



JMR32 Program Schedule

Friday, October 27

3:00 – 4:30 pm	Check in at Registration Desk	
3:00 – 4:30 pm	Optional Mikvah	Lake
4:45 pm – 6:00 pm	Opening Circle	Tent
6:00 – 7:00 pm	Dinner Seating by Mishpacha Group	Dining room
7:00 pm – 8:20 pm	Kabbalat Shabbat Services	Tent
8:30 pm – 9:50 pm	Mishpacha Groups Session 1	Various
10:00 – 11:00 pm	Kindred Sparks (Session 1) Storytelling and Music	Tent

Tribute Table	Great Hall
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Saturday, October 28

7:30 – 8:30 am	Breakfast (eat in dining room or bring it to Torah Study)		Dining Hall
8:00 – 8:50 am	Torah Study		See Table on Page 3
9:00 – 11:00 am	Shabbat Morning Services		Tent
11:00 – 11:20 am	Kiddish		Tent
11:20 – Noon	Israel Service: Bearing Our Sorrow Together		Tent
Noon – 1:00 pm	Lunch		Dining Hall
1:00 – 2:00 pm	Free Time		
1:00 – 1:45 pm	Ohel Avot (additional session to accommodate additional brothers)		Sweat Lodge
2:00 – 3:15 pm	Seeking Sparks 1	Option 1 – Ohel Avot (Maximum of 20 men)	Sweat Lodge
		Option 2 – Releasing Our Hidden Sparks Through Breathwork and Embodied Practice	Beige Yurt
		Option 3 – Vision Quest Hike	Meet at Front of Tent
		Option 4 – Adamah Farm Tour	Meet in Front of Tent
		Option 5 – Torah Yoga	Synagogue
		Option 6 – Sparks Through Art	Art Shack
3:30 – 4:30 pm	Seeking Sparks 2	Option 1 – Ohel Avot (Maximum of 20 men)	Sweat Lodge
		Option 2 – Guided Meditation for Yogic Sleep (Yoga Nidra)	Synagogue
		Option 3 – Sparks through Art	Art Shak
		Option 4 – Hitbodedut	Meet in Front of Tent
		Option 5 – Drum Your Prayers	Beige Yurt
		Option 6 – Adamah Farm Tour	Meet in Front of Tent
4:45 – 6:15 pm	Mispacha Group – Session 2		Various
6:30 – 7:30 pm	Dinner		Dining Hall
7:30 – 8:00 pm	Break		
8:00 – 8:30 pm	Community Singing and Havdalah		Tent
8:30 – 10:00 pm	Kindred Sparks		Tent
10:00 – 11:00 pm	Bonfire and Babka		Lakeside

Tribute Table

Saturday Morning Torah Study, 8:00 a.m. to 8:50 a.m.

There are several options, listed below, for Torah study Saturday morning, all exploring *Lech Lecha*, this week's Torah portion, through the lens of our JMR32 theme. Choose the session that speaks to you.

If you have participated or are currently participating in an online Mensch Group, you have the option of meeting with your Mensch Group for Torah Study. Mensch Groups will be gathering in the Dining Hall for Torah Study (with the option of then finding a quieter place to meet).

Theme	Location	Leaders
Exploration of the theme of impermanence that <i>Lech Lecha</i> thrusts upon us. This session will include a guided meditation and reflection on seeing the sparks and shards that come into focus when we leave our comfort zone.	Synagogue	Ralph Benmergui
Several men who are currently studying Mussar will present <i>Lech Lecha</i> through a Mussar lens. There will be time for Q&A about this approach to Torah Study and, more broadly, about studying Mussar.	The Library	Eugene Fleischman Sotirescu
Diverging paths: The call to non-conformity in <i>Lech Lecha</i> and beyond – and how it resonates in our lives today.	Staff Lounge (between the Library and the Synagogue)	Michael Landau
From Avram to Avraham: Transformation in <i>Lech Lecha</i>	Great Hall	Alan Harris
Within their groups, Mensch Group facilitators will moderate discussions exploring the intersection of our JMR32 retreat theme and <i>Lech Lecha</i> .	Meet in Dining Room	Les Fagen, Donald Gardner, Marc Jacobs, Josh Millman, David Shaw

Sunday, October 29

7:30 – 8:15 am	Seeking Sparks 3	Option 1 – Torah Yoga	Synagogue
		Option 2 – Morning Prayers, Singing, and Drumming	Tent
		Option 3 – Sparks and Art	Art Shack
		Option 4 – Guided Meditation	Beige Yurt
8:30 – 9:30 am	Breakfast		Dining Room
By 9:55 am	Pack Up Your Car		
10:00 – 11:50 am	Mishpacha Group – Session 3		Various
12:00 – 1:00 pm	Closing Circle/Ceremony		Tent
1:00 – 2:00 pm	Lunch		Dining Hall

Tribute Table
