

Asu Li Mikdash

Build Me a Sanctuary - Inside and Out (Schedule subject to change)

Thursday - February 27

3:30pm - 5:30 MOShniks arrive

Take donated items to Shouk (adjacent to Monocacy)

6 - 7pm Dinner (SugarLoaf Dining Room)

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

8 - 9pm Opening Circle, led by Rick Stone
followed by snacks, visiting, Shouk open

Friday - February 28

7:30 - 8:15am Meditation before breakfast (Tidball in hotel, led by DDK)

8 - 9am Breakfast

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

10:30 - 11:45am *D'vey'kut: You Are What (and How) You Eat*
(Monocacy, led by R' Mark)

Using Chasidic commentary, we will explore how the concept of *D'vey'kut - Clinging to G!d*, can be put to use, every minute of every day. With chevruta (group) study.

12-1 Lunch

1:15 - 3:15 *We are the Stories We Tell* (Monocacy, 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 (Tidball, Workshop led by DDK)
(description below)

3:30 - 4pm Singing in the Silo: Tuning in, Attuning To with R' Mark
(Repeated 4:10 - 4:40)

One half hour of singing and silence, singing and silence

(description below)

(IMPORTANT: Because of limited space for 12 people in the silo, preference will be given if you sign up for one of the two time slots upon arrival)

Prepare for Shabbat - Wear White

5:44pm Candlelighting, Kiddush and Motzi (Monocacy)

6 - 7pm Dinner

7pm Shabbat walk (Monocacy lobby and hallway)

7:30 - 8:45pm Kabbalat Shabbat - Wear White :>)

(led by R' Mark & The Holy Levites,
with Musician in Residence Joe Kessler)

8:45pm Oneg Shabbat (desserts)

Saturday March 1

7:15 - 8am - Contemplative Yoga with Larissa Blechman (Monocacy)

A sweet and gentle entrance into the day - no experience necessary -
can be done with mat (BYO) or chair

8 - 9am Breakfast

9 - 9:45am Today is HIAS' 7th Annual Refugee Shabbat across the US. Come explore how to strengthen the sanctuary of our hearts and extend radical hospitality to the stranger.
(led by Elizabeth Cohen and Bruce Lugn)

10am -12:15pm Shacharit (led by R' Mark & The Holy Levites,
with Musician in Residence Joe Kessler)

12:30 - 1:30pm Lunch

After lunch: Down time, visiting time, nap time

1:45pm - Friends of Bill (Tidball)

2:30pm - Walking the Labyrinth

(Meet outside of Monocacy, led by Maryrita...weather permitting)

3 - 3:45 pm Torah of Trauma - (Monocacy)

led by Reb Chaya Lerner

(description below)

4 - 4:45 pm The Evolution of Klezmer: From the dinosaurs to
Spaceships? (Monocacy) with Captain Joe Kessler

(in honor and memory of Hazzan Jack Kessler z'l)

(description below)

5pm Healing Service - (Monocacy) led by R' Mark, with Joe Kessler

6-7pm Dinner

7:30pm Havdalah (led by Scott Reiter)

7:45 The 3rd Annual Hoff Memorial Cabaret **(description below)**

Co-hosted by Binah "Broadway" Block and Rick "Crash" Stone

Get yourself on the schedule by checking in with Binah or Rick

Wear your most festive garb!

Dancing and revelry!

Sunday March 2

7:15 - 8am - Contemplative Yoga with Larissa Blechman (Monoacy)
A sweet and gentle entrance into the day - no experience necessary -
can be done with mat (BYO) or chair

8-9am Breakfast
(Turn in room key and out of room by 10am)

10am - Shacharit (led by R' Mark & The Holy Levites)
Closing Circle (ends no later than 11:30)

11:30-12:30 Lunch

1pm - Safe travels and Good-bye hugs

Workshop Descriptions

Friday

1:15 - 3:15pm *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. Renée 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 - 3:15pm

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 - 4pm and repeated from 4:10-4:40pm

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 - 4:50pm

The Evolution of Klezmer: From the dinosaurs to Spaceships?

Led by Joe Kessler (in honor /memory of Hazzan Jack Kessler z'l)

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. We'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 or Rick Stone at or before the retreat to let them know you'd like to add to the fun.

Contact Binah at binahblock@gmail.com, Rick at stone@storywork.com, or speak to them 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!