

Note: This is LAST YEAR'S SCHEDULE

Your Hands are the Hands of G!d
2024 MOSh Retreat schedule (subject to change)

May 16
Thursday Afternoon

3:30 pm-5:30 MOShniks arrive

Also at this time: Help with Shabbat Walk Preparations;

Bring donated items to Shouk (Adjacent to Monocacy)

5:45 - 6:45 Dinner (SugarLoaf Dining Room)

7:15 - 8:45 Ma'ariv followed by Opening Circle (Monocacy)

Then... Snacks, Visiting, Shouk will be open (Description bottom of page)

May 17
Friday morning

7:30 - 8:15am Gentle Yoga with Larissa Blechman
(adjacent to Monocacy)

8 - 9am - Breakfast

9:30 - 10:15 - Shacharit (Monocacy)

10:30 - 11:45 - Workshop: Let's Talk about G!d

Led by Rabbi Mark (description below)

Friday afternoon

12-1 - Lunch

1:15 - 3:15 - Workshop: Discovering the DNA of One's Personal Torah by Harvesting Pivotal Life Stories

led by Rick Stone (description below)

1:15-3:15 - Workshop: Finding the Divine in Nature (description below)(outdoors) - led by Yoel Sykes
3:30-5:00 Friday arrivals, & Shabbat Walk art project in Lobby
4:30-5:30 Friends of Bill - People in any 12 step program welcome (DDK)
5:30-6:30 Dinner
6:45 Pre-Shabbat Walk (Outdoors - weather permitting)
Join us as we wend our way in a mindful walk to prepare us for Shabbat.
7:25 Candle Lighting
7:30- 8:45 Kabbalat Shabbat - Wear White :>)
9pm - Oneg Shabbat! (desserts)

May 18

Shabbat Morning

7: 30-8:15 Gentle Yoga with Larrisa Blechman
7:45 - 9 Breakfast
9 - 9:45 Torah study with Carl Viniar (Monocacy)
10am - 12:15 Shacharit
12:30-1:30 Lunch

Shabbat afternoon - Time for Shabbas nap, shmoozing, visiting, walking, etc. Plus.....:

1:30 Friends of Bill (DDK)
1:30 -3pm The Chaplain Is In - If you desire to meet with a chaplain, speak to or text Chaya Lerner at (786) 208-9505
2:45pm Labyrinth guided walk with Maryrita
3pm Workshop: Learning the Torah of our Mothers with David Balto (description below)
4pm Workshop: How to Give a Blessing - led by De Herman
5pm Healing service - led by Chaya Lerner and R' Mark
6 - 7 Dinner
7:30 - 8:45
The MOSh Cabaret!! (dedicated to Hoff)

Wear your Most Festive Garb! Volunteer to present something (description below)

9pm Havdalah

...Israeli Folk Dancing - led by Renée, with the MOSh Band!

“Late Night” Revelry and communal singing, visiting, maybe some sleeping....

Sunday

8-9 Breakfast (SugarLoaf)

Turn in room key and out of room by 10am

9:45 Shacharit (Monocacy) followed by

Closing Circle (we will end by 11:15)

11:30 - 12:30 Lunch

1pm - Safe travels and Good-bye hugs

Workshop Descriptions

Friday

10:30-11:45am

Let's Talk about G'd - led by R' Mark

A chevruta (study partner) based exploration of our individual and collective relationship with Divinity.

1:15 - 3:15pm

Discovering the DNA of One's Personal Torah by Harvesting Pivotal Life Stories - Led by Rick Stone

In this workshop Rick will guide you through a process of harvesting from your personal stories the deep values that inform your life's purpose, that reveal your hidden gifts and talents, and that reveal the one thing your soul deeply desires to fulfill your sense of calling in this life. Bring a writing implement and your MOSh journal (provided)

1:15 - 3:15

A Pilgrimage to Nature's Sanctuary - led by Yoel Sykes

(This workshop will meet **outdoors**, gathering place TBA)

We all hear the call, to come home, to surrender it all back into the source, to rest deeply. The nature Spirit teaches us how to receive - which is why the kabbalists of Tzfat spent time in nature before Shabbat, as a gateway into this sacred sanctuary. In Gematria (Hebrew numerology) Elohim (A name of God) = HaTeva (the Nature), as we tune in together and listen deeply with reverence, Divine Spirit invites us to come closer, to meet her and know her, here in this body, here in this place.

(In event of Incelement weather)

Praying with the Body - Yoel Sykes

Sometimes the mind has ideas about what should be, while the body knows what is. When we think about Gaya consciousness as Reb Zalman of blessed memory calls it, we are part of a greater body through which valuable information is flowing. Let's tap into this information through prayerful intention and movement, and come into alignment with the wellness of all life, as messengers who carry a sacred message of peace, and the deep prayers of our hearts.

Shabbat Afternoon

3pm

The Teachings of Your Mothers

Led by Chaplain David Balto

Proverbs instructs "Listen, my child to your father's instruction and do not forsake your mother's teaching"

We will gather together on a restful Shabbat afternoon to explore and share our mothers' teachings.

What are the teachings of your mother that reside with you every day? As you have grown older how have you understood or questioned your mother's teachings. If you were to ask your mother what would she say were her teachings? What does it mean to you to try to not forsake your mother's teachings? If we asked your mother would she say you have abided with her teachings?

4pm

How to Give a Blessing

led by De Herman

5pm

Healing Service

Reb Chaya Lerner and R' Mark

7:30 - The MOSh Cabaret!!

Have a poem, joke, song, story, reflection, or something else 5-7 minutes or less that you'd like to share? Be in touch with Judith Dack and/or Binah Block at the retreat to let them know you'd like to add to the fun.

Shouk (pronounced shook) Open all retreat except during Shabbat

Would you like to contribute to MOSh? You can do so by participating in the Shouk! This year, instead of a silent auction, we are offering a Shouk (store).

Look around your home. See if there are any Jewish treasures that you are willing to part with, for example: Tallit, kippah, dreidels, menorahs, challah covers, Seder plates, havdalah set, CDs, art, jewelry, original art, yad for chanting Torah, mezzuzah, etc. You can also bring personal works of art, books you have authored, and photos you've framed. Please bring a few treasures to the retreat with you.

Before you arrive at the retreat, decide a price for each item. We will label your treasure with a price tag.

Your contribution is considered a donation to MOSh. The proceeds of all purchases will go to MOSh.

Payment for items can be made by cash, check, or credit card through Zeffy (we will provide a handy dandy QR code that takes you to MOSh's secure, dedicated payment page)