

Mitzvah Mamas JWRP MoMentum 2018

BUS 4: Arlington TX, Dallas TX, South Windsor CT, San Diego CA, and Israel

Monday October 22nd

Learning & Growth - *Limud & Hitlamdut* - As the "People of The Book," we approach everything as learners, internalizing the learning to build our capacity to do good.

Arrive in Israel *Welcome Home!*

- 6:00 am **Mitzvah Mama Time together**
Possible; Attend JFNA GA or Visit Open House in Ramla
- 3:00 pm **Depart by Bus to Tel Aviv**
Money Changing Available
- 3:45 pm **Check into the NYX Hotel Hertziliya**
- 4:45 pm **Meet in the Lobby to Depart for Class and Dinner**
- 5:15 pm **"The Power of the Paradigm Shift: Reframing our Thoughts and Words for a Happier Life"**
Adrienne Gold - Yad Charutzim
- 6:45 pm **Connecting to the Women of Momentum**
A chance to network with women from all over the world
- 7:30 pm **Depart to Welcome Dinner at Yad Charutzim**
- 8:00 pm **Welcome Dinner**
- 9:15 pm **Depart back to Hotel for Overnight Stay**
- 10:00 pm **Staff Meeting for City Leaders and Madrichot**
Location TBA
- TBA pm **Group Laila Tov**
Recap day, Bedtime Shema Location TBA or Hotel Lobby

Reminders:

- *Talk N Save representative at dinner to help you with your phones.*
- *Remember to bring your trip journal with you to class tomorrow morning.*
- *Check out of hotel beginning at 7:00 am. Hand your suitcase to a madrich in the lobby. Do not bring suitcases down before 7:00am.*

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Tuesday October 23rd

Courage – *Azut De'kedusha* Boldly stepping out of one's comfort zone to help others.

Attire: Casual

6:30 am **Breakfast opens at the Hotel**

7:00 - 7:30 am

- Check out of Hotel
- Bring your suitcase outside of hotel (not before 6:45 am)

8:00 am **Depart Hotel for Stock Exchange Conference Center**

8:45 am **"Your Contribution to Jewish Destiny"** *Adrienne Gold – Bialik Hall – Herods Hotel*

9:45 am **Social Entrepreneur Speaker**

10:15 am **Tour with Your Guide in Tel Aviv**

10:15 am **Depart to Beit Hatfutsot – Museum of the Jewish People**

11:00 am **Beit Haatzmaut - Independence Hall**

Independence Hall, also known as Beit Haatzmaut, is housed in one of Tel-Aviv's first buildings where the drawing of lots took place in April 1909. On May 14th, 1948, the day before the British Mandate in Palestine was to expire, members of the Provisional State Council assembled here and declared the establishment of the State of Israel.

12:15 pm **Arrive at Tel Aviv Stock Exchange for Introduction to Israel Activism**

Israel today faces an increasingly sophisticated assault in global politics, throughout local communities and on university campuses. Join us to learn how to positively shape and lead the conversation about Israel in your own community.

12:30 pm **A Personal View of Israeli Society**

Three of our Israeli participants will present personal stories to give us some insights into modern Israel.

12:45 pm **Depart to Rothschild Boulevard for Free Time on Your Own and Tour with Your Guide**

Light packed lunch provided

1:00 pm **"A Taste of Israel Advocacy"** *Zeev Ben Shachar – Tel Aviv Stock Exchange*

2:00 pm **Free Time on Your Own For Lunch on your own**

3:30 pm **Meet your Madrich at Designated Spot to Depart to Beit Hatfutsot**

4:15 pm **Visit at Beit Hatfutsot**

This unique global institution tells the ongoing and extraordinary story of the Jewish people.

6:00 pm **Depart to Tel Aviv Port for Dinner**

6:15 pm **Dinner on your own at the Tel Aviv Port**

8:45 pm **Depart to North for Overnight Stay**

10:30 pm **Check into the Leonardo Club Hotel for Overnight Stay** *With its amazing location and breathtaking view to the Sea of Galilee and the Golan Heights, you will surely enjoy your stay at the Leonardo Club. The hotel is the perfect starting point to discover the attractive city of Tiberias, the Golan Heights, or to enjoy a stroll along the beautiful beaches.*

TBA pm **Group Laila Tov** Recap day, Bedtime Shema Location TBA or Hotel Lobby

Reminder: Please have your headsets handy the entire trip. You will need them for the tours this week.

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Wednesday October 24th

Peace & Wholeness in the Home – *Shalom Bayit* Family relationships provide a living laboratory for growth.

7:00 - 7:45 am

- Check out of Hotel
- Bring your suitcase outside of hotel (not before 7:00 am)

8:15 am **Depart to Canaan Spa for Class**

9:15 am **“The Kabbalah of Love”**
Adrienne Gold – URI Hall

8:15 am **“The Kabbalah of Love”**
Adrienne Gold – URI Hall

10:45 am **Depart to Tsfat**

11:00 am **Tour of Tsfat**
Tsfat, perched on a mountaintop in the Upper Galilee is known as the mystical city of Israel, and was home to many famous kabbalists and scholars. It still retains those mystical and magical qualities and it is now home to many artists and artisans.

1:00 pm **Tour, Shop and Lunch on Your Own**

3:00 pm **Tour of Mikva Facilities**

4:15 pm **Depart Tsfat for Jerusalem**

7:30 pm **Arrive at the King Solomon Hotel**
The King Solomon Hotel Jerusalem is a beautiful hotel located in the center of Jerusalem at the crossroads of the ageless city and its modern counterpart. The King Solomon Hotel Jerusalem offers gracious hospitality in the tradition of the City of Kings.

TBA pm **Group Laila Tov**
Recap day, Bedtime Shema Location TBA or Hotel Lobby

Reminder:

All participants should bring along their pashminas to the Old City tomorrow for pictures.

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Thursday October 25th

Faithfulness & Trust – *Emunah* A relationship with God can anchor us in every aspect of our life in the present and can drive us toward our future.

Attire: Modest, Casual (Visiting Western Wall)

- 6:30 am **Breakfast opens at the Hotel**
- 8:30 am **Depart to Yad Vashem**
- 9:00 am **Yad Vashem, Israel's Holocaust Memorial**
- 11:30 am **Yad Vashem Reflection Time**
- 12:00 am **Depart to Har Hertzl**
- 12:45 am **Visit Har Hertzl** *Mount Herzl is Israel's national cemetery, housing the remains of Herzl himself. Also buried there are many of our past Jewish state's leaders and soldiers killed in battle*
- 1:30 pm **Depart for Free Time for Lunch**
- 3:15 pm **Depart to the Old City of Jerusalem for Tour**
- 3:45 pm **Old City Tour of Jerusalem**
- 5:15 pm **City Pictures on the Rooftop of Aish HaTorah**
- 5:45 pm **Break, Snack & Opportunity to Buy Judaica Items**
Gindi Lobby – Level 1
- Special Gift from your City Leaders**
- 6:15 pm **“Connection to the Power of Prayer”**
Adrienne Gold - Kirk Douglas Theater – Level 1
- 6:45 pm **Visit the Kotel – Western Wall** *At this last remnant of the Holy Temple, and the holiest site on earth, your heart will see more than your eyes, as you feel the prayers of thousands of years and millions of Jews. The Kotel is known as a place where the Divine Presence never leaves.*
- 7:15 pm **Free Time for Dinner and Free Evening on Your Own as Group**
- TBA pm **Group Laila Tov**
Recap day, Bedtime Shema Location TBA or Hotel Lobby

Reminders:

- **Bring your pashminas in the morning for the large group picture.**
- **Name tags must be worn at all times tomorrow. It's your entry to the Western Wall on Friday evening. Pashminas should be brought with you for the cold classrooms and Friday night dinner hall. Remember to bring your journals with you tomorrow morning to class.**

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Friday October 26th

Human Dignity – *Kevod Habryiut* Each person is made in God's image, infinitely valuable, and deserving of dignity.

Morning Attire: Casual

Evening Attire: Modest, Shabbat-Pretty

- 6:30 am **Breakfast opens at the Hotel**
- 7:45 am **Walk to Yemin Moshe Windmill for Group Picture**
- 8:15 am **Group Picture with Beautiful Jerusalem View**
- 8:30 am **Walk to Emek Refaim For Class**
- 9:15 am **"Re-Claiming our Dignity: Women, Self Esteem and Beauty in the Glare of the Media"**
Adrienne Gold –
- 10:30 am Break and Snacks
- 11:00 am **"Shabbat – Heaven on Earth"** *Rabbi Gavriel Friedman*
- 11:50 am **Shabbat 101** *Nili Couzens*
- 12:00 pm **Time to prepare for Shabbat**
- 3:15 pm **Depart for Walk to Old City from Hotel Lobby**
- 4:00 pm **Pre-Shabbat Concert w/Yonina** *Enjoy a spiritual, musical concert to welcome in the Shabbat. – Level 3*
- 5:20 pm **Candle Lighting – Goldman Lobby – Level 3**
Exit Building through Level 0 – Kotel Entrance
- Dancing at the Kotel (Western Wall)** *Kabbalat Shabbat at the Kotel is a magical experience. Witness the throngs of Jews welcoming the Shabbat Queen with joy in song and dance.*
- 6:40 pm **Meet at the back of the Kotel by the Flag**
Shabbat Dinner at Aish HaTorah World Center
- 9:30 pm **Walk back to hotel**
- TBA pm **Group Laila Tov**
Recap day, Bedtime Shema Location TBA or Hotel Lobby

Reminder:

Bring the gift for your Shabbat lunch host to the morning class. We are leaving straight from the class to lunch.

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Shabbat October 27th

Generosity – Chesed & Tzedakah Acts of kindness and giving uphold our world.

Morning Attire: Modest, Shabbat-Pretty

Evening Attire: Sweater or Wrap for Old City Cool Evening

6:30 am **Breakfast opens at the Hotel**

9:00 am **“Discovering the Real You”**
Nili Couzens – BR Level- King Solomon Hotel

10:15 am **“Teaching our Children Values: The Gift of Generosity”**
Adrienne Gold – BR Level King Solomon Hotel

11:15 pm **Meet in Lobby to Walk to Your Shabbat Lunch Hosts** *“Shabbat of a Lifetime”- Enjoy an authentic Jerusalem experience by joining local families for Shabbat lunch at the home of a host family*

Shabbat Day Relaxation

4:15 pm **Depart for the Old City**

5:00 pm **Seudat Shlishit – Third Meal of Shabbat**
Experience the 3rd meal of Shabbos with Israeli soldiers. Bond, share and show your gratitude to those that defend Israel and Jews everywhere. Sponsored by the Clamans, founders of Thank Israeli Soldiers, in their Old City home.

Havdala

7:00 pm **Free Evening, Enjoy the Jerusalem Nightlife**

TBA pm **Group Laila Tov**
Recap day, Bedtime Shema Location TBA or Hotel Lobby

Reminder:

Headsets will be collected tomorrow, please make sure you have them with you.

DONT FORGET TO CHANGE YOUR CLOCKS BACK ONE HOUR!!!

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Sunday October 28th

Unity & Mutual Responsibility– *Achdut & Areyout* - Realizing that we are all interconnected and responsible for one another.

Attire: Casual for Masada, Beachwear for Dead Sea

- 6:30 am **Breakfast at the Hotel**
- 7:15 am **Depart for Masada**
- 8:45 am **Cable Car up Masada**
- 9:15 am **Tour of Masada** *Visit this ancient mountaintop fortress in southeast Israel on the southwest shore of the Dead Sea. King Herod the Great built palaces here between 31 and 37 BCE and the mountaintop was the site of one of the last battles of the Jewish revolt against Rome in the year 73 CE.*
- 11:00 am **Lunch and Shopping for Dead Sea Products**
- 12:00 pm **Depart to Dead Sea**
- Dead Sea Swim**
At the lowest point on earth, 1378 feet below sea level, enjoy floating in these healing mineral waters, and slathering on the much sought after mud from the Dead Sea. Enjoy and pamper yourself!
- 2:00 pm **Depart to Eretz Bereshit**
- 3:30 pm **Camel Rides, Pita Making, Yoga or Meditation in the Desert**
- 5:15 pm **Opportunity to Receive a Jewish Name**
If you don't have a Jewish name, take the opportunity to get one here in the beautiful Judean desert.
- 6:00 pm **Depart back to Jerusalem**
- 6:30 pm **Arrive in Jerusalem for Free Evening and Dinner on your own**
- TBA pm **Group Laila Tov**
Recap day, Bedtime Shema Location TBA or Hotel Lobby

Reminders:

Make sure your luggage has color coded tags before giving to a madrich in the morning. The madrich will direct you on which color your bags need.

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Monday October 29th

Gratitude – *Hakarat Hatov* Acknowledging and appreciating the good in others, ourselves, and our blessings.

Attire: Casual

6:30 am **Breakfast opens at the Hotel**

8:00 am **Checkout of Hotel and Bring your Luggage Down to a Madrich**

8:45 am **Depart to Ammunition Hill**

9:15 am **“ A Commander’s Story” isit Har Hertzl**
An Insider’s look at the IDF

11:15 am **Depart to Town for Free Time and Lunch**

1:00 pm **Meet at your Hotel to Depart ro Last Day Programming at the Prima Park Hotel**

1:30 pm **Letter to Myself**

Trip Evaluations *We value your feedback! Thank you for filling out an evaluation so we can make the Trip even better.*

Coffee and Snacks Available

City Leaders

1:30 pm **City Leader Meeting**

2:15 pm **“Words from the Heart”**
Pamela Claman

2:30 pm **“Bringing It All Home”**
How to bring the inspiration of your Momentum Israel experience home with you – Adrienne Gold

3:30 pm **How You Can Strengthen the Momentum Movement**
Giving you the opportunity to allow more women to experience the Momentum Trips.

4:20 pm **“Your Journey Continues – Words to Send you Home With”**
Adrienne Gold

4:30 pm **Depart for Momentum Evening from Hotel**

5:00 pm **JWRP Momentum Evening at Kedma Hall in Neve Ilan**

Join your 550 Momentum sisters as we celebrate the culmination of our week long experience togerhter with great food, music and dancing. You will have the opportunity to pirchas last minute gifts and jewelry from vendors that include some Israeli Momentum alumni.

**Depart Momentum Evening to Ben Gurion Airport This is not goodbye, but “I’Hitraot”, see you again soon....
The last day of your trip is the first day of your journey.**

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Alit	Mina
Yeshiva	Sara
Lara	Meredith
Elysa	Candra
Joni	Mindy
Sara	Yeshiva
Mina	Alit
Meredith	Lara
Candra	Elysa
Mindy	Joni