



Join the National Havurah Committee & havurot from across the Mid-Atlantic region for the

NHC Chesapeake Havurah Retreat!

February 6-8, 2009—13-14 BiShvat 5769—Shabbat Shirah
Pearlstone Conference & Retreat Center, Reisterstown, Maryland

Individuals, families, and *havurot* of all ages will gather to sing, pray, eat, relax, and learn together. Over the course of the weekend, we will explore themes of grounding, celebration, and the coming of spring while experiencing the blessings of grassroots Jewish community.



www.havurah.org/chesapeake
chesapeake-retreat@havurah.org

**National Havurah Committee
Chesapeake Havurah Retreat**
Return address: c/o Leah Staub
7015 5th Street NW, Lower Level
Washington, DC 20012



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, 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. WWW.HAVURAH.ORG

Finding Grounding

Where are the Corners of our Fields?
Ilanit Goldberg

We are currently in the midst of a severe economic crisis that, while it impacts everyone, has particularly dire consequences for poor and working class Americans. What can Judaism teach us about the foundations of a just economy? This workshop will explore Biblical and Rabbinic texts related to economic justice, as well as their potential applications to our current lives.

Ilanit Goldberg is a student at the Reconstructionist Rabbinical College who recently earned a certificate in clinical massage therapy. She has worked as a community organizer and educator at the Jewish Council on Urban Affairs and as the Chicago program director for AVODAH: The Jewish Service Corps. Her volunteer leadership has included serving on the boards of directors of Repertorio Latino Theater Company and the Latino Union of Chicago. In her free time, Ilanit enjoys Middle Eastern dance, creative writing, gardening, and gluten-free cooking.

Experience Kayam Farm at Pearlstone
Kayam Farmers

Help get the spring planting started in Kayam Farm's greenhouse. Learn Jewish agricultural laws directly, with your hands in the dirt!

The Kayam Farm is an organic farming project that provides fresh produce to the communities that gather at Pearlstone and serves as a resource for Jewish environmental education.

The Positive Psychology of Jewish Spiritual Practice: Tapping the roots of innate healing

Zvi Bellin (*Moishe House Silver Spring, Nehirim*)

Explore elements of Jewish practice that contribute to personal and social wellness. The human soul, the root of physical life, is pure and ever-present. Judaism, and specifically the Mussar movement, offers a treasure of spiritual practice to connect us to this divine source. We will practice *hitpa'alut* (authentic Jewish chanting), and *hitbodedut* (meditation), learn from Torah text and the text of our life stories.

Zvi Bellin leads a variety of workshops on Jewish spirituality and mysticism. He holds an M.A. in Counseling and Guidance from NYU, and is studying for his PhD in Pastoral Counseling at Loyola College, Maryland. He has worked as a therapist in a several mental health settings and has interned as a Psychiatric Chaplain. Zvi's recent interests include the spirituality of wellbeing and the formation of meaning outside the "normal and acceptable." He is a co-founder of Moishe House Silver Spring, a Jewish community house sponsored by the Schusterman Foundation and the Center for Leadership Initiative.

Rejoicing in Song

If We Could Sing at the Sea
Benjamin Maron (*Kol Zimrah, jewschool.com*)

We will look at the context for the Song of the Sea and at the words of the song itself as basis for writing our own liberation song(s).

Benjamin Maron is currently living in NYC and working as an engaging professional Jew. He doesn't enjoy writing bio-blurbs, but he does love kayaking, babies, and Little Mosque on the Prairie.

Miriam Took her Timbrel in Her Hand
Ketura Persellin (*Adas Israel Traditional Egalitarian Minyan*)

On Shabbat Shirah, we remember the moment at which Miriam took up her instrument and led the Israelites in joyous celebration of their survival and liberation from Egypt. Ever wish you had a tambourine of your own to take up in celebration? Here's your chance to decorate one to have on hand for future revelry.

Ketura Persellin writes about nonprofits and fundraising and blogs about fashion and the politics of style at www.theladiesparadise.com. She lives with her husband and two children in DC, where she davens at the Adas Israel Traditional Egalitarian Minyan, and considers being the mother of a creative six-year-old daughter her central qualification for facilitating this workshop.

Shir L'Yom haShabbat
Laura Bellows (*Tikkun Leil Shabbat, Fabrangen*)

Join us for an evening of Shabbat singing and good company! Songs (*shirim*) will be fast, slow, sweet, sassy, Hebrew and English. Bring any favorite Shabbat songs to teach or share!

Laura Bellows is a life-long havurah-nik and Jewish-environmental educator celebrating life in Washington, DC. She currently directs congregational and community programs for the Teva Learning Center and welcomes Shabbat with the songful Tikkun Leil Shabbat and Fabrangen Havurah communities.

Celebrating Life's Blessings

Liberating Pregnancy, Birth, and Parenting
Karey Bacon (*Minyan Dorshei Derekh*)

How has the Tanach shaped our views of pregnancy, birth, and parenting? Are our views liberating? What might be some ways to reconstruct our experiences of these as liberation experiences? Let's look at some texts and the Torah of our lives.



Karey Bacon is a mother, high school Spanish teacher, and massage therapist. She is bicoastal (and midwestern) as well as formerly Orthodox-ish in life experience and enthusiastic about finding more ways to enliven her Jewish practice.

What's in a blessing?
Marga Hirsch (*Temple Beth Hillel-Beth El Havurah*)

We will do a close reading of *Birkat Kohanim*, the three-part blessing which the priests are told to give to the people of Israel in the book of *Bemidbar* (Numbers). Then we'll consider the occasions when the blessing is given today. Is the meaning of the blessing the same when parents say it to their children and when *kohanim* deliver it to a congregation?

Marga Hirsch is qualified to say Birkat Kohanim both as a parent and as a bat kohen. She does the former, but not the latter, and it's high time she figures out why! While contemplating such questions, Marga serves as librarian at the Park Avenue Synagogue in Manhattan.

Queering Religious Traditions
Benjamin Maron (*Kol Zimrah, jewschool.com*)

Looking to recent liturgical changes and life-cycle adaptations for cues, we will discuss what would be meaningful and relevant to our own lives as far as rewording or reclaiming of liturgy and customs are concerned. We will leave the workshop with the foundation for writing our own personal prayers/mantras/etc. This workshop is open to one and all, regardless of sexual orientation or gender identity!

Benjamin Maron (see bio above).

Looking Ahead

Planting the Seeds of Tu Bishvat: Greening Your Havurah
Laura Bellows (*Tikkun Leil Shabbat, Fabrangen*)

Social justice, environmental responsibility, "green & just" celebrations... Join us for this dynamic learning session and open discussion. Bring home resources, ideas and seeds of inspiration to continue or begin "greening" your havurah or Jewish community.

Laura Bellows (see bio above).

Tu BiShvat and Groundhog's Day: Traditions and texts that anticipate spring

Jason Klein

Tu BiShvat and Groundhog's Day are both winter festivals that anticipate the spring. We will study the history of the festivals, their texts and rituals, and explore their parallels around the idea of looking forward to the new season.

Jason Klein is the Rabbi and Director of UMBC Hillel. His Jewish interests include the prayer book, creative midrash, feminist and LGBTQ issues, Israeli-Palestinian peace and justice, and other issues of social justice. He is the secretary and campaign chair of the Reconstructionist Rabbinical Association and lives in the Patterson Park neighborhood of Baltimore City.

Counting the Omer—the Who, What, When, Why and Where of It: Turning text into practice and practice into meaning

Sherry Israel (Newton Centre Minyan)

The time between the second night of Passover and Shavuot is called “the Omer”. (We know, Passover is still months away - but it's never the wrong time to learn something intriguing). There is an elaborate choreography of ritual for counting off the days of the Omer, derived by the sages from only a few lines in the Torah. Working through the text they used, we'll explore all facets of the ritual, get a peek at the rabbinic mind, and have a chance to think about making meaning for ourselves of this ancient and yet very (post-)modern practice.

Sherry Israel is a social psychologist and recently retired from teaching at the Hornstein Program at Brandeis University. She has taught at several Havurah Summer Institutes, is chair of the board of the National Havurah Committee, and loves Jewish texts.

In addition to facilitated sessions, resources will be available for **open text-study / Beit Midrash** throughout the weekend.

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. 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 sessions together with their parents. Post Bar/Bat Mitzvah teens are particularly invited to participate in our learning community.

Shabbat

A spirited, soulful Kabbalat Shabbat and Ma'ariv begin 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: **Yoga**, a lively **Torah discussion**, and a **Musaf walk** around the campus. (Want to facilitate another alternative? Let us know on your registration form!)

Shabbat afternoon will bring lunch, more sessions (hiking, learning, singing, exploring!), a traditional egalitarian Mincha (afternoon service) and Ma'ariv (evening service), and a community-wide Havdalah (ceremony to separate Shabbat from the rest of the week).

Community Schmoozefest 🎵

Send out the Shabbes Queen with festivity! Join your havurah friends for a jam session; dance; sing; listen; relax; schmooze. Find some gems at the **Jewish Book Swap** or the **mini-shuk**. Brave souls may attempt a February campfire. Hot chocolate and good company will be available late into the night.

(Want to add to our Saturday night programming? Email us with your ideas!)

Beginning a new week

We will gather for breakfast and/or:

Sunday Morning Minyan

or

Yoga

Zvi Bellin (see bio above) is also a graduate of the Yoga Alliance Certified Teacher's Training at Flow Yoga in DC and will provide guidance in settling into the sanctuary of the body.

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



Meals

In keeping with Chesapeake Retreat tradition, we will share vegetarian meals. Pearlstone's food service is Glatt Kosher



under the supervision of Star K. We'll serve Fair Trade Certified™ coffee, tea, sugar, and hot chocolate. Please discuss any special dietary needs with the retreat planners in advance.

Getting there

We'll be gathering at the Pearlstone Retreat Center, nestled in the rolling farmlands of Reisterstown, Maryland. The center is close to 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



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 stay the night

Most of us will be staying in hotel-style “lodge 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.) Others will stay in one of four heated cabins, each of which has nine twin beds (some bunked) and a shared bath.

Arrival Information

Try to arrive at Pearlstone on Friday, February 6 between 4 and 6 pm to register and settle in. Candle lighting is at 5:14 pm. Those who arrive prior to candle lighting will have Shabbat-friendly programming available before the *Kabbalat Shabbat* service begins around 6:15 pm. Dinner will follow services. More information will be sent in the weeks leading up to the retreat.

Join us! Register by January 2:

Have your registration postmarked by **January 2, 2009** to guarantee your space and avoid the late fee. All payments must be received in advance and are not refundable. We cannot accept "on-site" registrations.

Registrant 1 _____, Email _____

Registrant 2 _____, Email _____

Address _____

Phone(s) _____, _____

Child/Teen _____, Age _____

Child/Teen _____, Age _____

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



No registration is complete until confirmed. We will confirm your attendance by email unless you request confirmation by mail by checking this box.

I/we/one of my children has accessibility requirements or dietary needs beyond the vegetarian meal plan. Please attach a note describing any special requirements you or your family will have.

We will do our best to accommodate all housing requests. (See "Stay the Night" notes.)

I/we would like to stay in a lodge room with _____.
Roommates will be assigned for single registrants who do not specify a roommate request in advance. Those who wish to have their own rooms must pay the Private Bedroom Surcharge.

I/we would like to stay in a cabin with _____.

I/we would like to stay in a cabin hosting a late-night "after party" on Saturday night.

I/we can offer a ride to _____ people from my area. Have them email me.

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

I/we would like to reserve a FREE exhibit table for sharing information or selling items on behalf of _____ (business or organization) at Saturday evening's "mini-shuk."

Fee Schedule for Participants		
Adults, NHC Members	\$260	
Adults, not NHC Members♦	\$285	
Student/Senior Citizen/Low-Income	\$180	
Child, Age 6 through Bar/Bat Mitzvah	\$120	
Child, Age 1 to 5	\$60	
Private Bedroom Surcharge	\$65	
Full Commuter Participant* (3 or more meals)	\$160	
Partial Commuter participant* Check 1-2 meals: \$35 ea: <input type="checkbox"/> Fri dinner <input type="checkbox"/> Sat lunch <input type="checkbox"/> Sat dinner \$15 ea: <input type="checkbox"/> Sat bf <input type="checkbox"/> Sun bf <small>* Though based on # meals, charge also reflects program costs.</small>		
Subtotal		
♦ Optional Individual NHC membership	\$40	
♦ Optional Family NHC membership	\$80	
Late Fee (postmarked after January 2)	\$36	
Extra gift to help someone else afford to attend		
Total payable to National Havurah Committee Chesapeake Retreat		

To register, send form with check to:

NHC CHESAPEAKE
HAVURAH RETREAT
c/o Lisa Morenoff
2800 Quebec St NW #1118
Washington, DC 20008

We will not be able to reserve additional space for registrations postmarked after January 16, 2009.



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

Adas Israel Traditional Egalitarian Minyan DC
Adat Shalom of Bethesda, MD
Am Kolel of Rockville, MD
Beth El-Keser Israel of New Haven, CT
Chevrei Tzedek of Baltimore, 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
Harvard Hillel MA
Hill Havurah DC
Highland Park Minyan NJ
Jewschool.com blogosphere
KAM Isaiah Israel of Chicago, IL
Kehila Chadasha
Kol Tzedek of Philadelphia, PA
Kol Zimrah of New York, NY
Moishe House Silver Spring MD
Mesorah DC DC
Minyan Merkaz of Philadelphia, PA
Ohev Sholom Talmud Torah DC
Olney Kehila MD
Romemu of New York, NY
Rose Crown Minyan of Chicago, IL
Silver Spring Egalitarian Minyan MD
Takoma Park Havurah MD
Temple Beth Hillel-Beth El Havurah PA
Tiferes Yisroel of Baltimore, MD
Tifereth Israel Congregation DC
Tikkun Leil Shabbat DC
Young Israel of West Hempstead NY
Zoo Minyan DC

Volunteer!

- I can help coordinate carpools in advance.
- I can help look for scholarship funds.
- I can help at the registration table Friday.
- I can help with cleanup Sunday.
- I can help with the book swap set-up.
- I can staff the Beit Midrash / text study
- I can read Torah.
- I can read Shirat HaYam.
- I can lead this service in this style:

- Something else I'd like to offer:
