



**Isabella Freedman
Jewish Retreat Center**
AN ADAMAH CAMPUS

Pesach Retreat

April 5th – 14th, 2023

Wednesday, April 5th – Erev Pesach

When	What	Who	Where
3:00 – 4:30 PM	Arrival & Check-in		Great Hall
3:00 – 5:00 PM	Havdallah Sachet Craft		Great Hall
3:00 – 6:00 PM	Arrival Snack		Great Hall
3:30 – 4:00 PM	Mikveh – Non-binary & Genderqueer		Lake
4:00 – 4:30 PM	Mikveh -- Women		Lake
4:30 – 5:00 PM	Mikveh – Men		Lake
5:00 – 6:00 PM	The Journey from Purim and Pesach	Rabbi Sam Berkovitz	Sunroom
	<i>Is there a link between the back-to-back holidays of Purim and Pesach? If there is, how can that shape how we celebrate both holidays? In this class we will answer this question by exploring the halakhic and philosophical underpinnings of the month of Adar and Nissan.</i>		
	Pre-Chag Vinyasa Yoga	Nisi Ziff	Beige Yurt
	<i>Go into Chag with a sweat and move more mindfully, both on and off the mat. This Vinyasa based classes is still accessible by offering lots of variations (Only requirement is being able to get up and down easily). The main goal is for you to feel better after class than you did before you showed up!</i>		
6:00 – 6:45 PM	Kids' Dinner & Programming Orientation		Arts & Crafts
	<i>The Orientation is mandatory for all Gan & Camp Adamah parents.</i>		
6:45 – 7:00 PM	Mincha		Synagogue
7:05 PM	Candlelighting		Great Hall
7:15 – 7:25 PM	Meet the Chef	Jared Spafford	Great Hall
	<i>We are incredibly proud to nourish you during your stay with delicious food in alignment with our values and our mission. Come hear from our executive Chef about what to expect during your stay.</i>		
7:25 – 8:05 PM	Ma'ariv / Hallel		Synagogue
8:05 PM – 12:00 AM	Communal Seder		Dining Hall
	Semi-private Seder		Library
	<i>Eat afikomen before 12:55 AM.</i>		

Thursday, April 6th – Pesach Day 1

When	What	Who	Where
7:30 – 8:30 AM	Gentle Yoga	Zaro Bates	Beige Yurt
	<i>Breathe, stretch, and release in this restorative morning practice. All bodies are welcome!</i>		
8:30 – 9:30 AM	Breakfast		Dining Hall
9:00 – 12:15 PM	Camp Adamah		Arts & Crafts
	Camp Teva		Beige Yurt
9:00 – 10:20 AM	Shacharit / Hallel		Synagogue
10:20 – 10:40 AM	Morning Light Kiddush		Great Hall
10:40 – 12:15 PM	Torah / Haftorah / Devar / Musaf		Synagogue
12:15 – 1:45 PM	Festive Lunch		Dining Hall
2:00 – 5:00 PM	Camp Adamah		Arts & Crafts
2:00 – 3:15 PM	An Imperfect Messenger: Exploring God's Choice of Moshe as Leader	Yoetzet Halakha Zissy Turner	Synagogue
	<i>Join us as we examine pesukim (verses) from the Torah as well as later Rabbinic texts, to discuss the highs and lows of Moshe's leadership and how we can find inspiration from even the more challenging situations.</i>		
	Vayar Elohim Ki Tov: Growing Food Within Creation	Janna Siller	Meet Outside Main Building
	<i>Join us for a tour of the highly diversified Adamah farm. Learn how shiitake mushroom logs are inoculated, what the fruit trees are up to in April, and how we grow vegetables in ways that regenerate soil and positively impact the ecosystem. Meet our flock of chickens who live in the compost yard and who have a question for you: "Why are you feeding us so much matzah lately when on all other nights we eat bread?" We will be going outside the eruv and walking about 1/4 mile, mostly on uneven ground, so wear your good shoes.</i>		
3:30 – 4:45 PM	The Manna Principle (Part 1)	Rabbi Micha Odenheimer	Synagogue
	<i>This class will trace the economic justice spine of the Torah, from the story of the Garden of Eden through the Torah, Prophets, and Talmud, all the way to Hasidism and beyond.</i>		
	Hike to the Overlook		Meet Outside Main Building
	<i>Why do we climb mountains? What has this ancient practice meant to the Jewish people? To explore these questions for yourself, join one of the Adamah farmers for a mile hike up to a gorgeous vista over the Housatonic River Valley. The trail is steep and can be a bit muddy, so wear solid footwear.</i>		

Notes:

5:00 – 6:00 PM	Changing Times, Changing Meanings: Seder Customs That Don't Mean What They Used To	Dr. Jon Greenberg	Synagogue
	<i>Many of the things we do at the seder have not changed much for a very long time, but our explanations of why we do them have changed and multiplied many times over. We'll examine how the meanings of maror, charoset, karpas, wine, matzah, and the seder plate, among others, have developed and diversified in often surprising ways.</i>		
	Meet the Goats	Zimrah Sugar	Meet Outside Main Building
	<i>The goats in the barnyard are truly adorable. Join one of the Adamah farmers for a meet & greet and to learn more about how we care for our livestock.</i>		
6:00 – 7:00 PM	Snack		Great Hall
6:00 – 7:30 PM	Kids' Seder		Arts & Crafts
7:00 – 7:15 PM	Mincha		Synagogue
8:07 PM	Candlelighting		Great Hall
8:10 – 8:45 PM	Ma'ariv / Hallel		Synagogue
8:50 PM – 12:00 AM	Communal Seder		Dining Hall
	Semi-private Seder		Library
	<i>Eat afikomen before 12:55 AM.</i>		

Notes:

Friday, April 7th – Pesach Day 2

When	What	Who	Where
7:30 – 8:30 AM	Gentle Yoga	Zaro Bates	Beige Yurt
	<i>Breathe, stretch, and release in this restorative morning practice. All bodies are welcome!</i>		
8:30 AM – 9:30 AM	Breakfast		Dining Hall
9:00 AM – 12:15 PM	Camp Adamah		Arts & Crafts
	Gan Adamah		Beige Yurt
9:00 – 10:20 AM	Shacharit / Hallel		Synagogue
10:20 – 10:40 AM	Morning Light Kiddush		Great Hall
10:40 AM – 12:15 PM	Torah / Haftorah / Devar / Musaf		Synagogue
12:15 – 1:45 PM	Festive Lunch		Dining Hall
2:00 – 5:00 PM	Camp Adamah		Arts & Crafts
2:00 – 3:15 PM	Eliyahu HaNavi: Past, Present, and Future	Yoetzet Halakha Zissy Turner	Synagogue
	<i>Who do you imagine when you think of this great prophet? A Seder guest? A seer of the future? Join us as we examine the difference between the biblical and rabbinic depictions of Elijah. Be prepared to see this pivotal figure through new eyes.</i>		
2:00 – 4:45 PM	Extended Hike: Blue and Yellow Trails	Zimrah Sugar	Meet Outside Main Building
	<i>Join one of the Adamah farmers for the most strenuous combination of our hiking trails. There will be some steep parts and some boulders to navigate as well as some incredible land formations to explore in the woods. Do some forest bathing and notice the ways that the plants and animals are waking up for spring.</i>		
3:30 – 4:45 PM	The Manna Principle (Part 2)	Rabbi Micha Odenheimer	Synagogue
	<i>This class will trace the economic justice spine of the Torah, from the story of the Garden of Eden through the Torah, Prophets, and Talmud, all the way to Hasidism and beyond.</i>		

Notes:

5:00 – 6:00 PM	The Pesach Bunny, Brick Dust in the Charoset, and Other Seder Oddities	Dr. Jon Greenberg	Synagogue
	<i>Why do so many Hagadot have pictures of hares on thrones and as hunters' prey? How did karpas become an entire tapas course? How did brick dust wind up in a charoset recipe? How is the seder different in the Arctic? Come find out!</i>		
	Greenhouse Tour	Janna Siller	Meet Outside Main Building
	<i>At this time of year our greenhouse is filled with vegetables seedlings that we will transplant to the field later this spring. Come learn about what the seedlings are and how we grow them.</i>		
6:00 – 7:00 PM	Snack		Great Hall
6:00 – 7:00 PM	Kids' Dinner		Arts & Crafts
6:45 – 7:00 PM	Mincha		Synagogue
7:07 PM	Candlelighting		Great Hall
7:10 – 8:00 PM	Kabbalat Shabbat /Ma'ariv		Synagogue
8:00 – 9:30 PM	Shabbat Dinner		Dining Hall & Library
9:30 – 10:45 PM	Tisch		Great Hall
	<i>Together we will share joyful songs of Shabbat and storytelling.</i>		

Notes:

Saturday, April 8th – Chol Hamoed Shabbat

When	What	Who	Where
7:30 – 8:30 AM	Gentle Yoga	Zaro Bates	Beige Yurt
	<i>Breathe, stretch, and release in this restorative morning practice. All bodies are welcome!</i>		
8:30 – 9:30 AM	Breakfast		Dining Hall
9:00 – 12:15 PM	Camp Adamah		Arts & Crafts
	Gan Adamah		Beige Yurt
9:00 – 10:20 AM	Shacharit / Hallel		Synagogue
10:20 – 10:40 AM	Morning Light Kiddush		Great Hall
10:40 AM – 12:15 PM	Torah / Haftorah / Devar / Musaf		Synagogue
12:15 – 1:45 PM	Shabbat Lunch		Dining Hall
2:00 – 5:00 PM	Camp Adamah		Arts & Crafts
2:00 – 3:15 PM	It's a Cold and it's a Broken Hallelujah: Exploring the Jewish Ritual of Hallel	Rabbi Isaiah Rothstein	Synagogue
	<i>On all other holidays we sing songs of Hallel in the morning, but on Passover we sing the songs of Hallel in the morning and the evening. What is the Jewish ritual of Hallel? Why is Passover Hallel different from all other holiday Hallels?</i>		
	Torah Flora Walking Tour of the Grounds and Greenhouse	Dr. Jon Greenberg	Meet Outside Main Building
	<i>This walk won't take us very far, but we'll cover a lot of ground as we see what's growing and learn a lot about nature, Torah, and Jewish history.</i>		
3:30 – 4:45 PM	Walking when Your Shoes are Tied	Dr. Ben Madsen	Sunroom
	<i>Sometimes, issues cannot be resolved with brief tactics and methods. The individual components need to be examined closely like delicate puzzle pieces, and each piece must be validated and understood before we can move forward. Some methods will ask you to learn skills and heal-as-you-go. Psychodynamic therapy will sit you down, recognize that you can't walk if your shoes are tied together, and get you back on your feet, strong and confident. Come to learn the basics, some helpful re-frames, and how analysis has changed and maintained its relevance in its first 100 years.</i>		
	Shabbos Afternoon Yoga	Atara Troppe	Beige Yurt
	<i>Come as you are. We will move our bodies in a way that honors their present state. This class is slow, relaxing, inward focusing and breath centered. Beginners are welcome!</i>		

Notes:

5:00 – 6:00 PM	Bruriah: The First Female Talmud Scholar	Yoetzet Halakha Zissy Turner	Synagogue
	<i>The feisty and fiery Bruriah is the wife of one of the Talmud greats, and not only does she hold her own, she has inspired centuries of women. Come explore the life and teachings of the most learned woman in the Talmud.</i>		
	Plant Identification Walk in the Woods	Zimrah Sugar	Meet Outside Main Building
	<i>Join expert forest reader Zimrah Sugar in learning to decode some of the flora and fungi you see in our forest.</i>		
6:00– 6:15 PM	Mincha		Synagogue
6:00 – 6:30 PM	Pesach Kid's Comedy Special		Arts & Crafts
6:30 – 8:00 PM	Seudah Shlishit (Dinner)		Dining Hall & Library
8:00 -8:30 PM	Meet the Program Director	Sarah Zell Young	Sunroom
	<i>Sarah will be around to answer any questions or to just Schmooze!</i>		
8:10 – 8:30 PM	Ma'ariv		Synagogue
8:30 PM	Musical Havdalah (8:09 PM)		Meet at Great Hall
8:35-9:30 PM	Bonfire and Singalong		Firepit
	Gather round the fire pit and join in on some classic campfire tunes. Bring your instruments!		
9:30 – 10:30 PM	Shabbat in Somalia: An Orthodox Journalist in the Global South	Rabbi Micah Odenheimer	Great Hall
	<i>This class will trace how journalistic adventures in Ethiopia, Haiti, Somalia, Nepal, Thailand, and Iraq shaped my understanding of Judaism, and led to the creation of Tevel b'Tzedek, an Israeli-Jewish NGO working with the extreme poor in the Global South.</i>		

Notes:

Sunday, April 9th – Chol Hamoed

When	What	Who	Where
7:00 – 8:00 AM	Gentle Yoga	Zaro Bates	Beige Yurt
	<i>Breathe, stretch, and release in this restorative morning practice. All bodies are welcome!</i>		
8:00 – 9:00 AM	Breakfast		Dining Hall
	<i>A light breakfast will be available after davening in the Great Hall for folks that do not eat beforehand.</i>		
8:30 – 12:00 PM	Camp Adamah		Arts & Crafts
	Gan Adamah		Beige Yurt
8:30 – 10:00 AM	Shacharit / Hallel		Synagogue
10:30 AM– 12:00 PM	What is Sefirah All About? An Agricultural Perspective	Dr. Jon Greenberg	Synagogue
	<i>Sefirat HaOmer is much older than the events of Talmudic times that we mourn between Pesach and Shavuot. Come follow the trail of agricultural clues as a Torah detective to discover the surprisingly deep and challenging meanings of this transitional period.</i>		
	Painting with Plants	Zimrah Sugar	Great Hall
	<i>Plant dye artist Zimrah Sugar will share some knowledge around how to use plants as color palettes.</i>		
12:00 – 1:30 PM	Lunch		Dining Hall
2:00 – 5:00 PM	Camp Adamah		Arts & Crafts
2:00 – 3:15 PM	Kabbalistic Trees and Mystical Arts: A Visual Exploration	Rabbi Sam Berkovitz	Synagogue
	<i>Where did the classic depiction of the ten sefirot as a tree come from? What can the history of this representation of divinity teach us about the history of Kabbalah and Jewish Art? Come explore what modern scholarship can teach us about our ancient traditions.</i>		
	The End is the Beginning: A Seed Class	Janna Siller	Meet Outside Main Building
	<i>For many plants, their final hurrah before dying is to form the seeds of the next generation. Learn how we can identify and save seeds for planting later in this hands-on experience.</i>		
3:30 – 4:45 PM	Happy Wife Happy Life	Yoetzet Halakha Zissy Turner	Synagogue
	<i>Interpersonal relationships are complicated when you're a Rabbi in the Talmud (and even when you're not!). Join us as we explore marriage tips from the Rabbis by interpreting several Talmudic stories.</i>		
	Trip to the Great Falls	Simone Stallman	Meet Outside Main Building

	<i>Take a trip off campus. We will drive to the beautiful waterfalls that Falls Village is named after.</i>		
5:00 – 6:00 PM	Shmita in the Off Season: A Jewish Roadmap for Transformation	Bruce Spierer	Synagogue
	<i>Shmita, the biblical sabbatical year occurring every seven years, offers lessons, insights, and aspirations about society, the economy, and the environment. How does shmita add to our understanding of "Jewish time"? If we wanted to start to apply 7-year frames to contemporary life - what might that look like?</i>		
	Community Art Project: Breaking of the Vessels	Dr. Sossie Vanek	Arts & Crafts
	<i>The art will be related to the Kabbalistic story of "The Breaking of the Vessels" along with a discussion of how this relates to Passover.</i>		
6:00 – 7:30 PM	Dinner		Dining Hall & Library
7:00 – 8:00 PM	Candle Making	Neshama Sonnenschein	Great Hall
	<i>Learn how to make hand-dipped candles and make your own!</i>		
	Community Art Project: Breaking of the Vessels	Dr. Sossie Vanek	Arts & Crafts
	<i>The art will be related to the Kabbalistic story of "The Breaking of the Vessels" along with a discussion of how this relates to Passover.</i>		
7:15 – 7:45 PM	Mincha / Ma'ariv		Synagogue
8:00 – 9:00 PM	Soon By You Screening	Leah Gottfried	Great Hall
	<i>Soon By You is an award-winning comedic web series about Orthodox Jews dating in NYC. Come watch the brand-new season premiere episode, followed by a Q&A with director/writer/actor Leah Gottfried.</i>		
	Stone Wet Felting	Sarah Zell Young	Arts & Crafts
	<i>Learn the simple and easy skill of wet felting around smooth river rocks. A simple and meditative craft!</i>		
9:00 – 10:00 PM	Philosophy of Pink, Yellow, & Blue	Dr. Sossie Vanek	Great Hall
	<i>An on-screen projection of the art book, "The Philosophy of Pink, Yellow and Blue" followed by discussion questions.</i>		
	Improv Class	Leah Gottfried	Beige Yurt
	<i>This workshop is a space to let loose, laugh, and learn new skills. We will learn the basics of improvisational theatre and play various improv games.</i>		

Notes:

Monday, April 10th – Chol Hamoed

When	What	Who	Where
7:00 – 8:00 AM	Gentle Yoga	Zaro Bates	Beige Yurt
	<i>Breathe, stretch, and release in this restorative morning practice.</i>		
8:00 – 9:00 AM	Breakfast		Dining Hall
	<i>A light breakfast will be available after davening in the Great Hall for folks that do not eat beforehand.</i>		
8:30 – 12:00 PM	Camp Adamah		Arts & Crafts
	Gan Adamah		Beige Yurt
8:30 – 10:00 AM	Shacharit / Hallel		Synagogue
10:15 AM – 12:00 PM	Gallery Trip	Sarah Zell Young & Simone Stallman	Meet Outside Main Building
	<i>Take a scenic walk into Falls Village town center and have a private tour of the Furnace - Art on Paper Archive with curator Kathleen Kucka. The gallery is a regional destination for viewing contemporary art with a focus on works on paper. If preferred, a driver will be available to take guests to view the gallery.</i>		
10:30 AM – 12:00 PM	Which Way is Up? Where Does the Sun Go at Night? How Torah Responds to New Scientific Discoveries	Dr. Jon Greenberg	Great Hall
	<i>We'll learn about some of the ways that our understanding of Torah and practice of halacha have dealt with challenges from the growth of scientific knowledge. Some cases that we'll examine include the redefinition of up and down after Magellan's voyages, Newton's explanation of gravity, the structure of the solar system and its implications for matzah baking in the Southern Hemisphere, the classification of mushrooms, and the origin of the etrog.</i>		
	Plein Air Painting	Shoshana Madsen	Meet Outside Main Building
	<i>Enjoy the fresh spring landscape and take a piece of it home with you! Join an outdoor landscape painting class with artist Shoshana Madsen. Beginners to advanced welcome. Participants can follow along step-by-step with Shoshana to create their artwork or paint independently with guidance along the way.</i>		
12:00 – 1:30 PM	Lunch		Dining Hall
2:00 – 5:00 PM	Camp Adamah		Arts & Crafts
2:00 – 3:15 PM	Ask the Yoatzot Halakha (For Women Only)	Yoetzet Halakha Zissy Turner	Synagogue

	<p><i>A Yoetzet Halakha is a woman trained in topics relating to Niddah (Family Purity). This session is a time to ask questions and discuss ideas relating to Niddah and Female Leadership in the Orthodox community.</i></p>
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2:00 – 3:15 PM	Beekeeping and the Honeybee	Asher Landes Silverwolff	Meet Outside Main Building
	<i>Join beekeeper Asher Silverwolff for a (weather-permitting) hands-on, up-close and personal beekeeping experience. We will go through the tools and equipment used by beekeepers today, and get to know the inner world of honeybees, the magical connective creatures that provide so much for us.</i>		
3:00 – 4:30 PM	Arrival and check in for Last Days		Arts & Crafts Lobby
3:30 – 4:45 PM	Thinking, Doing, Changing	Dr. Ben Madsen	Sunroom
	<i>Cognitive Behavioral Therapy is the starting point for active personal change. We analyze our internal state as an outside observer, we reflect on how our thoughts affect our feelings, we determine where we can intervene, and we get to work creating new, better habits with better cognitions. Come to learn about thinking traps, in-the-moment mindfulness methods, and how to track your behavior from impulse to feeling to thought to behavior to outcome.</i>		
	Pickling	Zimrah Sugar & Adam Rubin	Arts & Crafts
	<i>Many of our ancestors used the ancient art of lactofermentation to preserve their harvests. Learn to do the same with the Adamah farmers and then use this technique for creating live cultured vegetables when you get home.</i>		
5:00 – 6:00 PM	Wisdom from the Bat Cave	Rabbi Chagie Rubin	Library
	<i>Superhero movies continue to dominate Hollywood and the Jewish influence cannot be overstated. In this presentation we will watch a scene from a past superhero movie & show its connection with a lesson in the Talmud & an established law in Maimonides code of laws.</i>		
	Mushrooms: Mystical, Delightful, or Deadly?	Bruce Spierer	Meet Outside Main Building
	<i>Mushrooms are amongst the most undervalued and misunderstood beings on the planet. Walk the grounds of Isabella Freedman for a fungi tour of the fields with self-proclaimed mycophile, Bruce Spierer, to discover this kingdom of life!</i>		
6:00 – 7:30 PM	Dinner		Dining Hall & Library
7:00 – 7:45 PM	Kids' Disco		Arts & Crafts
7:15 – 7:45 PM	Mincha / Ma'ariv		Synagogue
8:00 – 10:30 PM	Ancient Law Performance		Great Hall
	<i>This stunning silent film from one of the great directors of the Weimar era tells the story of a rabbi's son who abandons the shtetl to follow his dreams as an actor in Vienna. Live music composed and performed by Alicia Svigals, violin, and Donald Sosin, piano, who have been touring the US and Europe with the film for a year to great acclaim and standing ovations. Sponsored by the Sunrise Foundation for Education and the Arts.</i>		

Tuesday, April 11th – Chol Hamoed

When	What	Who	Where
7:00 – 8:00 AM	Gentle Yoga	Zaro Bates	Beige Yurt
	<i>Breathe, stretch, and release in this restorative morning practice. All bodies are welcome!</i>		
8:00 – 9:00 AM	Breakfast		Dining Hall
	<i>A light breakfast will be available after davening in the Great Hall for folks that do not eat beforehand.</i>		
8:30 – 12:00 PM	Camp Adamah		Arts & Crafts
	Gan Adamah		Beige Yurt
8:30 – 10:00 AM	Shacharit / Hallel		Synagogue
10:30 AM– 12:00 PM	Healing the Inner Child	Dr. Ben Madsen	Sunroom
	<i>Far from the mainstream of clinical psychology, Inner Child work has caught on as an effective way of externalizing some of our most needy and impulsive thoughts and actions. Come to learn about the Good Mother Messages, the lessons we learned when we didn't get what we needed, and how to classify challenging attachment patterns.</i>		
	Plein Air Painting	Shoshana Madsen	Meet Outside Main Building
	<i>Enjoy the fresh spring landscape and take a piece of it home with you! Join an outdoor landscape painting class with artist Shoshana Madsen. Beginners to advanced welcome. Participants can follow along step-by-step with Shoshana to create their artwork or paint independently with guidance along the way.</i>		
12:00 – 1:30 PM	Lunch		Dining Hall
2:00 – 5:00 PM	Camp Adamah		Arts & Crafts
2:00 – 3:15 PM	Let's Get Ready to Rumble: Talmudic Aggression and its Impact on Us	Yoetzet Halakha Zissy Turner	Sunroom
	<i>What is the Talmudic way to fight? Do battles in the Beit Midrash affect the relationships between friends? Between spouses? This class examines anger and aggression in the Talmud.</i>		
	Birds of Prey Presentation	Sharon Audubon Society	Great Hall
	<i>Various species of live hawks and owls will accompany Sharon Audubon Center Staff to demonstrate their beauty, power, and connection with the natural world. Through this program, the audience will understand why raptors and their environment should continue to be protected and respected. Please note that live birds will be present for this demonstration.</i>		

3:30 – 4:45 PM	Living with Imperfection: Torah Guidance from Goats, Trees, and a Difficult Uncle	Dr. Jon Greenberg	Synagogue
	<i>The Torah's most profound lessons are often hidden in surprising places. We'll look at the stories of Creation, Lavan's flocks, and the Temple sacrifices for deep teachings about life as an imperfect person in an imperfect world.</i>		
	Cheesemaking	Zimrah Sugar & Adam Rubin	Great Hall
	<i>Before the age of mass distribution, our ancestors made cheese to preserve excess milk. Join us to learn how to make a fresh, simple, cheese at home.</i>		
5:00 – 6:00 PM	Bike Blender	Neshama Sonnenschein	Great Hall
	<i>Make a delicious smoothie using just yourself and our special bicycle blender – no electricity needed.</i>		
	From Dust to Dust: Soil, Compost, and the Life of Death Around Us	Bruce Spierer	Meet Outside Main Building
	<i>There are more living beings in a teaspoon of soil than humans on the face of the Earth! Yet, we know so little about our microbial neighbors. Every day they help us grow healthy plants, maintain healthy forests, recycle death, and even combat climate change. Join us to learn how the denizens of the soil are working hard right here at Isabella Freedman.</i>		
5:30-6:30 PM	Pre-Chag Vinyasa Yoga	Nisi Ziff	Beige Yurt
	<i>Go into Chag with a sweat and move more mindfully, both on and off the mat. This Vinyasa based classes is still accessible by offering lots of variations (Only requirement is being able to get up and down easily). The main goal is for you to feel better after class than you did before you showed up!</i>		
6:00 – 7:00 PM	Snack		Great Hall
6:00 – 7:00 PM	Kids' Dinner		Arts & Crafts
6:45 – 7:00 PM	Mincha		Synagogue
7:11 PM	Candlelighting		Great Hall
7:45 – 8:15 PM	Ma'ariv		Synagogue
8:15 – 9:45 PM	Holiday Dinner		Dining Hall
9:45 – 11:00 PM	Tisch		Great Hall
	<i>Together we will share joyful songs and storytelling.</i>		
9:45 – 11:00 PM	Meeting the Magid of Mezeritch	Rabbi Sam Berkovitz	Synagogue
	<i>Chassidus changed the course of Jewish History, but who was the person who shaped it into the movement? Come explore stories of Rabbi Dov Ber of Mezerich, the Baal Shem Tov's most influential student. We will use historical and literary lenses to learn who he was, and how he shaped his students.</i>		

Wednesday, April 12th – Chag

When	What	Who	Where
7:30 – 8:30 AM	Gentle Yoga	Zaro Bates	Beige Yurt
	<i>Breathe, stretch, and release in this restorative morning practice. All bodies are welcome!</i>		
8:30– 9:30 AM	Breakfast		Dining Hall
9:00 – 12:15 PM	Camp Adamah		Arts & Crafts
	Gan Adamah		Beige Yurt
9:00 – 10:20 AM	Shacharit / Hallel		Synagogue
10:20 – 10:40 AM	Morning Light Kiddush		Great Hall
10:40 AM – 12:45 PM	Torah / Haftorah / Devar / Musaf		Synagogue
1:00 – 2:00 PM	Festive Lunch		Dining Hall
2:00 – 5:00 PM	Camp Adamah		Arts & Crafts
2:00 – 3:15 PM	Through the Sea on Dry Land: Using Dialectical Behavioral Therapy to Address our Blatant Internal and External Contradictions	Dr. Ben Madsen	Sunroom
	<i>DBT proposes that there are ways to use the energy of the challenge as its own un-doing. Come to practice techniques that have broken rigid barriers and let out the energy stored within.</i>		
	Vayar Elohim Ki Tov: Growing Food Within Creation	Janna Siller	Meet Outside Main Building
	<i>Join us for a tour of the highly diversified Adamah farm. Learn how shiitake mushroom logs are inoculated, what the fruit trees are up to in April, and how we grow vegetables in ways that regenerate soil and positively impact the ecosystem. Meet our flock of chickens who live in the compost yard and who have a question for you: "Why are you feeding us so much matzah lately when on all other nights we eat bread?" We will be walking about 1/4 mile, mostly on uneven ground, so wear your good shoes.</i>		
3:30 – 4:45 PM	What's Pshat: Is a Simple Reading of Tanakh Enough?	Rabbi Sam Berkovitz	Synagogue
	<i>When we try to understand Tanakh, we often utilize the Hebrew word "pshat." What does this mode of analysis entail? Come and explore this question through the lens of Medieval parshanut and modern Bible scholarship.</i>		
	Chag Afternoon Yoga	Atara Troppe	Beige Yurt
	<i>Come as you are. We will move our bodies in a way that honors their present state. This class is slow, relaxing, inward focusing and breath-centered. Beginners are welcome!</i>		

Notes:

5:00 – 6:00 PM	Facts Don't Care About Feelings, But People Should: The Aggadah of Tanur Shel Achnai	Yoetzet Halakha Zissy Turner	Sunroom
	<i>The Oven of Akhinai is one of the strangest stories in the Talmud. Rivers run backwards; trees jump- but what values can we learn from Talmudic tales? This class aims to explore that issue.</i>		
	Meet the Goats	Zimrah Sugar	Meet Outside Main Building
	<i>The goats in the barnyard are truly adorable. Join one of the Adamah farmers for a meet & greet and to learn more about how we care for our livestock. (All ages welcome)</i>		
6:00 – 7:00 PM	Snack		Great Hall
6:00 – 7:00 PM	Kids' Dinner		Arts & Crafts
6:45 – 7:00 PM	Mincha		Synagogue
7:00 – 7:30 PM	Chassidic Stories around the Fire	Rabbi Yehuda Witt	Firepit
	<i>Gather around the fire to hear Chassidic tales that have been passed down through the generations.</i>		
7:00 – 8:00 PM	Noah's Wine vs. Pharaoh's Beer: The Barroom Brawl and Culture War that Shaped Jewish History	Dr. Jon Greenberg	Sunroom
	<i>The Pesach story plays out against a background of the world's oldest social conflict, between beer-drinking farmers and wine-toting nomadic herders. Come learn the surprising ways that this ethnic and culinary dispute helps to explain the tales of Joseph's multicolored cloak, the fates of Pharaoh's wine steward and his baker, and much of the laws and customs of Pesach, from removing chametz to the afikoman.</i>		
8:15 PM	Candlelighting		Great Hall
8:15 – 8:45 PM	Ma'ariv		Synagogue
8:45 – 10:15 PM	Holiday Dinner		Dining Hall & Library
10:00 PM	Is Judaism Universalistic?	Rabbi Micha Odenheimer	Synagogue
	<i>While presenting both universalistic and particularistic texts, this class will trace, using traditional Orthodox sources, the argument for a Judaism in which the divine image of all humanity is central.</i>		

Notes:

Thursday, April 13th – Chag

When	What	Who	Where
7:30 – 8:30 AM	Gentle Yoga	Zaro Bates	Beige Yurt
	<i>Breathe, stretch, and release in this restorative morning practice. All bodies are welcome!</i>		
8:30 – 9:30 AM	Breakfast		Dining Hall
9:00 – 12:15 PM	Camp Adamah		Arts & Crafts
	Gan Adamah		Beige Yurt
9:00 – 10:20 AM	Shacharit / Hallel		Synagogue
10:20 – 10:40 AM	Morning Light Kiddush		Great Hall
10:40 AM – 12:45 PM	Torah / Haftorah / Devar / Musaf		Synagogue
1:00 – 2:00 PM	Festive Lunch		Dining Hall
2:00 – 5:00 PM	Camp Adamah		Arts & Crafts
2:00 – 3:15 PM	From Enslaved African to Orthodox Rabbi	Rabbi Isaiah Rothstein	Synagogue
	<i>As a 7th generation survivor of American Slavery from the Orthodox community of Monsey, NY, I will tell you some of my story, and together we will interrogate and wrestle with questions of America's past, present, and future relationship with freedom and liberation.</i>		
	What They Breathe Out, We Breathe In	Bruce Spierer	Meet Outside Main Building
	<i>Invisible natural cycles shape our world. They provide for our essential needs like oxygen to breathe, irrigation to grow food, and clean water to drink. On this walk, we will take time to observe these cycles at work in the early spring in some unexpected places, under leaves, in a stream, and even in our own bodies. We will see how we are connected with each other and all of Creation, as well as learn the importance of balancing and protecting these cycles.</i>		
3:30 – 4:45 PM	Apples, Milk, and Honey: Rich Symbols with Varied and Changing Meanings	Dr. Jon Greenberg	Sunroom
	<i>Why is Jewish tradition so adamant that the "honey" of the Seven Species is really date syrup? Why was "land of milk and honey" a blessing for Moses and a curse for Isaiah? What exactly is a "tapuach?" (Probably not an apple.) Come learn about the powerful lessons of these enduring symbols drawn from the natural and agricultural world.</i>		

Notes:

3:30 – 4:45 PM	The Stone that has been Rejected	Hanna Fine	Meet Outside Main Building
	<i>How do you turn an apple core into a carbon sequestering organic fertilizer for growing healthy food? Learn about the food cycle in our compost yard. Meet the Adamah chickens and understand what's so Jewish about composting.</i>		
5:00 – 6:00 PM	Bal Tashchit: Modest Living & Gratitude as a Spiritual Practice	Bruce Spierer	Sunroom
	<i>Join Bruce for an exploration of Bal Tashchit, the commandment not to waste, as a spiritual practice. We will look at how the modest lifestyle promoted by this mitzvah can be a doorway into mindfulness, gratitude, and a deeper connection with Creation. All are welcome, no prior experience with meditation or spiritual practice is required.</i>		
	Hike to the Overlook		Meet Outside Main Building
	<i>Why do we climb mountains? What has this ancient practice meant to the Jewish people? To explore these questions for yourself, join one of the Adamah farmers for a mile hike up to a gorgeous vista over the Housatonic River Valley. The trail is steep and can be a bit muddy, so wear solid footwear.</i>		
6:00 – 6:30 PM	Talking Food	Jared Spafford	Great Hall
	<i>Come schmooze with our executive chef and chat all things food.</i>		
6:15 – 6:30 PM	Mincha		Synagogue
6:30 – 8:00 PM	Dinner		Dining Hall
	Mashiach Seuda		Library
	<i>At the end of Passover there is a chasidic tradition to have a Seudah Mashiach, or a festive meal to welcome the messiah. As a community we will come together and celebrate the holiday coming to an end and the ideas around the coming of the Mashiach.</i>		
8:15 – 8:30 PM	Ma'ariv		Synagogue
8:00 – 8:30 PM	What now? The Jewish Response to Climate Change.	Bruce Spierer	Sunroom
	<i>Come chat informally with Bruce Spierer, Adamah's Climate Action manager to learn about the Jewish Climate Leadership Coalition and how to get involved. Bruce will share ways to stay grounded and take action towards addressing this great crisis of our time.</i>		
8:30 PM	Musical Havdalah (8:15 PM)		Meet at Great Hall
8:40– 10:00 PM	Bonfire and Singalong		Firepit
	<i>Gather round the fire pit and join in on some classic campfire tunes. Bring your instruments!</i>		

Friday, April 14th

When	What	Who	Where
7:00 – 8:00 AM	Gentle Yoga	Zaro Bates	Beige Yurt
	<i>Breathe, stretch, and release in this restorative morning practice. All bodies are welcome!</i>		
8:00 – 8:40 AM	Shacharit		Synagogue
8:30 – 9:30 AM	Breakfast		Dining Hall
9:30 AM	Guest Shuttle Departure: Gather in Great Hall at 9:15 AM		Great Hall
10:00 AM	Check out of rooms		
11:00 AM	Departure		

Notes: