

Tentative Schedule*
Shabbat Shalom, Together Again
Nurturing Ourselves and Our Bonds
June 17-June 19, 2022

Featuring Elana Arian, Artist-In-Residence

Elana Arian is one of the leading voices in contemporary Jewish music. A composer, multi-instrumentalist, prayer leader, and recording artist, Elana inspires communities across the country with her soulful songwriting, singing, and spirit.

Thursday, June 16, 2022

Informal Early Arrival

Pay-your-own-way **Group Dinner** at a local restaurant
Hospitality Suite open in the evening

Friday, June 17, 2022

Arrival

Registration

Friday, 1 p.m. **Choir Rehearsal** (sign up in advance to receive music)

Friday, 1 p.m. **Share and Schmooze (concurrently with Choir Rehearsal)**

Welcome to our weekend that is all about “being together again”.

Join your Sisterhood sisters to schmooze. Share and hear great ideas for programming, fundraising, and membership.

Friday, 3 p.m. – 4:30 p.m.

My Journey to Creating Judaica with Munya Avigail Upin

Munya Avigail Upin will present images from her 47-year career as a metalsmith and jeweler. Always mindful of her Jewish identity, Upin seemed destined to turn her energy toward the creation of contemporary Judaica. She will also have jewelry and Judaica to sell to you and 15% of the sales will be donated to WRJ Northeast.

Friday, 5:30 p.m. **Kabbalat Shabbat Service with Elana Arian**

Friday, 7 p.m. **Dinner** (Update on URJ Northeast Summer Camps at Dinner)

Followed by Song Session with Elana Arian

Join us in Hospitality Suite after Song Session

Saturday, June 18, 2022

Saturday, 8:00 – 8:50 a.m. **Buffet Breakfast**

Saturday, 8:50 – 9:45 a.m.

Torah Study Through Mussar: No More Than My Space No Less Than My Place

Trina Novak and Paulette Black are our *Mussar* study leaders. They have been studying *Mussar* together with Rabbi Eric Gurvis, *Mussar* Institute, Director of *Chaverim* and Outreach.

During our morning Torah Study session, we will discuss *Parsha B'haalot'cha*, looking at this passage through the lens of the *Mussar Middah* of *Avanah*: Humility.

Saturday, 10:00 – 11:30 a.m.

Shabbat Morning Service with Elana Arian

Saturday, 12:00 – 1:30 p.m.

Lunch – Update on RAC (Religious Action Center) Activities

Saturday, 2:00 – 3:00 p.m.

Music as Midrash with Elana Arian

Saturday, 3:00 – 3:30 p.m.

Snack Break

Saturday, 3:45 – 4:45 p.m. **Keynote Speaker – Renée Lee Rosenberg**

Grow Your Resilience & Positivity Every Day with Rene Rosenberg

In this experiential, fun-filled presentation, Renée Lee Rosenberg, also known as the Positivity Pro, will take you on an energizing journey of self-discovery and relaxation to keep stress at bay, build self-compassion, increase resilience, and short circuit negative, stressful thinking. You will learn and practice simple strategies to calm your mind/body and learn the importance of movement to promote well-being. Be prepared to enjoy, relax, and laugh out loud.

Saturday, 5:00 – 6:00 p.m.

Grassroots Social Action and Advocacy

Jane Sanders, a retired social worker for the Town of Bethlehem, New York, will lead a discussion with all participants on how we are able to engage and make a difference in our communities. Also, a WRJ representative will give a brief overview of a current WRJ advocacy project.

*Schedule as of May 4, 2022

Saturday, June 18, 2022 (continued)

Saturday, 6:00 p.m.

Havdalah

Saturday, 6:30 p.m.

Dinner – Remarks from Sharon Sobel, WRJ Northeast President.

Saturday, 7:30 – 8:45 p.m.

DE-STRESS with YES – Come to the YES Fund Self-Care Event!

Learn about the YES Fund and bid on wonderful baskets to be auctioned off during this Saturday evening event. The baskets will be filled with items to help us de-stress. All money raised will go towards supporting WRJ's YES Fund.

Saturday, 9:00 p.m.

Ice Cream Social, Schmoozing and Bring Your Favorite Games
(Mah Jongg, Trivia, etc.)

Sunday, June 19, 2022

Sunday, 9:00 a.m.

Buffet Brunch

Sunday, 10:00 a.m.

Israeli Belly Dancing and Book Talk with Rima Perlstein Riedel

A fun, uplifting way to end our weekend. Let's move, talk, and laugh together as we join Rima Perlstein Riedel, Israeli Belly Dancing Instructor and mystery author of *Shimmy Shimmy Homicide: A Belly Dancing Boomer Mystery*. You will be introduced to basic steps and simple rhythms, appropriate for all fitness levels. Wear comfortable clothes and bring the cloth scarf from your goody bag.

Sunday, 11:30 a.m.

Farewells