

Dvar Torah: Judith Edelstein

12-1:00pm	Lunch <i>Chevrah</i> table with David Jaffe, Judith Edelstein and Shoshana Litman	<u>Lakeview Room</u>
1-2:00pm	Program #2: Holiness, Self and Other <u>Rm.</u> <i>Micha Berger</i>	<u>Great Lakes</u>
2:00–3:30pm 3:30pm	Break Mincha	<u>Marquette Room</u>
4:00–5:00pm	<i>Shalosh Seudah (with z'miros)</i> Program #3: Hitbonenut: Mussar Meditation <i>Alan Morinis</i>	<u>Lakeview Room</u>
5:00pm	<i>Maariv</i>	<u>Marquette Room</u>
5:16pm	<i>Havdalah</i> (led by David Jaffe)	<u>Lakeview Room</u>
5:30–6:45pm	Program #4: Nosei b'Ol im Chaveiro: middah and practice <i>Yaacov Haber</i>	<u>Great Lakes Rm</u>
6:45pm	light dinner	<u>Lakeview Room</u>
7:30pm	Program #5 Mussar Talent Show <i>Dan Sabol, MC, Shoshana Litman, Tzippy Marks-Barnett,</i>	<u>Lakeview Room</u>
9:00pm	Closing Meditation	<u>Lakeview Room</u>

SUNDAY, NOVEMBER 13

7:15-8:00am	Morning stretches with a Mussar twist: zehirut <i>Nina Piken Yarus</i>	<u>Aeorbics Studio (lower level)</u>
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8:00–8:45am	Davenning <i>mechitzah minyan</i> egalitarian <i>minyan</i>	<u>Great Lakes Rm</u> <u>Marquette Room</u>
9:00-9:45am	Breakfast	<u>Lakeview Rm</u>
10–11:15am	Program #6 <i>Hitpa'alut</i>: Mussar chanting to open the heart to the Other <i>Alan Morinis</i>	<u>Great Lakes Rm</u>
11:15–11:30am	Break	
11:30–12:45	Program #7 <i>Avodah</i>: Serving the Other as Spiritual Practice <i>Yaacov Haber</i>	<u>Great Lakes Rm.</u>
12:45-1:30pm	lunch	<u>Lakeview Rm</u>
1:30–3:00pm	Program #8a: <i>Middah 1: chesed</i> <i>Shirah Bell</i>	<u>Indiana Room</u>
	Program #8b <i>Middah 2: savlanut</i> <i>David Jaffe</i>	<u>Michigan Room</u>
	Program #8c <i>Middah 3: rachamim</i> <i>Micha Berger</i>	<u>Lakeview Rm</u>
3:00–3:15pm	Break	
3:15-3:30pm	<i>Mincha</i>	<u>Marquette Room</u>
3:30–3:40pm	meditation	<u>Marquette Room</u>
3:45-4:45pm	Program #9 <i>The Mitzvah of Ahavat Chesed</i> ["Loving Lovingkindness"] <i>Alan Morinis</i>	<u>Great Lakes Rm</u>

4:45–6:15pm	Free time / Networking	
6:15-7:30pm	Dinner	<u>Lakeview Room</u>
7:30–7:40pm	meditation	<u>Great Lakes Rm.</u>
7:45-9:15pm	Program #10: Role Models: tales of <i>lamed-vavniks</i>, <i>tzaddikim</i> and others who show us how to help others bear their burdens <i>Rivy Kletenik, Yaacov Haber, David Jaffe</i>	<u>Great Lakes Rm</u>
9:15pm	<i>Maariv</i>	<u>Marquette Room</u>

MONDAY NOVEMBER 14

7:00-7:45am	Silent walk in the forest: <i>yirah</i> led by Susanna and Eric Henley	<u>Meet in Lobby</u>
7:45 –8:30am	Davenning <i>mechitzah minyan</i> egalitarian <i>minyan</i>	<u>Marquette Room</u> <u>Great Lakes Rm</u>
8:45-9:30am	Breakfast	<u>Lakeview Rm</u>
9:45–10:45am	Program #11 Panel discussion Practices for Soft-hearted Living <i>Yaacov Haber, Shirah Bell, Alan Morinis, Rivy Kletenik</i>	<u>Great Lakes Rm.</u>
11 am–12 pm	Closing / Where to from Here? <i>Michael Burnham & Gary Shaffer</i>	<u>Great Lakes Rm</u>
12 noon	Program ends – closing ritual	

Each participant says goodbye to the person whose name they had on

their card, and whose name was held by someone else. Say in both cases what was most appreciated about that person.