



Introducing...
the 2009 NHC Summer Institute

Walk-in-all-Your-ways-a-thon!

The theme of the Summer Institute this year is “Walking in all Your ways” (Deuteronomy 10:12 & 11:22). We will explore this theme in community, considering what it means to be one of “Your” (or “G-d’s”) ways, how we choose the paths that we take, and how we build communities that embrace multiple paths.

The Summer Institute also provides an opportunity to explore the theme on an individual, personal level. We invite you to challenge yourself to find a new “way” to “walk” during our week together. As a participant in the Walk-in-all-Your-ways-a-thon, you would then solicit pledges from your friends and family to support your resolve in meeting your challenge. All money raised in the Walk-in-all-Your-ways-a-thon will go to sustain the National Havurah Committee, which brings each of us the opportunity to explore new ways, ideas, and experiences every summer at the Institute. Go to <http://tinyurl.com/Walk-in-all-Your-ways-a-thon> either to commit to a goal—whether your own or a challenge already listed—or to pledge your support to someone else!

What are “Your ways”? They are many!

For example, you can challenge yourself to...

“Acquire for yourself a friend.” (Pirkei Avot 1:6)
Get to know one (or more!) new person each day!

“Who made my feet like a deer’s,
And let me stand firm on the heights”
(Psalms 18:33)

“You shall eat and be satisfied and bless...” (Deut. 8:10)
Focus on gratitude for food and recite blessings at meals!

Climb Mt. Monadnock!

Focus on satisfaction in your decision-making about ice cream consumption!

“And you shall teach it to your children...” (Deut. 6:7)

Study a certain number of pages of text or verses of Torah reading per day!

Blog about one new idea learned every day!

Volunteer to help at Kids’ Camp or to give a parent a break in the dining hall!

“You will walk without breaking stride;
when you run, you will not stumble.” (Proverbs 4:12)
Go for a recreational walk or run
three (or more!) times during the week!

“Sing to G-d a new song...” (Psalms 33:3)
Learn a new *niggun*, song, or tune every day!
Teach someone else a new *niggun*, song, or
tune every day!

“My heart is with...the willing volunteers among the people.” (Judges 5:8)

Volunteer for at least 15 minutes per day!

Or anything else that you choose!

(Textual references only for illustrative purposes—let your heart lead you to your personal challenge!)

