



The Omer Project: Receiving Torah Body and Soul
Workshops at Tikvat Israel, 2200 Baltimore Road, Rockville, MD 20851

THE JÜDISCHE KULTURBUND PROJECT: ART AND THE RESILIENCY OF THE HUMAN SPIRIT

Thu May 5, 7:30-9 pm* (Yom Hashoah) • A presentation with slides about Jewish artists and musicians responding to oppression in Nazi Germany by performing their art, demonstrating their will to survive and the power of the human spirit. Leader: Gail Prensky, creator and project director, Jüdische Kulturbund Project.

CONTEMPLATIVE PRAYER

Sat May 7, 9:30-10:15 am • Developing tools for a deeper experience of prayer through chanting and meditation as congregants proceed into the Shabbat *Schacharit* service. Leaders: Janaki Kuruppu and Rabbi Benjamin Shull.

KEYNOTE EVENT: "REACHING OUT, REACHING UP, REACHING IN: A JOURNEY OF JEWISH HEALING"

Mon May 9, 7:30 pm • Understanding the power of healing on the body and soul and how healing and providing support to the vulnerable can prepare us to receive Torah and make meaningful changes in our lives. Leader: Rabbi Simkha Weintraub, Rabbinic Director of New York Jewish Board of Jewish Children and Family Services. (*See other side.*)

MOVING OUR FEET: ISRAELI DANCE

Thu May 12, 6:30 pm (Yom Haatzmaut) • Performance and teaching for participants of all ages by award-winning Israeli teenage dance troupe *Yesodot*.

MINDFUL EATING

Tue May 17, 7:30 pm • Exploring ways to incorporate more whole foods and learn easy, fast recipes that the entire family will enjoy. Leader: Debbie Amster.

THE WORK OF OUR HANDS

Sun May 22, 2-4 pm • (*Requires pre-registration with TI office and payment of \$8 for supplies.*) Hands-on art projects for adults and children 10 and older including knitting, collage, quilting, felting, wire and bead kippot, and embroidery. Leaders: Shirley Waxman, Bobbi Gorban, Melanie Grishman, Bonnie Korr, Shelly Goldin, and Tamah Graber.

THE RHYTHM OF LIFE: A DRUMMING CIRCLE

Thu May 26, 7:30 pm • Connecting with Jewish songs from Psalms and Torah, interacting with the rhythm of others. Leader: Dr. Josh Milner, prayer leader at *Ohev Shalom*.

RESTORING HOPE: COPING WITH LOSS

Thu June 9, 8:00 pm • Learning to nourish hopefulness amidst feelings of loss and grief and empowering participants to move through grief via creation of personal rituals. Leader: Dr. Stacy Lang, licensed social worker and specialist in grief counseling.

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Special Programs for Young Children and Their Families

FAMILY YOGA AND MOVEMENT

Sun May 1, 12:30-1:30 pm • This program is geared for children ages 3 years-9 years.

FAMILY HANDS ON ART PROJECT—CLIMBING MOUNT SINAI

Sun May 22, 12:30 pm • This program is also geared for children ages 3 years to 9 years.

***NOTE: PM Minyan will be held at 7:00 pm daily from May 1 through the end of the Omer period, except May 12, when it will be at 7:30.**