

Jewish Men's Retreat Weekend Program and Schedule

Friday

4:00-5:00: **Welcome reception**

Get settled and enjoy assorted refreshments.

5:00: **Group ice breaker**

A chance to meet the other men participating in this retreat.

5:45: Welcoming words by guest speaker **Rabbi Aaron Herman**

6:00: **Mincha and Kabbalat Shabbat**

Welcome Shabbat with Lively Kabbalat Shabbat

7:00: **Shabbat dinner**

Enjoy a delicious, 4-course meal, accompanied by words of inspiration and another fun ice breaker game.

9:00: **Farbrengen**

Informal schmooze and discussion.

Shabbat

8:30-10:00: **Breakfast buffet**

9:00-10:00: Your choice of: (based on interest we will be offering 2 of the 3 choices below)

- a. **Meditation and Mindfulness**
- b. **Parsha and current events**
- c. **Chassidus text based**

10:00-11:00pm: Your choice of:

- a. **Morning Service**
- b. **GPS for prayer**

11:00-12:15: **Interactive Torah Reading**

12:30-2:00: **Shabbat lunch**

Enjoy a delicious Shabbat lunch with food for body, mind and soul.

2:00-3:00: Your choice of: (based on interest we will be offering 2 of the 3 choices below)

- a. **Jews and professional sports**
- b. **Shabbat laws (good title?)**
- c. **Balancing life, family and work**

3:00-4:00: **Q&A with Rabbi Herman**

This is your chance to ask our warm, wise and witty guest speaker anything on your mind, no holds barred.

4:00-4:45: **Personal experiences**

Six short personal talks given by participants of the retreat

4:45-5:45:- Your choice of:

- a. **Taxes and Charity – How would a Halacha system work**
- b. **Tikun Olam – it's origin and meaning**

5:45-6:50: Mincha and **Seuda Shlishit** (Third Meal of Shabbat)

Enjoy a delicious buffet, followed by group sharing

6:50-7:10: Maariv and **Musical Havdallah**

7:15-8:00: Your choice of:

- a. Free **swim/exercise**
- b. **Films** and Discussion

8:00-9:00: Your choice of:

- a. Free **swim/exercise**
- b. **Beer Brewing** and **Wine tasting ??**

9:00-10:00: **Wine, desserts, music and schmoozing**

Sunday

8:30am: Morning services and breakfast.