.org)



*A CELEBRATION OF GRASSROOTS JEWISH LIFE*

**National Havurah Committee  
Chesapeake Havurah Retreat**

Return address: c/o Joelle Novey  
2800 Woodley Rd NW Apt 22  
Washington DC 20008



---

---

---

The National Havurah Committee is a diverse and vibrant network of individuals dedicated to Jewish living and learning, community building, and *tikkun olam* (repairing the world). More than 300 adults and children attend the annual NHC Summer Institute **Aug 6-12 2007 at Franklin Pierce College in Rindge NH**, which one first-time attendee described as "slightly closer to heaven on earth than other places I've been before." Throughout the year we hold regional weekend retreats in New England, the Chesapeake Region and Canada. The NHC also provides resources to individuals, *havurot*, and the Jewish community at large, including the newsletter *Havurah!* and an internet discussion forum.

## Torah STUDY

### **Yetziat Mitzrayim (Exodus from Egypt): What Really Happened? Does it Matter?** Michael Kay (Adas Israel Trad. Egal. Minyan)

What do Biblical and Rabbinic sources tell us about the Exodus? How do these accounts relate to recent archaeological discoveries about ancient Egyptian and Israelite history? This participatory discussion will give us the opportunity to approach Torah and Jewish history through multiple lenses, and to consider how modern Jews struggle with difficult questions of history, memory, faith, and identity.

*Michael Kay is a Ph.D. candidate in Educational Leadership and Jewish Studies at New York University and a teacher at the Charles E. Smith Jewish Day School in Rockville, Maryland.*

### **Globalization and Going Beyond the Letter of the Law**

Emma Kippley-Ogman (Washington Square Minyan)

When global media brings knowledge of faraway human calamities directly to our eyes and ears, how are we to respond? Through text study, we will explore connections between human rights language and the rabbinic concept of *lifnim meshurat hadin*, going beyond the letter of the law, and how these concepts offer us tools to shape our own responses to human suffering in a globalizing world.

*Emma Kippley-Ogman is a rabbinical student at Hebrew College. She leads a weekly beit midrash (study group) on Judaism and human rights at Tufts University Hillel.*

### **Digitally Enhanced: Using Archaeology and Photography to Study Torah**

Michael Kay (Adas Israel Trad. Egal. Minyan)

On Sunday, this session will focus on several narratives from the Bible, primarily from the books of *Melakhim* (Kings). We will supplement the Biblical text with high-resolution digital images -- projected onto a large screen -- of archaeological artifacts that relate to the events described in the narratives. At the end, we will discuss how the introduction of archaeological materials and advanced technology might influence the study of *Tanakh* (Bible) in the Jewish community.

*Michael Kay (see bio above).*

## Kehilah COMMUNITY

### **Havurah: Supportive Community, Spiritual Home**

Marcia Glass-Siegel (East Bank Havurah)

Using the 25+ years of Baltimore's East Bank Havurah as an example, come participate in a facilitated discussion of ways in which your Havurah does or does not provide a supportive community

and offer you a spiritual home. Through story, song and facilitated sharing, explore what your soul yearns for and what level of closeness and community best suits your needs. Discover what gifts you have to offer to increase your level of satisfaction with your Havurah experience.

*Marcia Glass-Siegel has been involved with the Havurah movement since 1976. Formerly a member of the Germantown Minyan in Philadelphia, she participated in the first National Havurah Conference, and the first National Havurah Institute in 1981. She has been an active participant in East Bank Havurah, her spiritual home since 1982.*

## Tefilah PRAYER&PRAISE

### **Siddur Eit Ratzon: Getting to Know a New Prayerbook** Joe Rosenstein (Highland Park Minyan)

An overview of the presenter's *Siddur Eit Ratzon*, a traditional prayerbook designed for those seeking spirituality and meaning in prayer, and discussion of how it addresses adults' obstacles to meaningful prayer. The *Siddur* features new translations and commentaries, new prayers and meditations, and a complete transliteration of the Hebrew text (see [www.newsiddur.org](http://www.newsiddur.org)).

*Joseph G. Rosenstein is a member of the Highland Park (NJ) Minyan and author of Siddur Eit Ratzon. He is a founder and former chair of the National Havurah Committee and its summer institute. He is a Rutgers math professor whose focus is K-12 math education. He and his wife are blessed with 5 daughters, 2 sons-in-law, and 3 grandchildren.*

### **I Wanna Sing, Sing, Sing!** Sarah Beller (Tikkun Leil Shabbat)

Hungry for rounds? Does your foot tap like crazy? Got the singing itch? Come for this open-ended opportunity to sing and learn a variety of rounds, songs for Shabbat, and old and new favorites. Everyone is welcome; songsheets with lyrics in Hebrew, English and transliteration provided.

*Sarah Beller is the Director of Literature, Music and Dance at the DC Jewish Community Center and sings with Coral Cantigas, a Latin American choir.*

### **Dwelling in the House of the Lord: A Jewish Tantric Re-examines the 23rd Psalm** Steve Siegel (East Bank Havurah)

This workshop offers a radical interpretation of Psalm 23 that grew out of a meditation experience I had a number of years ago. We will use the traditional Kabbalistic "PaRDeS" approach to examine the text with an emphasis on *Remez* (hints). Working through some of the Kabbalistic symbolism embedded in the text and referring to sources in Torah, Talmud, Zohar and other Kabbalistic texts, we will discover a new way to interpret this psalm as instructions for reaching a state of *Yichud* (deep attachment to God). Several new readings of the psalm (*Drosh*) and a guided

meditation attempt to capture the essence of the instructions found in the psalm and give a taste of the Sod (secret/hidden meaning).

*Steve Siegel is a founding member of East Bank Havurah. He is an initiate of Sri Swami Rama and has been studying and practicing yoga and meditation since 1968. Steve's teachers in yiddishkeit include Reb.Zalman Schachter-Shalomi, Avraham Sutton, Rabbi Hershy Worch, and Rabbi Daniel Siegel. He is currently enrolled in the Judaic Studies program at Baltimore Hebrew University with a concentration in Kabbalah and Jewish mysticism.*

## Adamah EARTH/PEOPLE

### **Mayim Hayim: A Jewish Approach to Water and Human Rights** Emma Kippley-Ogman (Washington Square Minyan)

With a quarter of the world's population struggling to access safe water, human rights documents affirm water access as fundamental to human dignity while corporations snap it up for sale. From Lamentations to the Hasidic masters, we will read and discuss rabbinic sources in dialogue with the global water crisis.

*Emma Kippley-Ogman (See bio above)*

### **A Seed-Saving Workshop** Rachel Kriger (Temple Beth Hillel-Beth El)

On Sunday, join one of the founding mothers of the new organic farm at Pearlstone for some basic botany, a briefing on seed politics and some practical how-to's. The new Pearlstone Farm and Rose Winder Greenhouse is an organic farming project designed to provide fresh produce to the Jewish communities which gather at Pearlstone, and to serve as a resource for Jewish environmental education.

*Rachel Kriger is currently studying Acupuncture at Tai Sophia Institute in Maryland. In 2005, she was the Farm Manager for ADAMA: The Jewish Environmental Fellowship at Isabella Freedman Jewish Retreat Center. She is very excited to participate in the growth of the new farm at Pearlstone.*

### **Rhapsody in Green** Sarah Beller (Tikkun Leil Shabbat)

What makes a song green? Come find out! In celebration of Earth Day, sing "green" songs from a medley of sources as far-flung as *Pirkei Avot* and Sesame Street. Songsheets provided. Bonus challenge: Write your own "green" song or parody and bring it to this session to share.

*Sarah Beller (see bio above).*

### **Family Hike** Dick Goldman (Baltimore Chavurah)

On Shabbat afternoon, join the "Kids' Havurah"

and the General Manager of the Pearlstone Retreat Center for a two-mile excursion through the woods around Pearlstone.

*Dick Goldman is the General Manager of the Pearlstone Retreat Center.*

### **Jewish Environmental Bike Ride** Organized by Hazon



Interested attendees will have the option on Sunday morning to travel together to participate as "Team Havurah" in the first-ever DC-area Hazon Bike Ride, a 50 mile bike ride through charming country roads of western Montgomery County MD, ending up at the Sixth and I Historic Synagogue in downtown Washington DC. Hazon rides use Jewish tradition in an inventive way to raise environmental awareness in the Jewish community and to raise money for Jewish environmental projects.

Register to ride: [www.hazon.org/dcride](http://www.hazon.org/dcride)  
(\$80 before 2/28; \$100 afterwards.)

Note: "Shabbat retreat" described on Hazon's site is distinct from the NHC Chesapeake Retreat.

## Meals

In keeping with NHC tradition, we will share vegetarian meals. The Pearlstone's food service is Glatt Kosher under the super-vision of Star K. We'll serve Fair Trade Certified™ coffee, tea and sugar. Please discuss any special dietary needs with the retreat planners in advance.

## Kids & Teens

Children and teens are full participants in the NHC community and are welcome at all Retreat gatherings, meals and services. During each class session time, Jewish educators will provide childcare and "Kids' Havurah" activities for children ages 2-5 and 6-12., including:

- Storytelling • Night Hike! • The Nutrient Cycle on a Jewish Farm (Sunday) • Yoga for Every Body • Family Service (Shabbat morning) • Kids' Torah Reading (Shabbat morning) •

Please discuss care of infants and those requiring special facilities with the retreat planners in advance.

Children and teens may choose to attend some of the family programs and other sessions together with their parents. Post Bar/Bat Mitzvah teens are particularly invited to attend the adult sessions.

## Shabbat

*A spirited, soulful Kabbalat Shabbat and maariv begins our weekend. Friday evening continues with dinner, singing, and study.*

On Shabbat morning, we would like to celebrate a diversity of *davening* (prayer) styles while also praying together as a community. We will gather for a **traditional egalitarian service and full Torah reading**, with options throughout to experience alternatives in adjacent rooms, including:

### **Chanting Circle**

Holly Shere (*Olney Kehilla*)  
and

**Torah discussion**  
and

**Family Service**  
and more ...

*Shabbat afternoon will bring lunch, more sessions (hiking, learning, singing, exploring!), a traditional egalitarian mincha (afternoon service), and then ...*

### **Musical Maariv & Havdalah**

Ben Dreyfus (*Kol Zimrah*)

Conclude Shabbat and welcome the new week to the accompaniment of acoustic guitar and percussion.

## Jam & Books 🎵

Send out the Shabbes Queen with a Saturday night klezmer jam! Sing, dance, play instruments, listen, relax, shmooze. Find some gems at the **Jewish Book Swap** between dances, learn about the good work of the **American Jewish World Service**, and create an on-line listing for your havurah on the new **Shulshopper** networking website.

## Minyan

Sunday morning, Team Havurah will leave early for the Hazon DC bike ride ([www.hazon.org/dcride](http://www.hazon.org/dcride)). The rest of us will gather for breakfast and then morning *minyanim* (prayer groups):

### **Sunday Morning Minyan**

or

**Morning Prayers as Spiritual Journey**  
Joe Rosenstein (*Highland Park Minyan*)

The traditional morning prayers are organized as a spiritual journey that culminates in the Amidah. We will review the stages of the journey, and discuss how we can position ourselves to

complete this journey success-fully. Passages from *Siddur Eit Ratzon* ([www.newsiddur.org](http://www.newsiddur.org)) will be used as *kavanot* (intentions) and for guided meditation.

or

### **Yoga**

Cathy Myrowitz (*East Bank Havurah*)

An hour of moderate yoga postures for those with some yoga experience. Please bring mats if you have them.

*We'll attend one more session before hitting the road. The retreat will wrap up mid-morning Sunday, before lunch.*

## Getting there

We'll be gathering at the Pearlstone Retreat Center, nestled in the rolling farmlands of Reisterstown, Maryland. The center is minutes from Baltimore, 1.5 hours from the DC metro area and 2 hours from Philadelphia (give or take depending on traffic). It is 30 minutes from BWI Thurgood Marshall Airport. Directions to 5425 Mt. Gilead Rd:  
[www.pearlstonecenter.org/pages/thecamp.html](http://www.pearlstonecenter.org/pages/thecamp.html)



## Come for the day...

"Commuters" are welcome to attend all or some of the retreat without staying overnight at Pearlstone. We ask that you let us know which meals you plan to attend. Please see the registration form for details, or contact [chesapeake-retreat@havurah.org](mailto:chesapeake-retreat@havurah.org).

## ...or stay the night

Most of us will be staying in hotel-style rooms which are connected to the dining and meeting areas by a covered walkway. These rooms each have two queen-size beds and private baths. (A rollaway twin bed can add a fifth sleeping space to any of these rooms.) We will also have access to four heated cabins set back from the site in "Fidler's Grove," each of which sleep up to nine. These have twin beds, some bunked, and might be ideal for several families with children, or for a group of friends or students.

**A twelve-step meeting** (for those struggling with or impacted by addiction) will take place on each day of the retreat.

Participants at last year's NHC Chesapeake Retreat hailed from havurot, minyanim and other congregations across the Mid-Atlantic (and beyond):



- Adas Israel Traditional Egalitarian Minyan DC
- Am Kolel MD
- Baltimore Chavurah MD
- Chizuk Amuno of Baltimore MD
- Columbia Jewish Congregation MD
- DC Beit Midrash DC
- DC Minyan DC
- Dorshei Derekh of Mt. Airy PA
- East Bank Havurah of Baltimore MD
- Fabrangen DC
- Fabrangen West of Vienna VA
- Hadar of New York NY
- HavuratEsrei on-line
- Highland Park Minyan NJ
- Hill Havurah DC
- Jewish Study Center DC
- Jews in the Woods
- Jewschool.com blogosphere
- Kol Zimrah of New York NY
- Newton Centre Minyan
- Olney Kehila MD
- P'nai Or Philadelphia PA
- Princeton Jewish Ctr Library Minyan PA
- Silver Spring Egalitarian Minyan MD
- Takoma Park Havurah MD
- Temple Beth Ahm of Aberdeen NJ
- Temple Beth El of Newark DE
- Temple Beth Hillel-Beth El Havurah PA
- Tifereth Israel Congregation DC
- Tikkun Leil Shabbat DC
- Zoo Minyan DC

## Volunteer!

- I can help coordinate carpools in advance.
- I can help at the registration table Friday
- I can help with cleanup Sunday.
- I can help move chairs when needed.
- I can help with the book swap (first dibs!)
- I can read Torah.
- I can read Haftarah.
- I can lead a service: \_\_\_\_\_
- Something else I'd like to offer: \_\_\_\_\_

More at [chesapeake-retreat@havurah.org](mailto:chesapeake-retreat@havurah.org).

## Join us! Register by Mar 15:

Register by March 15, 2007 to guarantee your space and avoid the late fee. All fees must be received in advance and are not refundable. With an additional payment of 10% "insurance," fees may be applied to a future NHC Retreat or Institute in the event that you are unexpectedly prevented from attending this year. We cannot accept "on-site" registrations.

**Arrival Information:** Try to arrive at Pearlstone on Friday, April 20 between 4 and 6 pm to register and settle in. We'll have an informal orientation session between 5:45 and 6:15. *Kabbalat Shabbat* services will begin around 6:15 pm, with dinner to follow. (Candle lighting is at 7:30 pm.) If you're going to arrive after dinner, please let us know in advance. More information will be sent upon receipt of your registration. The retreat ends on Sunday morning a little bit before noon.

Registrant 1 \_\_\_\_\_, Email \_\_\_\_\_

Registrant 2 \_\_\_\_\_, Email \_\_\_\_\_

Address \_\_\_\_\_

Phone(s) \_\_\_\_\_, \_\_\_\_\_

Child/Teen \_\_\_\_\_, Age \_\_\_\_\_

Child/Teen \_\_\_\_\_, Age \_\_\_\_\_

Minyan, havurah, or other *kehillah* (Jewish community), if any: \_\_\_\_\_

We will confirm your attendance by email unless you check the box below.

I don't use email. Please send a printed confirmation and directions by mail.

Please check all that apply:

I/one of my children has special dietary or accessibility requirements.

Please attach a note describing any special requirements you or your family will have.

I would like to share a room with \_\_\_\_\_, \_\_\_\_\_ & \_\_\_\_\_.

Place a \* by the names of any two people on this form who'd like to share a queen-size bed.

We would prefer to be housed in one of the cabins in "Fidler's Grove" (all twin beds)

I can offer a ride to \_\_\_\_\_ people from my area. Have them email me.

I need a ride. Please connect me with someone from my area who might offer me a ride.

I am registering for the Hazon DC Bike Ride and plan to go to the ride directly from Pearlstone Sun 4/22 am. Please send information about coordinating with Team Havurah.

### Fee Schedule for Participants

Adult, Over Age 25, NHC Members	\$230	
Adult, Over Age 25 (not NHC Members) ♦	\$255	
College Student/through age 25, or senior citizen	\$155	
Teen, Bar/Bat Mitzvah thru High School	\$120	
Child, Ages 6 through Bar/Bat Mitzvah	\$110	
Child, Ages 0-5	\$55	
Private Bedroom Surcharge	\$65	
Full Commuter participant*	\$118	
Partial Commuter participant* Check 1-3 meals: \$26 ea: <input type="checkbox"/> Fri dinner <input type="checkbox"/> Sat lunch <input type="checkbox"/> Sat dinner \$8 ea: <input type="checkbox"/> Sat bf <input type="checkbox"/> Sun bf * Charge, though based on # meals, also reflects cost of program.	\$ _____	
<b>Subtotal</b>		

Optional "Insurance" (10% of total)		
♦ Optional Individual NHC Membership	\$40	
♦ Optional Family NHC Membership	\$72	
Late Fee (after March 15)	\$25	
<b>Total</b> payable to National Havurah Committee Chesapeake Retreat		



To register, send form with check to

NHC CHESAPEAKE  
HAVURAH RETREAT  
c/o Blaine Saito  
2401 Calvert St NW #708  
Washington DC 20008