

Conflict/Healing/Redemption  
10<sup>th</sup> Annual Jewish Men's Retreat  
November 2-4, 2000

Schedule of Activities

Friday 11/2

3:30-6:00 p.m. Registration in the main building  
Program Details: As brothers arrive to register, they will be randomly grouped for their Mikveh & Mishpacha experience. This group will also be given their specific area for Mishpacha work. (see below)

4:30-6:00 p.m. Small Group Mikveh Experience

Jay Lewkowitz will be the Mikveh leader for all the groups. He has put together an incredible experience that I know will be new & refreshing for all of us. All I will say is that it focuses our attention on the mystical nuances of emersion in water & their references in the Tanach. The Traditional understanding of this event will also be included. Following the very-short but concise history of mikveh, we will then move into a series of Niggunim and then the bracha/blessing and emersion.

6:30 p.m. Meet in main building walk together in silence to Yurt.  
(Silence, in order to focus ourselves for deep listening.)

6:30-7:30 p.m. Kabbalat Shabbat service in Yurt.

At this time Jacob Twardowski has asked to lead us in the Friday service. He is in the process of putting together a simple written plan of what he wants to do and include for service with the understanding of the diversity of the group.

7:45 p.m. Dinner

Blessing over the Wine & Bread I hope will be done by one of the elders of our retreat, such as Yosaif August.

9:00-9:15 p.m. Intro to weekend-Fireside Main Room

I will very briefly open the program with an official welcome and attempt to set the tone for the rest of the weekend.

9:15-10:45p.m. Mishpacha group meeting  
(or when ever the group decides to end)

Each group( we will have five) regardless of the numbers attending.

Each group will be broken out by the readings for Shabbat as follows:

**First Aliyah (Group) – Brit – Maleness**  
**Genesis 18:1 – 18:4**

**Conflict** – Abraham vs the rest of the world; physical pain (cutting – the foreskin, the connections with his past, the connections with his neighbors)

**Healing** – physical healing of the circumcision; spiritual healing by creating a new nation

**Resolution** – the messengers bringing the news that Sarah will give birth to a son

**Second Aliyah (Group) – Sodom and Gmorrah – Community**  
**Genesis 18:20 – 18:24**

**Conflict** – Abraham and Gd – “Will you sweep away the righteous with the wicked?”; attempt of man to understand Gd

**Healing** – being able to argue and even look for resolution; the ability of man to even begin to be able to see a small piece of the Plan; the reflexive “thought/action” of prayer

**Resolution** – destruction of Sodom/Gmorrah. The understanding/premise of absolute good/evil as written in the Torah.

**Third Aliyah (Group) – Hagar – Femaleness**  
**Genesis 21:14 – 21:18**

**Conflict** – the jealousy between Sarah and Hagar; Abraham’s unwillingness to send away Hagar

**Healing** – Hagar’s prayer to Gd on behalf of Ishmael; mother’s love; female plea for mercy

**Resolution** – Gd’s promise to make Ishmael a great nation (but not His nation)

**Fourth Aliyah (Group) – Abraham and Avimelech – Business**  
**Genesis 21:22 – 21:25**

**Conflict** – over unethical dealings; mistrust

**Healing** – Abraham is forthright with Avimelech; tells him of past unresolved issues

**Resolution** – they make a covenant

**Fifth Aliyah (Group) – Binding of Isaac – Faith/Spirituality**  
**Genesis 22:1- 22:4**

**Conflict** – love of Gd vs. love of self

**Healing** – love of Gd in the way that the self is the beneficiary of that love; at the point of sacrifice, at the loss of hope there is the renewal of the Promise

**Resolution** – allowing Isaac to live as the manifestation of the Promise

Group Leaders: So far: Jay Lewkowitz, Yosaif August, Les Picker, Mark Lewis.

Here are the talking points for the discussions and this can also be a possible hand-out to all of the participants.

**Discussion Guide for the Mishpacha Groups**

Individuals should answer these questions in the group and provide for feedback from others. It may be helpful to read a bit before and a bit after these aliyot to gain a context.

1. Name your conflict in this area
2. Name the real/hoped for healing of this conflict
3. Name the real/hoped for resolution of this conflict
4. Apply the Torah reading to your answers to 1,2,3. How does the reading apply? What aspects of your self are in each of the characters in the passage? Feel free to use other Biblical passages to support/refute your internalizing of the given passage.
5. What do you need to bring your healing or resolution into this world? From yourself? From your family? From the community?
6. How will you get what you need?

Saturday 11/3

7:00a.m.            Optional Yoga/meditation

No one at this time to do this optional program.

8:00-9:00a.m.    Breakfast

9:30-12:45        Shabbat Service in Yurt

(to include stories,singing,chanting,besides the opening prayers-Shema-Torah reading-and closing prayers)

Once again Gary Ginsberg so graciously agreed to lead us in this very important part of our weekend. Gary, for any of you that were not with us last year, had us moving, singing, crying, and praying as ONE. We still are missing the music element at this time, but we are working on it.

The reading will be done by the following brothers have stepped up:  
Lev, Allen's son, Josh, Sol's son, Rabbi Phil, Jay L., and one more TBA.

The Parasha or Portion is "Vayera"

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**Genesis 18:1 – 18:4**

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**Genesis 18:20 – 18:24**

**Third Aliyah (Group) – Hagar – Femaleness**  
**Genesis 21:14 – 21:18**

**Fourth Aliyah (Group) – Abraham and Avimelech – Business**  
**Genesis 21:22 – 21:25**

**Fifth Aliyah (Group) – Binding of Isaac – Faith/Spirituality**  
**Genesis 22:1- 22:4**

1:00p.m.            Lunch

2:00-3:00p.m.    Tisch

Jay Lewkowitz and et.al. will lead once again a joyous experience of Hasidic tradition with the Tish. This includes drink, niggunim and wonderful stories of past and present.

3:00-5:00p.m.    Free Time

We will have some options for this time period that will include:

- 1) Mishpacha group(s) individually deciding to start earlier than the 5 PM required time.
- 2) Les Picker will lead, if there is interest, an optional planning session discussion for next years retreat.

5:00-6:30p.m.    Mishpacha Groups

6:45 p.m.            Havdalah

7:00 p.m.            Dinner

8:00-8:30 p.m. Gather around the fire place for some feedback. Free-time for anyone having the need to briefly share their personal comments.

9:30p.m. Drumming circle/chanting

There maybe a SURPRISE change of events for this time period. It is in the planning stage and hopefully will be finalized this week. If it is not possible than we will go with the original program schedule.

### Sunday 11/4

7am Optional Yoga/meditation/prayer

8:00-9:00 Breakfast

9:30-12 noon program, including the closing circle.

9:30-11:00 a.m. Mishpacha groups will report back to the whole group for closure using the following guidelines:

Report Back to the Whole Group – answer as a group. Select a spokesman. Select a method (be creative) to convey your insights and process to the entire group.

1. List three insights that you gained from this retreat/exercise. How did you gain them? What made these the Big Three?
2. Report on the major conflict/healing/resolution processes that became clear as you spent the weekend.
3. Anything else that you think the rest of us should know?

11:00-12 noon: hopefully Yosaif August, one of the founders and elders of the men's retreat will present a special 10<sup>th</sup> anniversary program and closure to our blessed weekend together.

12:30p.m. Lunch  
(room clean up & departure)

