



Shavuot Retreat Schedule

June 11 – 14th, 2024

Tuesday, June 11th

When	What	Who	Where
3:00 – 6:00 PM	Arrival & Check-in		Great Hall
3:00 – 6:00 PM	Arrival Snack		Great Hall
3:00 – 5:00 PM	Shvueslekh: A Hands-on Experience of the Art and History of Jewish Papercuts	Jason Rosenblum	Great Hall
	<i>Often forgotten when discussing Jewish folk-art is the widespread art of paper-cutting. Consisting of intricate designs cut into cheap paper, these beautiful works of art lined many Jewish homes and Yeshivas across worldwide Jewry and became especially prominent among Ashkenazim. Come explore the history of this artform, its relationship to Jewish and Yiddish culture and create your own Jewish papercuts for shvues (Shavuot), continuing a long and beautiful tradition. No artistic or papercut experience required; if you've made a paper-snowflake you can make one of these!</i>		
3:30 – 4:00 PM	Mikveh – Non-binary & Genderqueer		Dock
4:00 – 4:30 PM	Mikveh – Women		Dock
4:30 – 5:00 PM	Mikveh – Men		Dock
5:30 – 6:15 PM	Adult Snack		Great Hall
	Kids' Dinner & Programming Orientation		Arts & Crafts
	<i>The Orientation is mandatory for all Gan & Camp Adamah parents.</i>		
6:30 – 7:30 PM	Singing Under Sinai	All Faculty	Library
	<i>Let's prepare our hearts for the holiday by raising our voices in sacred song.</i>		
7:45 – 8:10 PM	Orthodox Mincha		Library
7:45 – 8:45 PM	Renewal Ma'ariv		Synagogue
8:11 PM	Candlelighting		Great Hall
8:15 – 8:45 PM	Orthodox Ma'ariv		Library
8:45 – 10:15 PM	Festive Holiday Dinner		Dining Hall

Tikkun Leil Shavuot

When	What	Who	Where
10:15 – 11:15 PM	Niggun Opening Circle	Elana Brody	Firepit
	<i>For this all-night fire ceremony, we will begin with niggunim - wordless melodies - until midnight with no instruments, just voices. Then, we will add songs with drums, and continue through the night with songs (musical instruments allowed) until dawn, concluding with a collaborative musical hallel service. All folks are welcome to bring their favorite songs for communal singing or that uplift them to their revelation!</i>		
	Night Walk	Arielle Aronoff	Meet Outside Main Building
<i>"To go in the dark with a light is to know the light. To know the dark, go dark, go without sight." Let's take a slow-paced walk around the lake, learn about nocturnal and crepuscular animals, and discover the power of our own eyes and our capacity to see in the dark.</i>			
11:15 PM	Late Night Sweet Treat		Great Hall
	<i>Join us for a dairy-full delicious dessert bar, with homemade wonders created by our incredible kitchen staff.</i>		
11:30 PM – 12:30 AM	Seeing the Voices: Synesthesia, Mysticism and the Divine Names	Barya Schachter	Synagogue
	<i>An examination of the narrative of Matan Torah, the description of that experience and the use of different Divine Names therein.</i>		
12:45 – 1:45 AM	Why were the Jews Offered the Torah Last?	Ezra Seligsohn	Synagogue
	<i>In this class, we will study a classical text which seems to suggest that all other nations were offered and subsequently rejected the Torah before the Jewish people had their chance. Preconceived notions welcome, open minds encouraged.</i>		
2:00 – 3:00 AM	Desert Delights	Ma'ayan Seligsohn	Synagogue
	<i>In this Svara style beit midrash session, we will explore the unique relationship between Torah and the desert.</i>		
3:15 – 4:15 AM	Why do We Eat Cheese on this Holiday?	Lev Siegel	Synagogue
	<i>We will take a look at the broader question of why we eat together with a specific interest in Shavuot and dairy. We will look at a few sources and pull from our own experiences.</i>		
4:30 – 5:45 AM	Sunrise Hike	Shamu Sadeh	Meet Outside Main Building
	<i>We will start in the waning darkness and head up a short steep forested hill, then through the deep dew of tall flowering grasses to a spot where we can witness the sun rising over the horizon. A silent meditative walk noticing what is being revealed within us and around us.</i>		
6:00 – 7:00 AM	Community Sunrise Hallel		Firepit
	<i>Join us for a community-led sunrise hallel.</i>		

Wednesday, June 12th

When	What	Who	Where
7:00 – 8:00 AM	Gentle Hatha Yoga	Luna Manela	Beige Yurt
	<i>Enjoy an hour of Hatha yoga, utilizing breath and gentle movement to foster inner focus and compassion.</i>		
8:00 – 10:00 AM	Breakfast		Dining Hall
9:00 AM – 12:00 PM	Camp Adamah		Arts & Crafts
	Gan Adamah		Beige Yurt
9:00 AM – 12:00 PM	Orthodox Shacharit + Hallel + Torah Service + Musaf		Library
10:00 AM – 12:00 PM	Renewal Shacharit + Hallel + Torah Service		Synagogue
12:15 – 12:45 PM	All- Streams Bikkurim Parade	Adamah Staff	Barnyard
	<i>We will gather under the wedding canopy with the first fruits of the farm waving bundles of rye to celebrate and give thanks for the fruits of this land. We will sing, drum, dance and parade to the center of campus—our pilgrimage to kiddush.</i>		
12:45 – 1:00 PM	All-Streams Kiddush		Lawn Behind Arts & Crafts
1:00 – 2:15 PM	Festive Holiday Lunch		Dining Hall
2:30 – 6:30 PM	Camp Adamah		Arts & Crafts
2:30 – 3:30 PM	The Deep Dive: Ashrei	Eliana Light	Synagogue
	<i>Whether in services or teaching, we don't often have enough time to connect to each gem of our liturgy. So let's slow down. Through the Light Lab methodology of chevruta (partnered) study, song, and personal reflection, we'll take one gem of our liturgy (in this case, Ashrei) and raise it to the light. What do our ancestors have to say to us right now? What does our own soul yearn to say? In this safe and supportive environment, let's dive deep, open our hearts, and move from liturgy to prayer.</i>		
	Yoga Nidra	Zaro Bates	Beige Yurt
	<i>A guided meditation that yields deep relaxation. We will practice in shivasana, a supine position, so wear comfortable clothing to lie down in. Mats and props available. Bring an eye mask or dark-colored T-shirt to fold over eyes if available.</i>		
3:30 – 4:00 PM	Light Lab Mincha	Eliana Light	Synagogue
	<i>Musical, experimental, egalitarian. Mourner's kaddish will be said.</i>		
	Orthodox Mincha		Library

4:15 – 5:15 PM	Unlearning Jewish Anxiety	Caryn Aviv	Synagogue
	<i>Unlearning Jewish Anxiety offers practical tools for folks who feel anxious about being and doing Jewish in an uncertain world. We'll explore some internalized anti-Jewish oppression patterns about our safety, worthiness, and belonging in the world. Then we'll take a brief tour through the fascinating neuroscience of anxiety, habits, and rewards-based learning. The workshop concludes with simple, Jewish embodied practices can help us live more in the present moment with more self-compassion, awareness, curiosity, and courage.</i>		
	Farm Tour	Adamah Staff	Meet Outside Main Building

	<i>Come see the first fruits of the harvest in their natural habitat! Our fifteen-acre regenerative farm is home to a wide diversity of plants and animals. At this early summer moment, you'll see tiny berries just beginning to form, leafy green vegetables seeming to grow by inches each day, and chickens who love challah.</i>		
5:30 – 6:30 PM	Jewish Mysticism, Healing, and Radical Amazement, Part 1: The Baal Shem Tov	Rachel Feldman	Synagogue
	<i>In conversation with our retreat theme, this class will consider how experiences of “radical amazement” formed the foundation of what would become the Hasidic movement in 18th Century Eastern Europe. We will read and discuss primary sources including stories from the Baal Shem Tov (1698-1760) on the very day of his Yahrzeit (the first day of Shavuot). We will consider the ways in which Jewish mystical practices are connected to forms of physical and spiritual healing. No prior knowledge of Hasidism required!</i>		
	Ultimate Frisbee	Ezra Weinberg	Field Behind Weinberg Building
	<i>The classic game that combines aspects of basketball, football, and soccer, but the chill of frisbee. No experience needed. Playing for fun and exercise. Ages 6 and up.</i>		
	Praying With Your Feet	Arielle Aronoff	Meet Outside Main Building
	<i>“To pray is to take notice...” Look at what is beneath your feet and above your head while learning to observe the tiny treasures that surround you. A quiet walk through the forest, expanding our awareness and deepening our connection to the natural world.</i>		
6:30 – 7:15 PM	Adult Snack		Great Hall
	Kids' Dinner		Arts & Crafts

7:15 – 8:15 PM	The Power of Kindness	Michal Fox Smart	Library
	<i>Let's take a deeper look at Megillat Rut (Book of Ruth). We'll focus on the theme of Chesed (Kindness) which pervades this powerful story, against a backdrop of danger. We will notice ways in which different characters, particularly Ruth and Naomi, are empowered or disenfranchised, seen or "othered," ostracized or included within the community of care. We will also explore themes such as family rupture and repair, tshuva, and redemption.</i>		
	The Revelation of Now: Singing as a Tool for Presence	Elana Brody	Synagogue
	<i>Join Kohenet Elana Brody in an A Cappella vocal journey, inspired by her experiences “circle singing” with 10-time Grammy winning vocalist Bobby McFerrin, and in her decades of work as a songwriter and song leader. In our group, we will be guided by Elana in how to improvise music that has never been created before, and open ourselves to the creative, revelatory potential found through LISTENING to each other, and EXPRESSING our musical ideas courageously. We will sing, we will create, we will reveal our shine to each other, and we will experience the joy and freedom that comes when we fully trust our connection to Source. No musical experience is required to be in this session. All voices are welcome, and honored!</i>		
8:30 – 9:15 PM	Ask Me Anything about Adamah and Freedman	Yoni Stadlin	Sunroom

	<i>Get to know our Chief Immersive Experience Officer and hear about our merger, organization and where we are going.</i>		
8:45 – 9:45 PM	Renewal Ma'ariv		Synagogue
9:22 PM	Candlelighting		Great Hall
9:25 – 9:45 PM	Orthodox Ma'ariv		Library
9:45 – 11:00 PM	Festive Holiday Dinner		Dining Hall
11:00 PM – 12:00 AM	All-Streams Tisch	Emily Nadel	Synagogue
	<i>We gather around a festive table to share songs and Torah, and to enjoy some sweet treats and spirits.</i>		

Thursday, June 13th

When	What	Who	Where
7:00 – 8:00 AM	Gentle Hatha Yoga	Luna Manela	Beige Yurt
	<i>Enjoy an hour of Hatha yoga, utilizing breath and gentle movement to foster inner focus and compassion.</i>		
8:00 – 9:30 AM	Breakfast		Dining Hall
9:00 AM – 12:30 PM	Camp Adamah		Arts & Crafts
	Gan Adamah		Beige Yurt
9:00 – 10:30 AM	Orthodox Shacharit + Hallel		Library
9:30 – 10:30 AM	Renewal Shacharit + Hallel		Synagogue
10:30 – 11:00 AM	All-Streams Megillat Ruth		Library
	<i>The Book of Ruth is traditionally read aloud on Shavuot: a story of the triumph of kindness over indifference, inclusion of the "other" and the disenfranchised, and the sometimes surprising path to redemption. Please join us for an "all streams" traditional leyning of the megilla.</i>		
11:00 – 11:30 AM	All-Streams Yizkor		Library
	<i>Gather as one community for a moment of memory.</i>		
11:30 AM – 12:30 PM	Orthodox Torah Service + Haftorah + Musaf		Library
	Renewal Torah Service		Synagogue
12:45 – 1:00 PM	All-Streams Kiddush		Dining Hall
1:00 – 2:15 PM	Festive Holiday Lunch		Dining Hall
2:30 – 6:30 PM	Camp Adamah		Arts & Crafts
2:30 – 3:30 PM	The Deep Dive: Mincha	Eliana Light	Synagogue
	<i>What is our afternoon service, how did it develop, and what might it be for us? We'll study source texts and explore its liturgical building blocks. From these roots, we'll play in the lab and co-create our own mincha together (that you are welcome to stay for in the next block, or not!) What shines through when we hold mincha to the light?</i>		
	Hike to the Overlook	Adamahniks	Meet Outside Main Building
<i>Spend part of you Shavuot on our own holy mountain, where there is so much to see and receive. We'll hike up a little over half a mile through the local forest ecosystem that we lovingly refer to as the Interdependent Republic of Housatonica, ending at a gorgeous view. Parts of the trail are steep and can be a bit muddy, so wear solid footwear.</i>			

3:30 – 4:00 PM	Light Lab Mincha	Eliana Light	Synagogue
	<i>Musical, experimental, egalitarian. Mourner's kaddish will be said.</i>		
	Orthodox Mincha		Library
4:15 – 5:15 PM	Encountering the "Other"	Michal Fox Smart	Library
	<i>Inspired by Megillat Rut, in this text study session we will address civility to others, particularly those we find offensive, and the need to respect the "other." We will learn the</i>		

	<i>midrash of Rabbi Elazar and the Ugly Man, and a few other short teachings. Using a mindfulness lens, we may lightly touch upon our own biases and assumptions, along the way.</i>		
	Enchanted Amazement: Opening our Hearts to <i>Pelah</i> / Wonder	Ariel Hendelman	Synagogue
	<i>This offering will center around four chants. Three taken from the “blessings for special occasions” which help us to attune to the wonder of the everyday. Like when we see lightning, or a beautiful flower, or share n good news. The last one will be taken from the Torah reading of Shavuot. Chant is a practice of transformation. We will ascend Mt Sinai together. There will also be time to discuss the role of curiosity & amazement in our lives & in our spiritual practice & 1attune to what that feels like in our bodies. There will be instruments present.</i>		
5:30 – 6:30 PM	Jewish Mysticism, Healing, and Radical Amazement, Part 2: Rebbe Nachman’s Spiritual Healing Techniques	Rachel Feldman	Library
	<i>Building on the historical foundation established in Part 1, this class moves forward in time to consider the works of the Baal Shem Tov’s great-grandson: Rebbe Nachman of Breslov (1785-1807). We will read and discuss primary source texts in which Rebbe Nachman describes his unique approach to physical, emotional, and spiritual healing, the connection between prayer and nature, and the Hasidic quest for “radical amazement” (our retreat theme). This is a great opportunity for a guided tour through the fundamentals of Breslov Hasidism. It is not a problem if you did not attend Part 1, you are most welcome to jump in!</i>		
	Goat Tour	Shamu Sadeh	Meet Outside Main Building
	<i>Walk up the road to the western edge of the farm where our mixed flock of young sheep and goats graze under the young chestnut orchard. Learn how and why!</i>		
6:30 – 7:30 PM	Dinner		Dining Hall

7:30 – 8:30 PM	Adding a Ring to the Tree of Life	Barya Schachter	Library
	<i>Combining meditation, movement, chant, and conversation we will explore the root metaphor of the Torah as a living Tree and what it means for that Organism to grow.</i>		
8:30 – 9:30 PM	Renewal Ma’ariv		Synagogue
8:45 – 9:15 PM	Orthodox Ma’ariv		Library
9:30 PM	All-Streams Havdallah (9:22 PM)		Firepit
	<i>Bring your voices to musical havdallah as we sing the holiday to a close!</i>		

Friday, June 14th

When	What	Who	Where
7:00 – 8:00 AM	Gentle Hatha Yoga	Luna Manela	Beige Yurt

	<i>Enjoy an hour of Hatha yoga, utilizing breath and gentle movement to foster inner focus and compassion.</i>		
8:00 – 9:00 AM	Breakfast		Dining Hall
8:30 – 9:00 AM	Closing Ritual		Synagogue
	<i>Join us for a short shacharit and closing ritual to integrate our experience and take what we've received into the world!</i>		
9:15 AM	Guest Shuttle Departure		Great Hall
10:00 AM	Check out / Departure		