

Asu Li Mikdash

Build Me a Sanctuary - Inside and Out

Thursday - February 27

3:30pm - 5:30 MOShniks arrive Take donated items to Shouk
(adjacent to Monocacy)

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

7:15 - 8pm Maariv - DDK and Blnah (Monocacy)

8 - 9pm Opening Circle...snacks, visiting, Shouk open

Friday - February 28

7:30 - 8:15 Meditation before breakfast (led by DDK)

8 - 9am Breakfast

9:30 - 10:15 Shacharit, (led by Devorah Lesk)

10:30 - 11:45 D'vey'kut: Clinging to G!d (led by R' Mark)

We will explore how the concept of "D'vey'kut, clinging to G!d" can be used to foster genuine connections between us and inside of us. With chevruta (group) study.

12-1 Lunch

1:15 - 3:15 We are the Stories We Tell (led by Renée)

Workshop in personal storytelling

(Caution: This Workshop is a Lot of Fun!) (**description below**)

2 - 3:30 Everything You Know is Wrong - and that's the Best News You'll Hear all Day (Workshop led by DDK) (**description below**)

3:30 - 4 and repeated from 4:10-4:45

Singing in the Silo: Tuning in, Attuning To with R' Mark

One half hour of singing and silence, singing and silence

(**description below**)

(IMPORTANT: Because of limited space in the silo, you must sign up for one of the two slots upon arrival)

4:45 Pre-Shabbat walk : Walking the Labyrinth -

(led by Maryrita...weather permitting)

5:44 Candlelighting (Outside of Monocacy)

5:30 - 6:30 Dinner
7:15 - 8:30 Kabbalat Shabbat - Wear White :>)
(led by R' Mark & The Holy Levites,
with Musician in Residence Joe Kessler)
8:45 Oneg Shabbat (desserts)

Saturday March 1

7:45- 9am Breakfast
9 - 9:45 TBA
10-12:15 Shacharit (led by R' Mark & The Holy Levites,
with Musician in Residence Joe Kessler)
12:30 - 1:30 Lunch
After lunch: Down time, visiting time, nap time
3 - 4 pm Torah of Trauma - led by Reb Chaya Lerner
(description below)
4 - 4:45 pm The Origins of Klezmer with Joe Kessler
(description below)
5pm Healing Service - led by R' Mark, with Joe Kessler
6-7 Dinner
7:30 Havdalah (led by Scott Reiter)
7:45 The 3rd Annual Hoff Memorial Cabaret **(description below)**
Wear your most festive garb!
Volunteer to present with Binah
Dancing and revelry

Sunday March 2

8-9 Breakfast
(Turn in room key and out of room by 10am)
9:45 Shacharit (led by R' Mark & The Holy Levites)
Closing Circle (ends no later than 11:15)
11:30-12:30 Lunch
1pm - Safe travels and Good-bye hugs

Workshop Descriptions

Friday

1:15 - 3:15 *We are the Stories We Tell (led by Renée)*

A fun, thought provoking, and community building exploration of personal storytelling. Through guided practice, we will identify and share stories. Renee creates a fun and safe environment for stories to arise. No previous storytelling experience necessary, although those with experience or a story they already want to tell will also have a great time.

1:45 - 3:15

Everything You Know is Wrong - and that's the Best News You'll Hear all Day (led by DDK)

There are different ways of knowing.

There's what we believe we know in our minds.

There's what we feel we know in our hearts.

Yet our actions may indicate a different "knowing" altogether.

I suggest that all of these are mistaken.

Finding this out could be the key to a more joyful experience of life.

Who knows?

You may come away from the workshop happy to have been proven wrong!

This will primarily be an experiential workshop.

3:30 - 4 and repeated from 4:10-4:40

Singing in the Silo: Tuning in, Attuning To, with R' Mark

One half hour of singing and silence, singing and silence

There will be no conversation during this time. You must meet outside of the silo for instructions immediately preceding the start time. Sorry, no latecomers will be admitted once the door is closed.

(IMPORTANT: Because of limited space in the silo, you must sign up for one of the two slots during registration)

Saturday

3-4pm The Torah of Trauma

Reb Chaya will introduce us to her new book - *Torah of Trauma* - which connects Torah and ancient text with modern day traumas. Our ancestors went through the same traumas we did and they used healing tools we can use today. Join fellow MOShnik Reb Chaya Lerner for a thought-provoking introduction to her work.

4 - 4:50 The Origins of Klezmer

Klezmer translates to vessel of song.

It has a prayer origin, the priests of the ancient temples were conduits for the congregation. The melodies and modes of the prayers became the nigunim people learned. The diaspora then happened and the music traveled along with the people. I'll play a series of tunes that reflect this journey. Beginning with a middle eastern tune, then some tunes that are from the balkan area and then some Eastern European influenced songs showcasing Chassidic as well as some of the Russian and Polish influences. I'll play a little bit of the Sepahrdic music. There's an Arabic connection as well, so I'll play a little of that. Then Klezmer comes to the new world, so I'll play a couple numbers from that time period. I'll finish with Bashana Habaa, which is a modern composition that ties in all of those traditions.

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 Binah Block **(Renée would you like to co-lead the Cabaret?)** at or before the retreat to let her know you'd like to add to the fun. Contact her at binahblock@gmail.com or at the retreat

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!

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.

What to do:

Before you arrive at the retreat, decide a suggested 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)

On Sunday: You **MUST** retrieve any items of yours that did not sell and take them with you. Thank you!