

NHC WINTER RETREAT 2017 REGISTRATION FORM

**NATIONAL HAVURAH COMMITTEE
NEW ENGLAND WINTER RETREAT
CAMP RAMAH, PALMER, MA
DECEMBER 15-17, 2017**

Studying Torah and vibrant, musical Kabbalat Shabbat services begin our weekend together. Friday continues with dinner, singing, and study sessions. On Saturday and Sunday, participate in spirited prayer, or contemplative meditation, walk at the lake, study accessible texts, learn and sing new songs, stretch your body and your mind.

Camp Ramah in New England is located just outside of Palmer, MA, a few miles north of exit 8 off the Mass. Turnpike. It is about 75 minutes from either Boston, MA or Hartford, CT, 90 minutes from Albany, NY or Providence, RI, and about 3 hours from New York City.

The site includes an indoor recreation facility, lakefront, and wooded walking paths, informal lounges, seminar rooms, a state-of-the-art Beit Midrash complex, a Judaic library, and a prayer space. Accommodations are simple, comfortable, and fully winterized. Single rooms and "motel-style" rooms are available. Meals are kosher, with vegetarian options. Towels, linens, and blankets are provided.

Courses are scheduled on Friday night, Saturday afternoon, Saturday evening, and Sunday morning. A Saturday night talent show and musical program completes the weekend. A final schedule will be available when you arrive. The retreat ends after lunch on Sunday. Visit <http://havurah.org/institute/ne-retreat-2017/> for details and complete course descriptions.

***Course Preferences.** To assist in scheduling, please list the numbers of four courses that each registrant would most like to take. A final schedule will be provided when you arrive. (See reverse side for brief course descriptions.)

****Insurance.** With an additional "insurance" payment of 10%, fees may be applied to the next NHC Winter Retreat in the event that weather or serious illness prevents you from attending.

To register, complete this form and send it, with your check, payable to NHC New England Retreat, c/o Steve Lewis, 25 Ellison Road, Newton, MA 02459. We cannot accept on-site registrations. **Please return your form by November 21 to avoid the late fee.**

Questions? Contact your retreat co-chairs:
Steve Lewis 617-332-3496
Mark Frydenberg 781-893-7312
ne-retreat@havurah.org

Registrant 1's Name
Day Phone
Evening Phone
Email
Home Address
*Course Preferences
Registrant 2's Name
Day Phone
Evening Phone
Email
Home Address
*Course Preferences
Names and Ages of Children

- I would like to share a room with: _____
- I need a ride __to / __from the Retreat.
- I can offer a ride to ____ people from my area. Have them call me.
From where? _____ When? _____

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

- I don't have email. Please send a printed confirmation by US Mail.
- If you have special dietary, accessibility, or other requirements, please include a note describing your needs.

FEE SCHEDULE – REGISTER BY NOV 21 TO AVOID THE LATE FEE

Program, Room, and Meals Fee

- Adult, Over Age 29, NHC members
- Adult, Over Age 29, non-NHC members
- Adult, College Student or thru age 29, NHC members
- Adult, College Student or thru Age 29, non-members
- Child, Age 2 through High School
- Child, Ages 0 to 1
- Private Bedroom Surcharge
- "Motel-type" Suite (limited avail.) Surcharge
- Commuter's Program Fee
- Commuter's Meal Fee (per person per meal)

Cost	#	Total
195		
235		
125		
155		
65		
0		
110		
175		
95		
15		
Subtotal:		

****Optional Insurance (+10% of Subtotal)**

- Optional Individual NHC Membership
- Optional Family NHC Membership
- Late Fee (after November 21)

40		
80		
25		
Tax-Deductible Contribution		
Total Payment:		

VOLUNTEER

- | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <input type="checkbox"/> Help with Friday Registration <input type="checkbox"/> Help coordinate Torah Readers <input type="checkbox"/> Help arrange rides <input type="checkbox"/> Help make phone calls or assist with logistics before the retreat <input type="checkbox"/> Help with Kids' Program <input type="checkbox"/> Help with Closing Program | <ul style="list-style-type: none"> <input type="checkbox"/> Help with Services <ul style="list-style-type: none"> <input type="checkbox"/> Friday or Saturday Afternoon <input type="checkbox"/> Shabbat Morning <input type="checkbox"/> Saturday Ma-ariv or Havdalah <input type="checkbox"/> Read __ Torah or __ Haftarah <input type="checkbox"/> Other (Tell us!) _____ |
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BRIEF COURSE DESCRIPTIONS – See complete course descriptions online at <http://havurah.org/institute/ne-retreat-2017/>

[1] Jewish Coping Techniques (Steven Cohen) we will discuss and share Jewish resources that are available to us as we navigate life's difficulties.

[2] A Taste of Zohar (Carl Woolf) We will study several especially gorgeous texts from the Zohar covering, among other topics, Shabbat and Creation.

[3] Immigration and the Jewish Community (Cindy Rowe) We will explore our own immigration stories and learn how to connect to current faith-based immigration efforts.

[4] Memorable Verses in the Torah (Joe Rosenstein) We will read together a list of "memorable" Torah verses, discuss what makes them memorable for us, and suggest verses to add.

[5] Beit Aharon and Beit Miriam (Aliza Arzt) Is "Beit Miryam" (House of Miriam) is a legitimate substitution for "Beit Aharon" in Hallel? Our study has a surprising midrashic punchline.

[6] Songs, Rhythms and Meditations for Spiritual Vitality (Carl Woolf) We will explore chants, guided meditations and rhythmic tapping practices, as vehicles for spiritual fitness.

[7] The Surprising Message of Hallel (Joe Rosenstein) We will review Hallel closely and examine its major themes. Caution: You may be surprised.

[8] Light in the Darkness (Josh Schreiber Shalem) Using the unique process of Feldenkrais Awareness Through Movement, we'll explore our own experience of light as it comes into our eyes, and relate it to Jewish texts and concepts about light and vision, both literal and metaphorical.

[9] Covenantalism: A New Understanding of Animal Rights (David Seidenberg) What does the Torah teach about animal rights? We will study a model based on covenanting between species that we can apply today.

[10] Unique Mental Health Challenges Facing Jews and Members of Jewish Communities (Steven Cohen) We will name and discuss some unique mental health challenges facing Jews and members

of Jewish communities, with the goal of raising awareness and lessening the sense of isolation that so often accompanies such challenges.

[11] Experience Your Inner Actor (Miriam Diamond) Join us as we informally read parts from *Out of the Loop*, a script exploring work, love, loss, friendship, legacy and faith.

[12] Singing in the Round (Lauren Rose) Lauren will teach both favorite and new rounds.

[13] The Land is Ours (David Seidenberg) We will study Rashi's commentaries on the motifs of conquest and the stranger to understand where Rashi was coming from.

[14] I Will Sing! (Susan Gulack) We will study selections from Rebbe Nachman's *Azamra* (I will sing!) text and discuss how to apply them in our own lives.

[15] Tzeva'ot - Can This Word Be Saved? (Aliza Arzt) The word "tzeva'ot" (Hebrew for "hosts" or "multitudes"), which occurs frequently throughout our prayers, has strong militaristic and war-related connotations. We will explore meanings of this word to see if it has any redeeming qualities.

[16] What's Jewish about Friendship? (Miriam Diamond) We will explore Jewish and contemporary psychological notions of friends, and ways to develop bonds within and across demographics and ideologies.

[17] Faith-based Community Organizing (Cindy Rowe) Explore how the faith community has adopted community-organizing principles, and how you can join in this work.

[18] I Made a Little Draydel - Sue Gulack Make a draydel out of Fimo clay. A \$5 materials fee is payable to the instructor at the start of the workshop.

Saturday Night Entertainment features a talent show, Chanukah songs, and singing led by Josh Schreiber Shalem and Lauren Rose, and joined by our musical attendees in an open-ended jam session. Bring copies of *Rise Up Singing!*

Teachers and Presenters

Aliza Arzt is a member of Havurat Shalom, and a long-time teacher at NHC retreats.

Steven Cohen is a licensed graduate social worker interested in trauma, school-based social work, and incorporating art into therapy.

Miriam Diamond is a popular Jewish educator from Brookline, MA. She has taught at previous NHC winter retreats, Limmud Boston, and Limmud UK. Her play, *Out of the Loop*, has been performed and read in communities across New England and at Limmud UK.

Susan Gulack is a Rabbi and chaplain from Albany, NY, and has been exploring the spiritual, intellectual, emotional and physical worlds through prayer and study, art and music. It is her joy to have others join her in these adventures.

Lauren Rose is a multi-year NHC music leader. A professor of mathematics at Bard College, she enjoys teaching and singing in spontaneous choirs.

Joseph Rosenstein is a former chair of the NHC. He authored *Siddur* and *Machzor Eit Ratzon* (newsiddur.org), and is a frequent NHC teacher.

Cindy Rowe is the Executive Director of the Jewish Alliance for Law and Social Action (JALSA), and the Social Justice Chair at Temple Israel/Boston.

Josh Schreiber Shalem is an active member of Havurat Shalom in Somerville, MA, a certified teacher of the Feldenkrais Method® of Somatic Education, and performing musician.

David Seidenberg is a Rabbi and author of "Kabbalah and Ecology: God's Image in the More-Than-Human World" and creator of neohasid.org.

Carl Woolf teaches mystic meditation and is a long-time NHC teacher. His interests include music-making, davening, movement and text-study.