

**Pins, Chimes, and Trances:
Instruments to Enhance the Spiritual Effects
of Acupuncture**

Tibetan singing bowls, bells, and chimes have been used for centuries by the shamens of the East for their rich resonance and ability to create multiple sound types. In this workshop, participants will experience how these instruments weave a tapestry of sound, creating a medium that can transport them to higher states of consciousness. Accompanying acupuncture is optional.

Dan Schwartz has played Conga drums and Djembe professionally for the past 30 years with several groups including Yom Hadash. He is an acupuncturist who lives in New Bedford, MA.

Light in Song and Text

Imagery and metaphors about light suffuse our literature and tradition, especially on Hanukkah. In this session, we will review some Biblical and other texts about light, and sing special or unusual songs on the themes of Light and Hanukkah.

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

Rock with Ruach!

Want to kick up your Jewish music experience another notch? Then BAM! -- come discover the hottest new melodies of some of today's most influential composers and recording artists of contemporary Jewish music. We will also discuss how and when to introduce these new settings and the impact these modes have on our worship experience. Participants are welcome to record this session.

Steve Meltzer is a song leader and music educator who has performed at the UAHC Biennial, CAJE & the South Shore Jewish Music Festival. He recently released his first CD entitled *Rock With Ruach!*, which you can listen to at www.meltzerworld.net.

Melodies for the Third Meal

This session introduces traditional songs and melodies customarily sung on Saturday afternoon during *Seudah Shlishit* (the third meal) -- also, bring your own songs to swap!

Joelle Novey comes to us via Mizmor Shir, Harvard University's Jewish singing group. She now serves as a hospital chaplain in Washington, DC.

Finger Pointing and Other Jewish Gestures

Ever wonder why during services, when the Torah is lifted up, some folks point their little fingers at it? Don't know between which fingers of which hand you should hold which *tzitzit* (fringes) while reciting the *Shema*, or what two things you're supposed to touch while reciting *Yotzer Or*? ("Who fashions light and creates darkness"). What's with the jumping during *kedushah*? Learn the real story behind these and other habits of shul choreography with Mosh.

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.

A Time of Grace: A New Siddur

Learn (from its author) about the new *Siddur Eit Ratzon*, a traditional prayer book for Shabbat morning designed for those who seek spirituality and meaning beyond what they have found in the traditional prayer book.

Hallel -- Thanks!

What is Hallel? We will discuss themes of the psalms that are recited on Hanukkah and other holidays, and how they are dealt with in *Siddur Eit Ratzon*. We'll also share favorite Hallel melodies.

Joe Rosenstein is a meditation teacher, past NHC Chair, and a member of the Highland Park Minyan, and editor of *Siddur Eit Ratzon*.

BaMidbar (In the Wilderness)

Join us for a Bible and Midrash journey through the meanings of the word "BaMidbar" and things that happened in the wilderness. Texts will be provided in Hebrew and English.

Aliza Arzi has been a member of Havurat Shalom in Somerville MA for half her life and teaches Judaica as a beloved pastime.

**Hairy Bible Stories
You Didn't Learn in Hebrew School**

You probably know the story about Samson gets his strength from his hair, and maybe read the one where Absalom gets his hair caught in a tree, but the quaint and unexpected story of Elisha and the bears packs a punch. In this session, we'll study texts where hair is the "mane" attraction.

Ronnie Levin is a long-time teacher in the Havurah community and holds a graduate degree in Bible.

A Glimpse of Paradise: One Writer's Process

Insight into how an award-winning Jewish fiction writer brings her ideas out of the unconscious and onto the page.

Writing the Past: More than You Know

About the old saw, "Write what you know," Grace Paley said, "Write what you don't know about what you know." Try writing, and surprise yourself with what you discover.

Joan Leegant's collection of Jewish stories, *An Hour in Paradise*, was published by W.W. Norton in August, 2003. Joan teaches fiction writing at Harvard University, and lives in Newton with her husband and sons. Joan is a long-time member of the Newton Centre Minyan.

**God in All Moments:
The Spiritual Practices of the Hasidic Masters**

In recent decades increasing numbers of spiritual seekers have turned to the writings of the Hasidic Masters because of their mystical depth and creative power. We will explore a genre of Hasidic lore known as the *hanhagot*, "spiritual practices." These short and pithy texts read like Zen koans, as they urge the devotee to cultivate spiritual awareness within the flow of daily life. This includes guidance on prayer, meditation, and interpersonal relationships. Texts will be provided in Hebrew and English.

Or Rose is the Co-Director of the Beit Midrash at the new 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). Or is completing a PhD in Jewish Thought at Brandeis University.

The Middle Miracle: Levi Yitzhak on Hanukkah

The 18th century Hasidic teacher, Rabbi Levi Yitzhak of Berditchev describes the flow of holidays as a gradual unveiling of revelation from Rosh HaShanah to Shavuot. He describes Hanukkah as the middle holiday, playing a pivotal role in the cycle of the holidays. We will read Levi Yitzhak's reinterpretation of this holiday.

Louis Rieser has published several articles on Talmud study. He is the rabbi at Etz Hayim Synagogue in Derry, NH, and has taught at many NHC retreats and the Conference on Judaism in Rural New England.

REGISTRATION FORM

VOLUNTEER OPPORTUNITIES

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

**How can you help
before the retreat?**

**How can you help
at the retreat?**

- | | |
|---|---|
| <input type="checkbox"/> Help with shopping
<input type="checkbox"/> Organize Torah readers
<input type="checkbox"/> <i>Kasher</i> the kitchen Friday morning (stay Thurs. night on us!)
<input type="checkbox"/> Bring a Torah to Craigville
<input type="checkbox"/> Bring a video for Saturday night
<input type="checkbox"/> Arrange rides for participants

<input type="checkbox"/> Other: | <input type="checkbox"/> Help with Registration
<input type="checkbox"/> Lead an Orientation Session
<input type="checkbox"/> Lead Shabbat Morning services (which parts?) <input type="text"/>
<input type="checkbox"/> Read Torah <input type="checkbox"/> Read Haftarah
<input type="checkbox"/> Give D'var Torah <input type="checkbox"/> Lead Minchah
<input type="checkbox"/> Lead Ma-ariv <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 |
|---|---|

Transportation, Special Requirements, and Programs

- I need a ride. Please let me know 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. (Call us, or explain.)
 I would like to be share a room with

Please attach a note describing any special arrangements or requirements you may have. To help us with scheduling, please list the four teachers whose courses you would most like to attend.

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

Fee Schedule	Cost	#	Total
Adult, Over Age 25, NHC Members	\$225	<input type="text"/>	<input type="text"/>
Adult, Over Age 25, Non NHC Members	\$260	<input type="text"/>	<input type="text"/>
Adult, College Student or thru Age 25	\$150	<input type="text"/>	<input type="text"/>
Child, Bar/Bat Mitzvah thru High School	\$115	<input type="text"/>	<input type="text"/>
Child, Ages 6 thru Bar/Bat Mitzvah	\$ 105	<input type="text"/>	<input type="text"/>
Child, Ages 0 to 5	\$ 50	<input type="text"/>	<input type="text"/>
Private Bedroom Surcharge	\$ 65	<input type="text"/>	<input type="text"/>
Towel/Linen Rental	\$ 10	<input type="text"/>	<input type="text"/>
SubTotal		<input type="text"/>	<input type="text"/>
Optional "Insurance" (10% of Subtotal)		<input type="text"/>	<input type="text"/>
Optional Individual NHC Membership	\$ 36	<input type="text"/>	<input type="text"/>
Optional Family NHC Membership	\$ 72	<input type="text"/>	<input type="text"/>
Late Fee (after November 28)	\$ 25	<input type="text"/>	<input type="text"/>
Total Payment:		<input type="text"/>	<input type="text"/>

Send 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.

National Havurah Committee New England Retreat

c/o Steve Lewis
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Newton, MA 02459



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The National Havurah Committee's
17th Annual
New England Retreat

Shabbat Hanukkah
December 19 - 21, 2003

Craigville Conference Center
Cape Cod, Massachusetts

JOIN US FOR A WEEKEND OF MUSIC, LEARNING, AND COMMUNITY!

Kabbalat Shabbat



A spirited, Carlebach-style Kabbalat Shabbat begins our weekend together. Bring percussion instruments if you wish.

Courses



This year's courses range from Jewish music to Jewish gestures to spiritual journeys. See reverse side for all course descriptions.

Jewish Folk Music Jam Session



Sing, dance, play instruments, listen, relax, shmooze, glow at an informal jamboree. Klezmer, Hasidic, Israeli -- Hanukkah songs on request! Join with members of Kleztopia, a Boston-area band.

Hanukkah Candle Lighting and Sing-Along



Bring your menorah and candles, and words to your favorite well-known or unknown Hanukkah songs. Shira Belfer of Jewish Lifecycles, Inc. leads a sing along, with Steve Meltzer, Joelle Novey, Carl Woolf and others!

Saturday Night Cabaret



Share your special talents at Saturday night Cabaret. Anything goes - Jewish content is optional. Prizes awarded for the best new Hannukah song!

For more information or to help out, please contact the Retreat Co-Chairs.

Steve Lewis (617 332 3496), dryp@disaster-help.com
Mark Frydenberg (781 893 7312), mark@frydenberg.com



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. Linens are available for rent, or you may bring your own. Meals are kosher, dairy / fish. If you have strict vegetarian requirements, please indicate on your registration form.

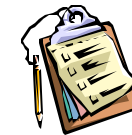
A Children's Program for young children (ages 2-5) will be provided by experienced personnel. Special Judaic programming for ages 6-12 is also scheduled. Please discuss care of infants and those requiring special facilities with the conference planners in advance. Post Bar/Bat Mitzvah children are invited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



ARRIVAL INFORMATION: Try to arrive at Craigville on Friday afternoon, December 19, 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. A full schedule, directions, and packing information will be

sent upon receipt of your registration. The retreat ends on Sunday morning before noon.

Courses will be offered at four separate sessions during the weekend: Friday evening, early and later Saturday afternoon and Sunday morning. The final program will be available when you arrive at the retreat; you can choose courses to attend at that time.



Register by November 28, 2003 to guarantee your space and avoid the late fee. Please complete the form on the reverse side, and return 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. 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.

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 28, 2004, 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>.