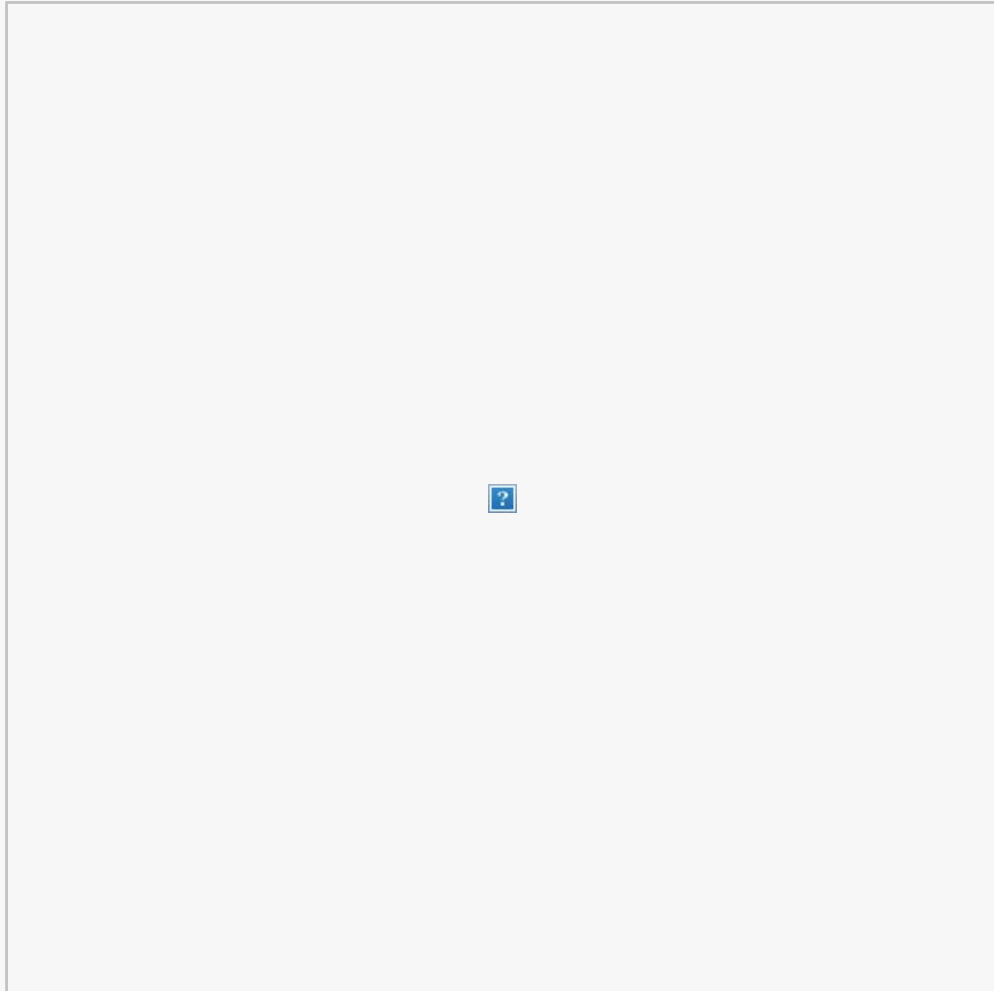


From: [David Cherson](#)
To: [Harold Belkowitz](#)
Subject: JMR28 Important Information - Part 2
Date: Wednesday, October 23, 2019 8:08:39 PM



JMR28
Important Retreat Information
Please Read!

**Beginnings: Creating New Relationships With Ourselves, Our
Brothers, Earth & Spirit!**

JMR28 begins on Friday, October 25 at 4:00 p.m.
We have a great Opening Ceremony planned!

Schedule for Friday, October 25, 2019

2:00 p.m. - 4:00 p.m.: Check-in/Snacks/Schmoozing in the Great Hall

4:00 p.m.: JMR28 Opening Ceremony begins

6:00 p.m.: Kabbalat Shabbat Service

7:30 p.m.: Dinner

9:00 p.m.: Mishpacha Group (small group gatherings - more information is available at <https://www.menschwork.org/jewish-mens-retreat.html>)

The complete retreat schedule and program descriptions will be provided at check-in on Friday afternoon.

Late arrivals: Check-in will remain open between 4:00 p.m. and 5:00 p.m. in the Arts & Crafts building (opposite the Great Hall). **If you are likely to arrive after 4:00 p.m. on Friday**, please let us know in advance when and how you plan to arrive, especially if it will be late in the evening. Our first Mishpacha Group (small group gathering) starts at 9:00 p.m. *Because Mishpacha Groups are such an integral component of the weekend, we will not be able to process check-in while Mishpacha Groups are meeting.*

Retreat Conclusion: The **JMR28 Closing Circle will end at approximately 12:30 p.m. on Sunday, October 27, 2019**, which will be followed by lunch.

Parashah Beresheet

A message from the T'fillah Team:

This Shabbat's parashah is Beresheet. The Kabbalists-mystics speak of four worlds that unfold during Creation. Each world is seen as a rung on Jacob's ladder that ascends from Earth to the Heavens, and our Shabbat morning *davvenen* will guide us through this ascent as we examine and inhabit the *t'fillah* of each world through modalities of song, speech, silence and study. It is our goal to offer multiple entry points into the liturgy so we can each find expression, meaning and relevance. Briefly, the the four worlds are: *Assiyah* - the world of physicality and doing; *Yetzirah* - the world of formation and feeling; *B'ri'ah* - the world of Creation and Spirit; and *Atzilut* - the world of Emanation and the *Ain Sof* - Essence. [The attached PDF](#) (from the *siddur* we will be using) contains a concise description; much more will be shared during the morning.

A copy of the *parashah* is [available through this link](#), and the four *aliyot* we will chant from the Torah are marked. A *drash*-words of Torah during the morning will focus on the Creation stories in Chapters 1 and 2 (pages 2-7 of the PDF file; marked in the book as pages 2-13); reading these ahead of time will be good preparation. We encourage you to read the entire *parashah* will further enhance the weekend. We will distribute a separate sheet at the retreat with the texts of the four *aliyot*; If you would like to have the entire *parashah* at the retreat, please print it and bring it with you.

Requests/Reminders/Information

1. **Ohel Avot** (description below) participants need to sign a liability waiver, [which you may access by clicking on this link](#). Please print, sign, and bring with you if possible. A limited number of waivers will also be available at check-in on Friday.
2. Please bring a **water bottle** for your own use if you have one.
3. You are welcome to bring **Babka (certified kosher in a sealed package)** for our Saturday night campfire (more info below).
4. For the comfort and respect of the Isabella Freedman staff, the retreat center requests that attendees please refrain from socializing with Isabella Freedman staff unless they first initiate a conversation with you.

Helpful information from our previous email

Mishpacha Groups:

We will gather three times throughout the weekend in small groups (you will be in the same group for all three sessions). This is a time for open, confidential sharing and deepening the experience of the weekend. Men often find this as one of the highlights of the weekend.

Mishpacha group membership is randomly assigned. This provides each of us an opportunity to get know and understand men from various areas and practices. Unfortunately, we are not able to honor requests to be assigned with friends. There are many times throughout the weekend for sharing with both old and new friends.

On the other hand we are fortunate to have several family pairs joining us ~ brothers, father/son. If you have a specific preference to be ~ or not be ~ with your family member, please let us know **in advance** by sending an email to jmr28@menshwork.org.

Ohel Avot & Mishkan Avot:

On Saturday after dinner, you will enter your choice of the Ohel Avot or the Mishkan Avot.

The **Ohel Avot** - Tent of our Ancestors. You might think of this as a combination of the Native American sweat lodge and a prayerful Jewish shvitz. Chant and prayer in an intensified environment will guide us in our soul work. For those who are not familiar with the Ohel Avot, it feels much like a steam room or sauna. We sit on the ground in the dark. There are breaks in the activity to allow people to exit and enter based on their own needs. It will be hot inside the Ohel and temperatures outside will be cold. Please prepare by bringing a swimsuit to wear and perhaps a towel that you may wish to sit on. You will also need warm sweat clothes and old sandals or sneakers to throw on quickly afterward, as many of us will choose to stay outside for the next activity. ***Due to the nature of the Ohel Avot activity, all who wish to enter will***

need to sign a Liability Release when you check-in on Friday afternoon ([available through this link](#)).

The **Mishkan Avot** will have parallel prayerful and chanting activities. Instead of being outside in the sweat lodge, it will be held in one of the buildings called a yurt. Participants will have the option of sitting on the floor or folding chairs and will remain fully clothed. Individual and shared activities will help us open our hearts and deepen our experience of the themes of the weekend.

Campfire:

Following the Avots we gather around the campfire with our instruments and our voices to bring the day to a close. In addition to our music, we will share the joys and revelations of the day along with stories of blessings from past JMR retreats.

The campfire includes a Babkafest. Bring a babka to share and your favorite libation, alcoholic or not. Chocolate - cinnamon - raspberry - whatever your heart and palate desire. Babkas, which must be certified kosher and in sealed packages, should be dropped off in the dining hall before Shabbat.

You are welcome to bring your own alcohol to the retreat. Isabella Freedman provides wine for Friday night dinner, but many people choose to bring their own . . . often a higher quality than what's provided. Wine can be brought into the dining hall only if it is kosher and unopened. The on-site mashgaiach (kashrut supervisor) must approve each bottle, but we've never had an issue. Non-grape libations do not have the same kashrut restrictions as wine, yet they, too, must be unopened and approved for use in the dining hall. No approval is required for consumption elsewhere on site - only inside the dining hall.

Please note that due to Isabella Friedman's strict kashrut standards, no outside food may be brought into the dining hall at any time.

Handy Information

Car Pooling:

Please use the link below to indicate if you can offer or need a ride:

https://docs.google.com/spreadsheets/d/1QQBR70F28mPy5Stzzu9UoW_JJlg-sSEP2UNFcE-ni3o/edit?usp=sharing

Travel Information:

Directions and further information regarding travel to Isabella Freedman by car and public transport can be found at:

<https://hazon.org/isabella-freedman/directions/>

Weather:

The temperature range for our weekend varies from lows in the upper 30s to highs in the upper 50s. While much of the weekend is indoors, we will be spending significant parts of the weekend outside in connection with the natural world. The following link will keep you up to date on the weather:

<https://weather.com/weather/tenday/1/USCT0074:1:US>

Things to bring:

Along with your regular clothing, please consider the following:

Outdoor: Warm Jacket, Hat, Gloves, Scarf, Outdoor Shoes, Rain Gear, Long Underwear

Ohel Avot gear: Bathing Suit, Towel, Sweat Suit (we will be going directly from the Ohel to Havdalah and Campfire), towel to sit on in the Ohel Avot.

Linens, bedding and bath towels are provided except if you are camping

Flashlight

Religious items as per your personal comfort level or practice: Kippah, Tallit,

Tefillin, Kippot, tallitot, prayerbooks and chumashim are available on site.

Babka (certified Kosher) & Alcohol (if desired) for campfire

Musical Instruments

Special Accommodations:

We make use of a large portion of the Isabella Freedman campus and have worked to schedule transition times between activities to account for this.

Please let us know if you have any physical limitations that will impact your ability to move freely and expediently around the campus, and we will look to accommodate to the best of our abilities. Send us an email

to jmr28@menschwork.org.

As the excitement builds to the weekend, we want to make sure all your questions and concerns are answered. If any of the above information is confusing or if additional questions come up, please send an email to JMR28@menschwork.org. We will send you an answer as soon as possible.

We will also be available for phone consultation. Send your email request along with good times to reach you and we will return the call.

Looking forward to sharing, praying, and creating new beginnings with you!

David Chersonson, Michael Evers, Ralph Benmergui
JMR28 Coordinators



UPCOMING WEBINARS

November 13, 2019 at 8:30 p.m.

Topic: Menschwork's First Ever Online Mishpacha Group.

Facilitated by Marc Jacobs

January 8, 2020 at time TBA

Topic: Cultivating a more ecologically and socially viable future.

Facilitated by Lev Natan

March 11, 2020 at time TBA

Topic: Tzedaka's importance as a core component of Menschwork.

Facilitated by Michael Landau

May 13, 2020 at time TBA

Topic TBA

Donate to Menschwork

The Jewish Men's Retreat is a program of Menschwork, Inc.: delivering transformative programs and creating resources that encourage men to take the bold, next steps in their journeys as empowered Jewish mensches. Menschwork, Inc. is a 501(c)(3) corporation.



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