

# אם אין אני לי מי לי

If I am not for myself, who will be for me?

- Pirkei Avot

## Reflection

- How did your community support you last year? How did you support your community?
- How can you show responsibility for your community this year?

## IM EIN ANI LI MI LI

Im Ein Ani Li Mi Li?

Uch-she-a-ni L'atz-mi Mah Ani?

V'im Lo Ach-shav Ei-ma-tai Ei-ma-tai

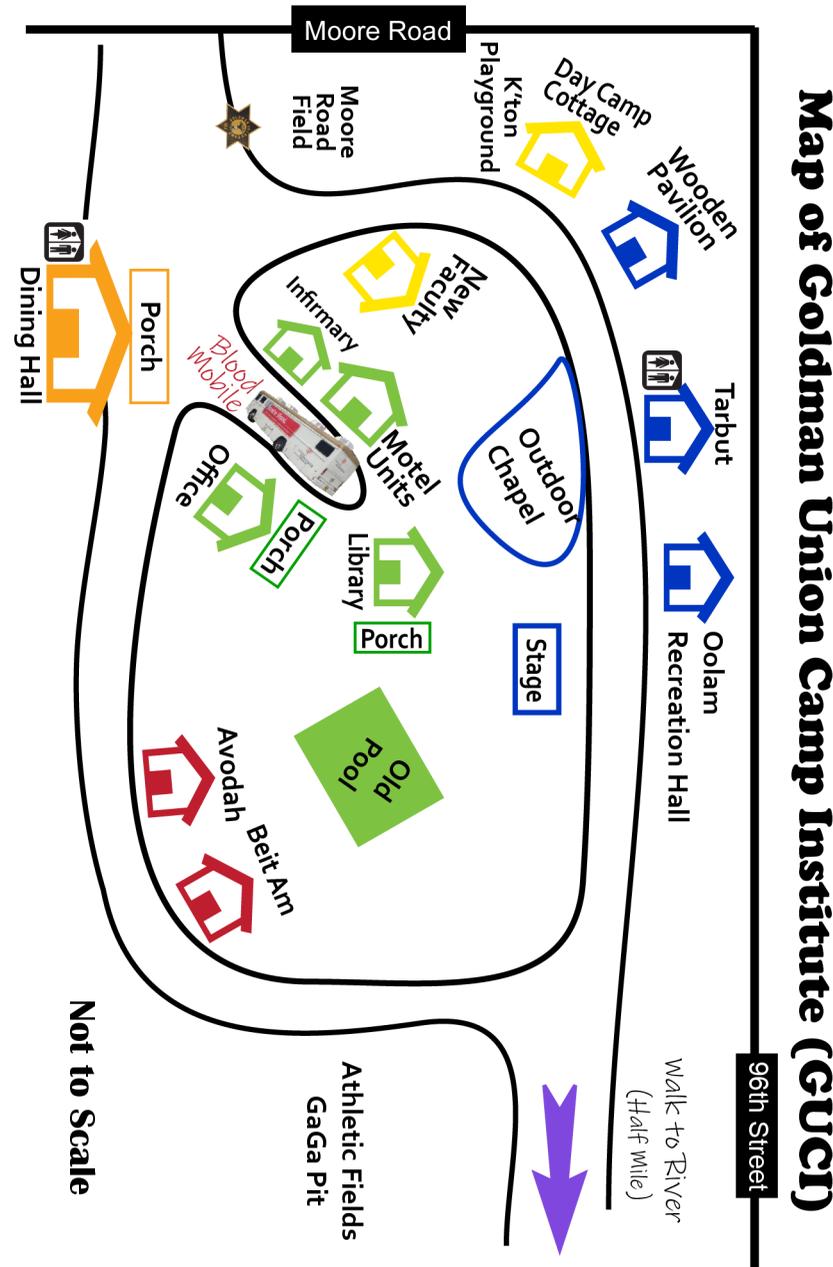
*If I am not for myself, who will be for me?*

*If I am only for myself, what am I?*

*And if not now, when?*

*Each year, the retreat is made possible because of the hard work of many people. Thank you to everyone who helped plan, prepare, set up and clean up. Thank you to all our worship leaders and to all who have contributed to make this a fun, relaxing and holy day.*

L'Shanah Tovah!



# Welcome to the Rosh Hashanah Retreat

כל ישראל ערבין זה לזה

*Kol Yisrael Aravin Zeh L'zeh*

Our community is responsible,  
one for another



1 Tishrei 5779

September 10, 2018



## Schedule of the Day

- 9:00** Registration and Nosh (**Dining Hall**)
- 9:45** Gather and walk to Beit T'filah (**Dining Hall**)
- 10:00** T'filah (**Outdoor Chapel**)  
 Rabbi Scott Fox & Tami Krichiver  
 Shofar: Eli Bernstein  
 Torah Readers: Lorraine Ball,  
 Roberta Schweitzer, Jano Vasquez-  
 Jaffe & Karen Firestone Rossen
- Noon** Lunch (**Dining Hall**)  
 We appreciate everyone's help with clean up!
- 12:45** Birkat HaMazon & Song Session (**Dining Hall**)  
 Preschool & Nap Time (**Motel**)
- Afternoon Activities:**
- 1:00-5:00** Blood Mobile
- 1:30-3:45** Crafts (**Near Wood Pavilion**)  
 Playground Activities  
 Games People Play (**Dining Hall or Porch**)
- 1:30-2:30** Workshop I
- 2:45-3:45** Workshop II
- 3:45** Apples & Honey Snack (**Dining Hall**)
- 4:00-5:00** Tashlich (Meet at **Dining Hall Porch**)  
 Activities led by IFTY (Moore Road Field):  
 kickball, frisbee
- 5:00-5:45** Dinner (**Dining Hall**)  
 We appreciate everyone's help with clean up!
- 6:00** Havdalah & Final Shofar (**Dining Hall Porch**)

**PLEASE NOTE: All children under 8 years old must be accompanied by a responsible person at all times.**

## Workshops

### Workshop I — 1:30-2:30pm

#### Homelessness Round Table ~ Mike Chapuran ~ **Office Porch**

IHC volunteers have long participated in the Interfaith Hospitality Network, a program of Family Promise of Greater Indianapolis. For four weeks each year, IHC hosts families experiencing homelessness. Have you ever wondered how our guest families became homeless, and what happens to them after they leave IHC? Family Promise's executive director will review data on family homelessness in Indianapolis and explain systemic factors that contribute to the problem, challenges homeless people face and what volunteers at IHC and other congregations are doing to help, including some success stories.

#### In the Beginning x2 ~ Jed Filler ~ **Tarbut**

You've heard of dueling pianos. How about dueling creation stories? Did you know there are two creation stories in the Torah? One right after the other. There are, and we will compare them and see where they align. Of course, the fun part is where they **don't** align, and what that means for us Jews.

#### Let's ROCK our World ~ Jeannie Stein ~ **Tarbut**

Children, teens and adults come together for an opportunity to paint stones with positive affirmations. After you are done, take them home with you or distribute them throughout our community to bring healing, comfort and hope to those who discover them.

#### Drum Circle ~ Brian Cox ~ **Wooden Pavilion**

Bring the kids, bring the family, bang the gong, use your imagination and our instruments for a full hour of drumming!

### Workshop II — 2:45-3:45pm

#### Contemplative Tashlich ~ Norm Sider ~ **Tarbut**

An in-depth conversation about Tashlich and Teshuva (Turning) using short stories, poetry, Broadway plays and traditional Jewish texts.

#### Holy Separation: Going Apart to Come Together ~ Sisterhood ~ **Office Porch**

There are many ways we as Jews create separation. B'reisheet, today's Torah portion, talks about the light and dark, water from water, etc. Other examples include the separation of milk and meat and the separation of Shabbat from the rest of the week. Join members from IHC Sisterhood for a lively dialogue of exploring these themes of separation, community and Rosh Chodesh.

#### Putting the Pieces of IHC Together ~ Jed Filler ~ **Dining Hall**

Join us for an interactive way to explore camp and learn about the pieces of the IHC puzzle. Parents and children of all ages are welcome to follow clues around camp and find representatives of IHC organizations while learning how, with extended hands, the IHC community is responsible, one for another.

#### Music Jam Session ~ Seth Cahn and Vicky Stohl ~ **Outdoor Chapel**

Join us for a jam session with members of a Rocksteady band and others. Bring your instruments, hang out and play along!

### 3:45pm

#### Afternoon Snack ~ **Dining Hall**

Enjoy fruit, honey and a chance to refill your water bottle.

### 4:00pm

#### Family Tashlich ~ Rabbi Brett Krichiver ~ **Dining Hall Porch**

Join us for a half mile walk to the river and a meaningful Tashlich experience.

\*Nap areas available in the first 2 **Motel** units.

\*Miscellaneous sports equipment available on the dining room porch.

\*Water igloos available throughout the camp.

## AFTER LUNCH ACTIVITIES OVERVIEW

	Young Children	School Age	Teens	Adults
<b>1:30-3:45</b> Playground Activities Games People Play Crafts	X X X	X X X	X X X	X X X
<b>1:30-2:30 — Workshop I</b> Homelessness Round Table In the Beginning x2 Drum Circle Let's ROCK our World		X X X X	X X X X	X X X X
<b>2:45-3:45 — Workshop II</b> Contemplative Tashlich Holy Separation Putting the Pieces Together Music Jam Session		X X X X	X X X X	X X X X
<b>4:00-5:00</b> Family Tashlich IFTY-led free time and activities	X	X X	X X	X X

**Save a life and donate blood!**  
**The Blood Drive will run from**  
**1:00pm-5:00pm. If you registered**  
**to give, visit the blood mobile**  
**during that time.**



**PLEASE NOTE: All children under 8 years old must be accompanied by a responsible person at all times.**

*Special thanks to Sisterhood for helping to underwrite the cost of this wonderful event.*



TEMPLE SISTERHOOD  
 OF INDIANAPOLIS  
 HEBREW CONGREGATION

You can find a PDF of the retreat program at  
[www.ihcindy.org/RHRetreat](http://www.ihcindy.org/RHRetreat)