



Jewish Community Center

SONOMA COUNTY

1301 Farmers Lane, C103 • Santa Rosa, CA 95405

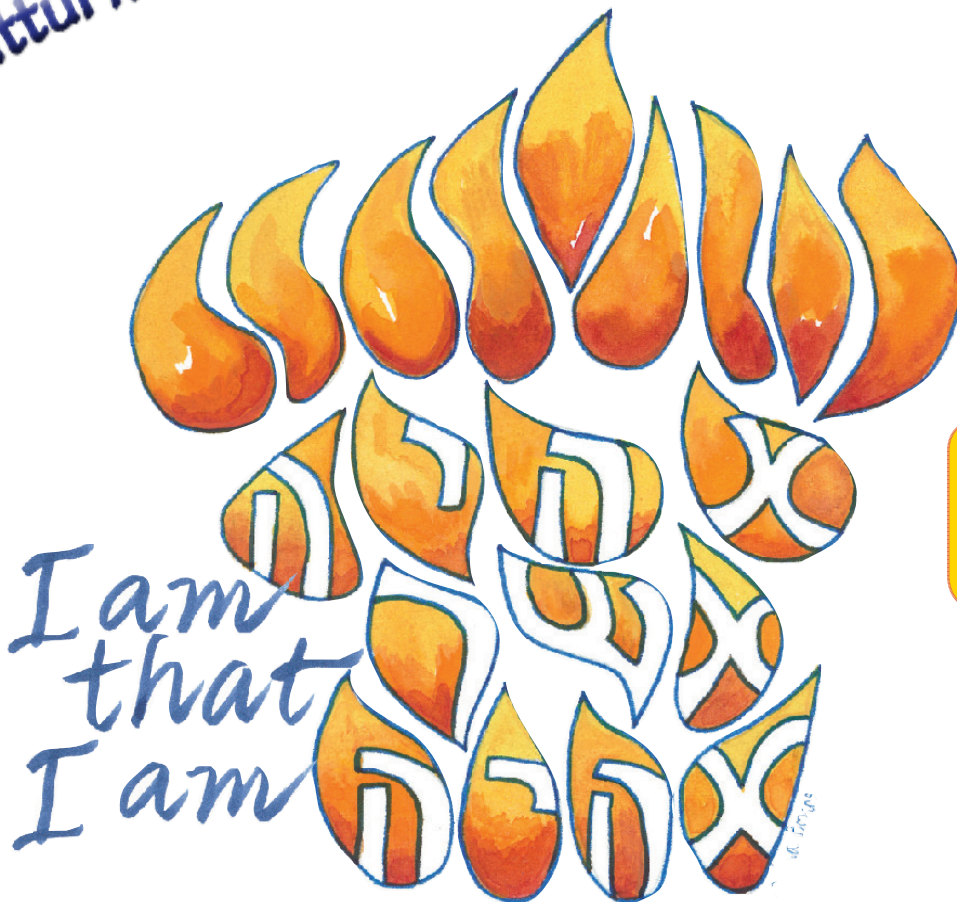
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New Retreat Location This Year!
Past five years' retreats have sold out –
Register early to guarantee your space!

Deepen your Jewish Spiritual Connection
6th Annual JCC Jewish Meditation Retreat
December 4-6, 2009

Bittul ha Yesh: Uncovering the Authentic Self



NEW LOCATION!
Walker Creek Ranch
in Petaluma

6th Annual Jewish Meditation Retreat
With Scholar-in-Residence Rabbi Ethan Franzel
of Main Line Reform Temple Beth Elohim, Wynnewood, PA

DECEMBER 4 - 6, 2009

The JCC Sonoma County, a beneficiary of the Jewish Community Federation, invites men and women of all ages, lifestyles, meditation experience and relationships to Judaism to gather and share in a meaningful and joyful Shabbat weekend.

This event is generously co-sponsored by Congregation Beth Ami, B'nai Israel Jewish Center, Congregation Kol Shofar, and Congregation Shomrei Torah.

For more information call the JCC at (707) 528-4222 ext. 330; visit www.jccsoco.org; or contact Dr. Sheila Katz at sheilak@jccsoco.org.

Registration Form 2009

NEW PAYMENT PLAN:
When you pay half tuition upon registration and the balance before the retreat date, you still receive the Early Registration rate.

► **Early Registration Before November 2;** All rates increase by \$35 after November 2.

Shared Housing: three or four per room, all in single beds, \$280 per person

Semi-shared Housing: two per room in single beds, \$340 per person

Private Housing: One person in room in single bed, \$400 per person

► Registration form and fees must be received by November 20, 2009.

► Fee includes all Kosher meals, snacks, programming, instruction and lodging.

► Cancellation refund of 50% of registration fee will be given only until November 27. No refunds past that date.

Yes. I/We will be attending the Jewish Meditation Retreat.
~and~

I wish to contribute an additional \$_____ to provide scholarships for those who could not otherwise attend.

Sorry, I can't attend. Enclosed is my contribution of support \$_____

Check enclosed (amount) _____

Credit card (amount) _____ MC VISA

Credit card # _____

Expiration Date ___/___/___ Signature _____

Detach registration form and mail with fees to: JCC Meditation Retreat,
1301 Farmers Lane, #C103 • Santa Rosa, CA, 95405

Name(s) _____

Address _____

City, State _____ Zip _____

Phone _____

E-mail _____

Additional information you want us to know, including special dietary needs

Please include my name and contact information

in a retreat directory:

Yes

No

Highlights of Your Jewish Meditation Retreat December 4-6, 2009

Come and celebrate a contemplative Shabbat that will enhance your daily spiritual life using a variety of mindfully meditative techniques. Open to individuals with no, some or extensive meditation experience. We will have special beginning meditation sessions with instruction and practice.

During our retreat together we will share:

- ☆ Beginning Meditation Workshop
 - ☆ Jewish Mystical Teaching
 - ☆ Hasidic Storytelling
 - ☆ Hebrew Chanting with Live Band
 - ☆ Contemplative Communal Prayer
 - ☆ Jewish Yoga
 - ☆ Meditative Movement
 - ☆ Silent Sacred Space
 - ☆ Meditation and Healing Arts Workshop
 - ☆ Incredible Music with Dynamic Musicians
 - ☆ Delicious Kosher and Organic Meals
- and much more all within a peaceful natural setting!

Walker Creek Ranch is a lovely and contemporary retreat center in West Petaluma, offering a unique combination of warm and comfortable lodging and delicious homemade food — all within extensive nature trails and wildlife. At our retreat the individual spirit is nourished in this unique setting, fostering Judaism in a magnificent manner. The housing provides adult comfort, including individual beds and warm clean rooms.

Special Attention: ADA cabins are available upon request.

Allergy Alert: Please observe that this will be a fragrance-free weekend.

Original art donated by Nina Bonos

Jewish Community Center, Sonoma County
707/528-4222
www.jccsoco.org



Rabbi Franzel

Our retreat facilitator, Rabbi Ethan Franzel, serves Main Line Reform Temple Beth Elohim in Wynnewood, PA. He received rabbinic ordination at Hebrew Union College, New York in 2001, where he studied Hasidism and Kabbalah with Rabbi Lawrence Kushner.

Rabbi Franzel has created a variety of alternative worship experiences, utilizing meditative and contemplative techniques. A long time practitioner of meditation and chant, he teaches courses on Kabbalah, Hasidism, Jewish spirituality, and meditation. An avid musician, many of the musical settings he uses for his meditation workshops are his own compositions. His melody for Psalms 27:4 was published in R'fuah Sh'leimah: Songs of Jewish Healing. In 2005, Ethan's Niggun, was published in Nigun Anthology Volume I by Transcontinental Music.

Bittul haYesh: Uncovering the Authentic Self

Authenticity in Jewish spirituality can be aptly described not as adding God into our lives, but rather as the process of peeling away the layers of ego and falsehood — those parts of ourselves that keep us from the Truth. This process reveals to us that God has always been an integral part of ourselves.

With the dynamic Rabbi Ethan Franzel of Wynnewood, PA, our wonderful, local Rabbi Lavey Derby of Kol Shofar, teachers, musicians, and each other, we will use meditation, sacred chant, and especially the practice of contemplation and self-inquiry in order to reach the divine truth of our authentic selves, remembering who we really are. Practicing hitbodedut/contemplation of spiritual wisdom, sacred text becomes our mirror, revealing to us the true aspects of ourselves. The Retreat Band will provide amazing live music as we practice meditative chanting. The weekend also includes yoga, drumming and art workshops, and prayerful movement.

Retreat Staff

Yoga Instructor: Diana Faraone

Musicians: Hannah Caratti, Saul Kaye, Brian Lemesh, David Rubinstein

JCC Jewish Meditation & Spirituality Program Director: Dr. Sheila Katz

Organizing Committee Members: Bob Coburn, Sherri Fink, Bernice Fox,

Karen Gould, Sheira Kahn, Florence & Steve Marchick, Paul Munson,

Adele Pickar, Susan Richter, Helene Steinlauf, Esther Weissman, Dru West

JCC Executive Director: Beth Goodman