

CHABAD
WOMAN'S RETREAT
rejuvenating body and soul
Chabad at Stony Brook



Friday: February 10

CHECK IN

3:00 PM

WELCOME & CANDLE LIGHTING CEREMONY

4:30 PM

Lights of the Soul with Chanie Cohen

PERSONAL RELECTIONS AROUND THE
 SHABBAT CANDLES with Sheila Skolnick

WHO IS THE SHABBAT QUEEN

A deeper look at the Friday Night prayer of Lecha Dodi

Looking at the impact of Shabbat on our body and soul

and how Shabbat can bring serenity and dignity to the rest of the week.

KABBALAT SHABBAT with Shterny Fogelman

Evening Services in Hebrew and English

FOUR COURSE GOURMET SHABBAT DINNER

5:45 PM

Ice Breaker: Sentence Starters

WHAT THE TALMUD SAYS ABOUT BEING A WOMAN

The tale of a Chassidic Feminist

Exploring the Feminine mystique and the powerful impact of the Jewish woman from time immemorial.

PAJAMA PARTY

9:45 PM

PRIORITIES Getting real with ourselves

FARBRANGEN Speed Inspiration from our peers

Tracey Marlowe, Tracy Besso, Michele Press, Carol Bedell, Jaime Glas

WHERE IS G-D WHEN IT HURTS

My story of mourning and healing after the loss of my baby girl.

Or **GAME NIGHT** grab your favorite game and let the action begin!

Shabbat: February 11

RELAX WITH BREAKFAST IN BED

9:00 AM

EARLY RISER KABBALAH **3 Chassidic principles that will change your life**

Did you know that G-d created the world from absolutely nothing, that He planted powerful sparks of potential in unusual places and that every person has two souls? These 3 kabbalistic teachings are paradigm shifts and extremely useful in our everyday life.

9:30 AM

CONTINENTAL BREAKFAST

10:30 AM

REFLECTION THROUGH PRAYER

11:00 AM

OH EM GEE with Chaya Grossbaum

PRAYER

Services in Hebrew and English with Rochelle Spritzer

Enjoy a full Hebrew & English service as we pray together in joyous song with explanations and Chassidic insights



Shabbat February II

STUDY GROUP - MAN IS A TREE OF THE FIELD

The Jewish calendar reserves one day each year -- the New Year for Trees on the 15th of Shevat -- for us to contemplate our affinity with our botanical analogue and what it can teach us about our own lives..

11:45 AM

SHABBAT LUNCHEON

12:30 PM

PARSHA AND LIFES MUSINGS with Hilit Gavi

WHAT MAKES PEOPLE DIFFERENT?

My struggle to get onto the happy train

G-d wants us to be happy, but how can we be if our lives are often challenging and frustrating? Lets learn about what the Torah says about becoming happier people.

SHABBAT REST

3:30 PM

AN INTERACTIVE WORKSHOP: HOW TO GET ALONG WITH PEOPLE YOU DON'T APPRECIATE

4:45 PM

Understand your own personality prototype based on the kabbalah's description of the soul and then try and understand other people as well.

HAVDALLAH Farewell to Shabbat

6:04 PM

RELAX!

Enjoy a Splash in the Pool, Soak in the Hot Tub, Relax, and Schmooze

7:30 PM

GROUP PHOTO

8:00 PM

DRUM CIRCLE

Using hand drums, each participant will add their unique flavor to a joyous, group expression of our inner selves.

8:30 PM

LIGHT DINNER

Woman's Retreat - The Musical - Television Edition

Cast: Tracy Besso, Alina Gang, Deborah Peretz, Rosalind Davis, Randee Silberfeld, Gayle Stock, Tracy Marlowe, Julie Hanauer

LATE NIGHT PANEL: Q & A with your Rebbetzin

Sunday: February 12

QUICK FIXES TO MAKE YOUR HOME FRESH AND NEW

8:30 AM

with Natlalie Weinstein

Getting Ready for spring and beyond.

BREAKFAST & CLOSING SESSION

9:15 AM

The Power of Memory with Rivkie Grossbaum



DEAR LADIES

We are so excited that you will be coming to the Chabad Women's Circle Shabbat Retreat. I'm sure the Shabbat will be thought-provoking, relaxing, and invigorating. I know we can't wait!

As a special gift to you, please find a CD with our 'Shabbat Favorites'. Please take some time to listen and familiarize yourself with the words to the songs so that we may have beautiful songs we can sing together on Shabbat in unison. We have been tirelessly working on the retreat schedule.

Here is a glimpse of some of our program highlights. A more detailed schedule will be emailed closer to Retreat date.

THE WELCOME: Candle Lighting Ceremony

FOUR COURSE GOURMET SHABBAT DINNER

WHAT THE TALMUD SAYS ABOUT BEING A WOMAN

Keynote Address with Mrs. Rochel Holzkenner

Just Relax: Breakfast in Bed & Continental Breakfast

Early Riser: 3 Chassidic Principals that will change your life

Soul Strings: Interactive Shabbat Services with Song & Commentary

SHABBAT LUNCHEON

Keynote: What Makes People Different?

My Struggle to get on the happy train

Afternoon Workshop: How to get along with people you don't appreciate

HAVDALLAH SERVICE

Saturday Night in Style; Drum Circle

SUNDAY MORNING WORKSHOP

Quick Fixes to Make Your Home Fresh & New

We look forward to greeting you at the Retreat in just a two short weeks!

Sincerely, Shabbat Retreat Committee

