



The NHC's 18th Annual New England *Havurah!* Retreat

December 17 - 19, 2004

Craigville Conference Center
Cape Cod, Massachusetts

JOIN US FOR A SHABBAT OF MUSIC, HEALING, AND SPIRITUAL GROWTH

Welcome Shabbat

A spirited, musical, Carlebach-style *Kabbalat Shabbat* begins our weekend together. Bring percussion instruments if you wish. The evening continues with dinner, singing, meditation, and study.

Learn and Study

This year's study sessions range from courses in Healing, accessible texts from the Talmud and the Psalms, to Jewish music, meditation, and modern philosophers. For full details, see inside.

Enjoy Craigville

Craigville Conference Center is a collection of quaint 1890's style Cape Cod houses and picturesque village lanes, located on a bluff overlooking the Atlantic at Craigville Beach. The Center has nature preserves and ponds on either side. It is located approximately three miles west of Hyannis, MA. Accommodations are simple, uncrowded, and comfortable. Single rooms are available. Meals are kosher, dairy / fish.



National Havurah Committee New England *Havurah!* Retreat

c/o Steve Lewis
25 Ellison Road
Newton, MA 02459



Address correction requested

The *National Havurah Committee* is a diverse, trans-denominational network of people committed to Jewish renewal and enhancing their Jewish lives. The NHC holds an annual week-long summer Institute (August 1-7, 2005, at Franklin Pierce College in Rindge, NH), sponsors regional retreats, and serves as a resource center for *havurot* nationwide. Visit our web site at <http://www.havurah.org>.

HEALING

Sound and Healing

As vibrational beings, we can attune to the universe using our voices and other instruments. In this workshop, you will begin to reawaken your listening skills, resonate with your higher nature and realize a deeper connection with the Source that Heals body, mind and spirit.

Jessica Schwartz, a Medical-Spiritual Intuitive and vocal performer, has studied Kabbalah for many years. She uses sound therapeutically in her private Boston-area practice and in workshops internationally. She has guest-lectured at Brandeis University on Spiritual Healing.

Healing Texts from the Jewish Tradition

This session will include an accessible exploration of selected powerful Talmudic texts and Psalms as well as works of modern thinkers in the healing community.

Rabbi Sara Zacharia is on the faculty of the Rabbinical School at Hebrew College in Newton, MA.

TIKKUN: An Experiential Musical Meditation

Inspired by and based on Rebbe Nachman's "Tikkun HaKlali" (The Complete Remedy), our Sages have taught that the Hebrew letters spoken aloud as in prayer or in song lead to profound inner healing. Rebbe Nachman of Breslov taught that there are ten psalms that when recited as a whole, will bring about a complete healing. Rahel guides you through a musical healing journey in which you can experience new levels of spiritual awareness and connection in an environment of comfort and peace.

Rahel is a soulful, songwriter who performs original Jewish spiritual music. Reaching deeply into the Psalms and Mosaic wisdom for both poetry and enlightenment, she brings a new twist to traditional Jewish philosophy and new spiritual trends. Rahel resides in New Hampshire with her two teenaged children.

SEEKING

The Spirit of Sinai: Revelation in the Hasidic Imagination

Join us as we explore various Hasidic teachings on God's revelation to Moses and the Israelites at the Burning Bush, the Sea of Reeds, and at Mt. Sinai. Our session will include a discussion of the implications of these views for contemporary Jewish theology.

Or Rose is the Co-Director of the Beit Midrash at the Rabbinical School at Hebrew College. He is the author of *Abraham Joshua Heschel: Man of Spirit, Man of Action* (JPS, 2003); and *God in All Moments: Spiritual and Practical Wisdom from the Hasidic Masters* (Jewish Lights, 2003).

Playing Dice with the Universe

What is the status of something we don't know? Does it have definite properties that we haven't measured yet, or is it indeterminate until we measure it? Albert Einstein and Niels Bohr argued for decades about this question, as did the rabbis of the Talmud 2000 years earlier. In an excerpt from a course taught at the 2004 Summer Institute, we will use the Einstein/Bohr debate about microscopic particles as a lens through which to view Rabbi Meir and Rabbi Yehuda's debate about Shabbat boundaries.

Ben Dreyfus, a popular Havurah teacher, teaches physics at Stuyvesant High School in Manhattan. He is a founder of the Kol Zimrah havurah.

Bringing God's Presence Back to Earth

You have probably heard the Chanukah story about the Maccabees' victory, or that the oil lasted for eight days. A rabbinic midrash provides a third, lesser-known, Chanukah story whose lesson is that our actions can bring the Shechinah (divine presence) into the world or send it away at the holidays, when we feel God's presence or absence most acutely.

Ben Dreyfus (See bio above).

LEARNING

Counting and Recounting: Encountering God

Hebrew has a "number" of words for *counting*. We will range through a selection of biblical sources and liturgy to discover how this "counting" defines our paradoxical relationship with God, and how to resolve this paradox.

Aliza Arzt has been a member of Havurat Shalom (Somerville, MA) for many years. A traveling speech language pathologist by day and a stressed-out and loving parent by night, she is an expert Torah reader on Shabbat.

Psalms Day is Every Day

Why are the daily psalms different from the corresponding Kabbalat Shabbat ones? How do the daily psalms relate to each day? How do the psalms during Kabbalat Shabbat relate to the week? Come and find out!

Carl Woolf works and plays in the realms of music, movement, Judaism, and spirituality. He is active in several havurot in the Boston area.

Binding Judaism

What observances are we truly stuck with forever, and what can we change, according to the dogmatics of Halachah (Jewish Law)? How is halachah different from just a list of rules? What observance was originally mandatory and later became merely recommended, then optional, then discouraged and finally forbidden, over a period of over 1,000 years?

Solomon Mowshowitz is a frequent Havurah teacher, founding member of the Kotli Kanay Chevra Shas Talmud study group, and is a past chair of the National Havurah Committee.

Bible Stories You Didn't Learn in Sunday School

"He did *what* to *whom*?" Come hear of the unusual adventures chronicled in the books of the prophets.

Ronnie Levin, with a graduate degree in Bible, is a long-time Havurah teacher.

TEACHINGS

Teachings of Rabbi Hershel Matt, z"l

On the day of Hershel Matt's 17th Yahrzeit, we will read and discuss his writings -- on topics as diverse as treatment of homosexuals (before anyone else dared address the issue), attitudes toward Christianity, resurrection, authentic Jewish mysticism, and miracles.

David Rogoff is a founder and past president of NJ's Lesbian and Gay Havurah, and past president of the Highland Park Minyan. He has a private psychotherapy practice in Highland Park, NJ.

Joe Rosenstein is a meditation teacher, past NHC Chair, member of the Highland Park Minyan, and editor of *Siddur Eit Ratzon*. He is a professor of mathematics at Rutgers University.

Mordecai Kaplan and Jewish Prayer

Perhaps the most influential Jewish thinker of the twentieth century, Mordecai Kaplan challenged several generations of Jewish seekers to re-examine their beliefs and practices in light of their commitments to modern American life. This session will focus specifically on the ways in which Kaplan's worldview influenced his approach to prayer.

Or Rose is the Co-Director of the Beit Midrash at the Rabbinical School at Hebrew College. He is the author of *Abraham Joshua Heschel: Man of Spirit, Man of Action* (JPS, 2003); and *God in All Moments: Spiritual and Practical Wisdom from the Hasidic Masters* (Jewish Lights, 2003)

BLESSING

Siddur Eit Ratzon

Learn about *Siddur Eit Ratzon*, the new Siddur used at the retreat's Shabbat morning service. A traditional prayer book for those seeking spirituality and meaning in prayer, it features new translations and commentaries, prayers and meditations, and complete transliteration.

Joe Rosenstein is a meditation teacher, past NHC Chair, member of the Highland Park Minyan, and editor of *Siddur Eit Ratzon*. He is a professor of mathematics at Rutgers University.

Say a Blessing

What does it mean "to bless?" How does it feel to say a brachah? How can saying brachot sanctify our embodied – busy - lives? We will explore texts and brachot that reflect these and other questions.

Alison Adler is a student in the trans-denominational Rabbinical School at Hebrew College, in Newton, MA. This will be her 10th year of involvement with the NHC community.

MUSIC



Melodies for the Third Meal. Joelle Novey, former member of Harvard's *Mizmor Shir* a capella chorus, introduces traditional songs and melodies customarily sung on Saturday afternoon during Seudah Shlishit (the third meal) – also, bring your own songs to swap!



Saturday Night Cabaret. Share your special talents at Saturday night Cabaret. Anything goes - Jewish content is optional. Indicate on your registration form if you'd like to participate.



Jewish Folk Music Jam Session. Sing, dance, play instruments, listen, relax, shmooze, glow at an informal jamboree. Klezmer, Hasidic, Israeli – your favorite songs on request!



"Kol Zimrah" Style Sunday Morning Service. In the style of the *Kol Zimrah* havurah in New York City, this Sunday morning service will feature exuberant harmony, accompanied by acoustic guitar and percussion. Bring your favorite siddur and your voice. Led by Ben Dreyfus.

FOR CHILDREN



A Children's Program for young children (ages 2-5) will be provided by experienced personnel. Special Judaic programming for ages 6-12 is also scheduled. Please discuss care of infants and those requiring special facilities with the conference planners in advance. Post Bar/Bat Mitzvah children are invited to attend the adult sessions.

REGISTRATION

Register by November 29, 2004 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 weather or serious illness prevent you from attending this year. We regret that we cannot accept "on-site" registrations.

ARRIVAL INFORMATION: Try to arrive at Craigville on Friday afternoon, December 17, between 2:00 and 3:45 pm to register and settle in. Candle lighting is at 3:45 pm. An Orientation session follows; Kabbalat Shabbat services begin at about 5:15, and dinner is at 6:30 p.m. If you're going to arrive after dinner, let us know beforehand, and we'll save you some. A full schedule, directions, and packing information will be sent upon receipt of your registration. The retreat ends on Sunday morning before noon.

To register, complete the form below and send it, with your check, payable to National Havurah Committee New England Retreat, to NHC New England Retreat c/o Steve Lewis, 25 Ellison Road, Newton, MA 02459.

Registrant 1 Name	Registrant 2 Name
Day Phone:	Day Phone:
Eve Phone	Eve Phone
Email	Email
Home Address	Home Address
Children's Names and Ages:	

Fee Schedule	Cost	#	Total
Adult, Over Age 25, NHC Members	\$225		
Adult, Over Age 25, Non NHC Members	\$250		
Adult, College Student or thru Age 25	\$150		
Child, Bar/Bat Mitzvah thru High School	\$115		
Child, Ages 6 thru Bar/Bat Mitzvah	\$105		
Child, Ages 0 to 5	\$ 50		
Private Bedroom Surcharge	\$ 65		
Towel/Linen Rental	\$ 10		
SubTotal:			
Western MA Subsidy (50%)*			()
SubTotal:			
Optional "Insurance" (10% of Subtotal)			
Optional Individual NHC Membership	\$ 36		
Optional Family NHC Membership	\$ 72		
Late Fee (after November 29)	\$ 25		
Total Payment:			

How can you help before the retreat?	How can you help at the retreat?
<input type="checkbox"/> Shop for snacks or supplies	<input type="checkbox"/> Help with Registration
<input type="checkbox"/> Put up signs en route from the highway to Craigville	<input type="checkbox"/> Lead an Orientation Session
<input type="checkbox"/> Organize Torah readers	<input type="checkbox"/> Lead Shabbat Morning services (which parts?)
<input type="checkbox"/> Kasher the kitchen Friday morning (stay Thurs. night at Craigville on us!)	<input type="checkbox"/> Read Torah
<input type="checkbox"/> Bring a video with a Jewish theme for us to watch on Saturday night	<input type="checkbox"/> Read Haftarah
<input type="checkbox"/> Arrange rides for participants	<input type="checkbox"/> Give a D'var Torah
<input type="checkbox"/> Coordinate Torah readers	<input type="checkbox"/> Lead Minchah
<input type="checkbox"/> Bring 20+ weekday prayer books for Sunday morning	<input type="checkbox"/> Lead Ma-ariv
<input type="checkbox"/> Other:	<input type="checkbox"/> Lead Havdalah
	<input type="checkbox"/> Participate in Saturday night Cabaret
	<input type="checkbox"/> Lead Sunday Morning Minyan
	<input type="checkbox"/> Lead Closing Ceremony

* Participants from Western Massachusetts who live in the 413 area code may deduct 50%, thanks to a generous grant from the **Harold Grinspoon Foundation**.

Transportation, Special Requirements, and Programs

Please attach a note describing any special arrangements or requirements you may have.

To help us with planning, please list four sessions you'd most like to attend.

- I need a ride. Tell me who from my area can give me a ride.
- I can offer a ride to ___ people from my area. Have them call me.
- I have special dietary or accessibility requirements. (Please specify.)
- I would like to share a room with

Registrant 1	<input type="text"/>	<input type="text"/>
Registrant 2	<input type="text"/>	<input type="text"/>

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