

JMR31 Program Schedule: Friday, November 11, 2022

Day / Time	Activity	Description	Location
3:00 – 4:30	Check-in	Get oriented, find your room, etc.	Main Lobby
4:30 - 5:00	Pre-retreat space	Soundscape, meditation, connection	Beit Midrash
5:00 - 6:20	Opening Circle	Welcome; opening to holy space, shofar, nigunim, dyads, walking meditation	Beit Midrash
6:30 – 7:25	Dinner	Seating by <i>Mishpacha</i> Group	Dining Room
7:30 – 8:50	Kabbalat Shabbat	Led by Rabbi Shawn Zevit	Jubilee
9:00 – 10:30	<i>Mishpacha</i> Groups 1	What Does Your Gratitude Look Like?	Conf. Center
10:40-11:30	Late night options	Drum Circle – <i>JoJo K. & Mitch G.</i>	Beit Midrash
		Informal connecting, schmoozing, snacks	Main Level

JMR31 Program Schedule: Saturday, November 12, 2022

Day / Time	Activity	Description	Location
7:00 - 7:50	Torah Yoga	Led by Elliot Myrowitz	Beit Midrash
	Gratitude Meditation	Led by Lou Haber	Orchard
8:00 – 8:50	Breakfast		Dining Room
9:00 – 9:50	Torah Study	Entering Torah with an Open Heart – <i>David P.</i>	Palm
		‘Angel Moments’ in Torah and in life – <i>Michael L.</i>	Myrtle
		Getting to know and learning from the many characters in Veyera – <i>David M.</i>	Willow
		Torah from a <i>Mussar</i> perspective – <i>Elliott & Eugene</i>	Wellspring

10:00 – 11:50	Morning T'filah	Musical Davening led by: <i>Benyamin, JoJo, David P.</i> Torah Service led by Rabbi Mark, Michael L	Jubilee
12:00 – 12:50	Lunch	Includes saying Kiddush at the tables	Dining Room
12:50 - 1:40	Rest/Shabbos Nap	Men's Choir Rehearsal	Jubilee
1:40 - 2:30	Pathways Session 1	Hitbodedut Walking Meditation – Elliot M.	Outside / Gather in Beit Midrash
		Sage Wisdom/Elder Mensches – Yosaif & Marc K	Orchard
		Jewish life for men under 40 – Baruch C.	Vineyard
		MenschGroups that have met for the past year	Palm, Myrtle, Willow
2:40 - 3:30	Pathways Session 2	Blessings as a Gratitude Practice – Benyamin L.	Orchard
		Community Sing-a-long – Cantor David R.	Jubilee
		Kabbalah Meditation – Marc K.	Vineyard
		Mensch-Groups Open House	3rd Floor Alcove
3:30 – 4:00	Shabbos Break	Men's Choir Rehearsal	Jubilee
4:00 – 5:30	<i>Mishpacha</i> Groups 2	Avenues & Obstacles to Gratitude	Conf. Center
5:40 - 6:20	Mincha/Maariv	Gratitude Offerings of Joy, Resilience & Blessings	Jubilee
6:30 - 7:25	Dinner		Dining Room
7:30 - 7:45	MW Announcement	Important Communications from Menschwork	Dining Room
7:45 - 8:00	Havdalah	Ritual of Light, and Shabbat separation	Jubilee/Patio
8:05 - 8:55	Gratitude Offerings	Circle Round for Gratitude, songs, stories	Jubilee
9:00 - 10:30	Bonfire	Drumming, storytelling, babka, schmoozing & fun!	Outside Fire Area
10:40- 11:30	Piano Bar (Optional)	Rabbi Mark Biller shares music & stories	Tree of Life Lobby

JMR31 Program Schedule: Sunday, November 13, 2022

Day / Time	Activity	Description	Location
7:30 - 8:20	Morning T'fillah	Melodic Davening – Benyamin L.	Jubilee
		Drum Your Prayers – JoJo & Mitch G.	Beit Midrash
		T'fillen Prayer Experience – Baruch C.	Orchard
8:30 - 9:30	Breakfast		Dining Room
9:30 - 10:00	Packing Up	Pack and clear out your room for housekeeping and prepare to leave	Lodges
10:00 - 11:50	<i>Mishpacha</i> Groups 3	How to Cultivate a Personal Gratitude Practice / Sharing of Blessings	Conf. Center
12:00 - 12:50	Closing Circle	Led by Rabbi Shawn, Yosaif, Co-Chairs	Beit Midrash
1:00 - 2:00	Lunch		Dining Room