

NHC WINTER RETREAT 2019 REGISTRATION FORM

**NATIONAL HAVURAH COMMITTEE
NEW ENGLAND WINTER RETREAT
CAMP RAMAH, PALMER, MA
DECEMBER 13-15, 2019**

Studying Torah and vibrant, musical Kabbalat Shabbat services begin our weekend together. Friday continues with dinner, singing, and study sessions. Participate in spirited prayer, or contemplative meditation, take walks in the woods or at the lake, study accessible texts, learn and sing new songs, stretch your body and your mind with engaging study and discussion all weekend long. The retreat ends after lunch on Sunday.

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

Camp Ramah has an indoor recreation facility, a lake, 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.

Participants from the 413 Area Code can attend for 50% off thanks to a Jewish Family Camp grant available from the Harold Grinspoon Foundation. Visit <https://hgf.org/grants-awards/jewish-family-camps> or contact the retreat co-chairs for information before registering.

***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. For detailed course descriptions, visit <http://havurah.org/institute/ne-retreat-2019/>

****Insurance.** With an additional "insurance" payment of 10%, fees may be applied to the next NHC Winter Retreat if 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, 162 Hampshire St, #1L, Cambridge, MA 02139.** 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 617-714-4993
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

- Help at Friday Afternoon Registration
- Friday afternoon Orientation and Study
- Help Coordinate Torah Readers
- Help arrange rides
- Help make phone calls or assist with logistics or publicity before the retreat
- Help with Kids' Program
- Help with Closing Program
- Help with Services Friday Evening
- Shabbat Morning Shabbat Afternoon
- Dvar Torah Lead Torah Study
- Read ___ Torah or ___ Haftarah
- Saturday Ma-ariv and Havdalah
- Sunday Morning
- Other (Tell us!) _____

TEACHERS AND COURSE DESCRIPTIONS

Solomon Mowshowitz

1 - Kissing in the Synagogue Kissing is one of the nonverbal activities of Jewish prayer, along with bowing, rocking back-and-forth (aka "shocheling"), marching, turning, jumping and lots of other synagogue choreography. We'll discuss what we kiss in the Synagogue, when and why. Time permitting, we might get to some of the other things we do with our bodies during prayer besides talking and singing in Hebrew.

2 - Black Fire on White Fire – the strange letters of the Torah The Talmud says that when the Torah was given to Moses, it was written in "black fire on white fire." When you look into a Torah scroll you see a lot of "Assyrian" (square)-style Hebrew letters. What happened to the original (Paleo-Hebrew) letters? There are also strange letters – including some extra large or small, one broken in middle and two upside-down. What's up with that? Show up and find out.

Solomon Mowshowitz is a past chair of the NHC, and taught gene-splicing at Columbia University.

Josh Schreiber Shalem

3 - Embodying "Koach" - Spiritual Strength When we say "yasher koach" (literally: "may your strength be firm") to someone, we don't mean that we admire their brawn, or they should go to the gym and strengthen their muscles. What, then, do we mean? Is the "strength" we are talking about purely internal, a matter of character? Or is there a way of feeling solid and powerful in our bodies that embodies inner strength? Come explore the possibilities with the unique process of Feldenkrais® Awareness Through Movement®. Bring an open mind and comfortable clothes.

Josh Schreiber Shalem is an active member of Havurat Shalom in Somerville, MA, a popular NHC teacher, a certified teacher of the Feldenkrais Method® of Somatic Education, and performing musician. He is currently studying in the Rabbinical program at Hebrew College.



Trisha Arlin

4 - Exploring "Kavvanot" - preparing the mind prior to the Shabbat Amidah (the "standing" prayer) Immerse yourself in the Kavvanot of the Shabbat Amidah, using different siddur and denominational translations, along with guided meditation and discussion. As we go from the Opening peticha (three steps back and forward) through the various sections: Ancestors, Power, God's Holiness, Deep Rest, Service/Prayer/Gratitude, Peace and the Chatima (closing), we will explore what these mean to you and how it may change your Amidah experience. This is a companion class to Sunday's "Writing our own Kavvanot" class.

5 - Writing our own Kavvanot for the Shabbat Amidah With some discussion and guided meditation, we will write and share our own kavvanot for each of the seven sections of the Shabbat Amidah, moving from the Opening peticha (three steps back and forward) through

Ancestors, Power, God's Holiness, Deep Rest, Service/Prayer/Gratitude, Peace and the Chatimah (closing). The class will also discuss approaches to prayer writing.

Trisha Arlin (www.trishaarlin.com) is a liturgist and author of Place Yourself: Words of Prayer and Intention, available at <https://www.patreon.com/trishaarlin>



Esther Africk

6 - Recent & Old News about Jerusalem's Old City We will learn about two historic hotels from the mid-1800's built during the latter part of the Ottoman Empire's rule of Eretz Yisrael, and discuss the divisions of the Old City at that time. We will also learn about some of Jerusalem's first neighborhoods outside the Old City from 1860 - 1920.

Esther Africk is a licensed Hebrew teacher and a graduate of Teacher's Institute of Yeshiva University. She has been teaching a women's group since July 2007 on such topics as: Mishlei, Jewish history, and Jerusalem.

Laura Bellows

7- "Imperfections" in the holy books When I began studying to be a soferet (a scribe who copies the Torah and other holy texts), I encountered a world of law that reflects both a desire for perfection and a strategy for accepting the inevitable ink spills in our lives. Join me as we look at some of these core sources for writing holy texts and reflect on (im)perfectionism and holiness in our own lives.

8 - Jewish resiliency & the climate crises: a discussion across generations

As our coastlines, weather patterns, food systems, and ecosystems increasingly show signs of climate change, our communities and younger generations will need to adapt and respond to increased loss, scarcity, and grief. How might we draw on Jewish narratives and histories of resilience help us through these times?

Laura Bellows is an artist, environmental educator, rabbi, and life-long Havurahnik. Originally from the DC area (Fabringen), she now serves as the Director of Prozdor and Youth Initiatives at Hebrew College. When not teaching, scribing, or dreaming up Havurah-inspired communities, Laura can be found practicing ukulele and snowshoeing at Jamaica Pond (not at the same time).



Aliza Arzt

9 - Erotic poetry in Song of Songs We will explore some of the erotic verses of Song of Songs and through them will answer the questions of why this book is in our Bible and how does this bring us closer to God. All verses will be provided in English and Hebrew.

10 - Life in the Fast Leyn: How to Read Lots of Torah on Short Notice

Learning to chant more than a few verses of Torah ("leyning") is not simply a question of brute memory. After nearly 50 years of frequent leyning, I will share some of my tricks for successfully learning large chunks in a relatively short amount of time. People with leyning experience may get more out of this than beginners, but all are welcome.

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



Sue Fendrick

11 Us and Our Stuff: Part I Swedish Death Cleaning, the KonMari Method (aka "does that spark joy?")...the possibility of a more conscious relationship to our belongings is in the zeitgeist. Is there anything Jewish about decluttering? About delighting in things? We'll look at and be in dialogue with a variety of Jewish sources over the ages that shed light on and make us think about the place of things in our lives. Part 1 is independent from Part 2. Attend either or both.

12 - Us and Our Stuff: Part II How does the Jewish year help us think about our relationship to acquiring, having, and getting rid of possessions? We'll take a figurative and possibly literal walk through the Jewish calendar, drawing inspiration and opportunities for reflection about how each of us relates to the things we own, to getting and receiving them, and passing them on and disposing of them. Bring pen and a notebook or some paper (how retro!) as this will include written reflection. Part 1 is independent from Part 2. Attend either or both.

Sue Fendrick went to every NHC Summer Institute for about 15 years (and taught at many) and then hasn't been to one in about 15 years. She's very happy to be back in the NHC fold. A rabbi by training, currently an editor and spiritual director, she delights in and perpetually declutters her possessions in Newton, MA, where she lives with her husband and their twin teenagers, near their three other 20-something kids.

Sue Gulack

13- The Real Story of Hanukkah - where does it come from? We will read sections of the book of Maccabees and the book of Judith - the stories of Hanukkah that did not make it into our official Jewish Bible. We will talk about what they teach us and why they may not have been included.

14 - Make and Take – Reusable Beeswax Food Wrappers Do you want to decrease your use of plastic wraps and bags? Come and make reusable, sustainable and pretty food wraps that can cover sandwiches and bowls for

use both at home and in lunch boxes. Easy and quick, these will make good Hanukkah gifts as well! \$3 materials fee will cover 3 wraps.

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 for a long time. It is her joy to have others join her in these adventures.

Talia Laster

15 - Is There A Case Against Pluralism? We will look at ancient midrashim (commentaries on the scriptures) to help us explore the questions of when to accept or support other Jews' practices and convictions, and when not to accept them.

16 - Torah from the Womb A deep dive into Niddah 30b in the Talmud Bavli, to help each of us remember what it was like to be a fetus.

Talia Laster grew up attending Fabrangen Havurah in Washington, D.C., and is a lifelong member-leader in the National Havurah Committee. She has learned at Yeshivat Hadar and the Pardes Institute of Jewish Studies. She is currently studying for rabbinic ordination at Hebrew College.

Ronnie Levin

17 - Bible stories you didn't learn in Sunday school Blood, sex, murder, incest, and risqué Jewish texts. We will read several totally compromising texts from the Torah and the Prophets. English versions will be provided, and Hebrew knowledge is not required.

18 - Approaching the "Shema" prayer: Yotzer Or: Parsing, Piercing and Forming the Light We will examine the structure and formulation of the "Yotzer Or" prayer, the first of the blessings associated with the Shema. It introduces the structure, themes and motifs of the morning service. Ability to read Hebrew would be useful.

Ronnie Levin holds a graduate degree in Bible and Tefilah and has been a popular Havurah teacher for years.



Joe Rosenstein

19 - Sage advice: "Pirkei Avot" (Ethics of our ancients): The Message of Its First Chapter The first chapter of Pirkei Avot provides a justification for the Sages' understanding of Jewish history and a rationale for their creation of Rabbinic Judaism which we inherited and practice.

20 - Pirkei Avot and The World to Come During the 500-year period from 300 BCE to 200 CE, the idea of "olam habah -- the world to come" became normative in Judaism. We will review passages in Pirkei Avot that provide evidence of that process.

Joseph Rosenstein is a former chair of the National Havurah Committee. He is the author of Siddur Eit Ratzon and Machzor Eit Ratzon (see newsiddur.org)