



Pesach at Pearlstone

March 29-April 7, 2010

14-23 Nisan 5770



5425 Mt Gilead Road
Reisterstown, MD 21136

THE ASSOCIATED
and our agencies
MAKING A WORLD OF DIFFERENCE

Please read the enclosed information carefully. When you arrive at Pearlstone we will ask you to commit to the choices of Trips, entrees, and seders.



Bruchim Ha Ba'im

Dear *Chaverim*,

We are so happy to welcome you to our sixth "Pesach at Pearlstone." Our staff has spent many weeks planning and preparing to make certain that each and every one of you, from the youngest to our most senior and venerable participants, have a *zeisen* and *kasher* Pesach. We hope that you find our food delicious, facility comfortable, our ambience warm and *haimish*, and our staff attentive and welcoming.

Pearlstone was established by The ASSOCIATED Jewish Federation as a vehicle to strengthen Jewish identity and continuity and as a venue in which to celebrate Jewish family life. This holiday exemplifies our mission, and you, our guest families, are helping us fulfill it.

We have created a diverse selection of lectures, programs and trips for your personal enrichment and enjoyment and encourage you to participate in them all.

Best wishes for a *chag sameach*.

B'shalom,

Michele Lax
President

Carol Pristoop
Executive Director

Dick Goldman
General Manager



Guest Roster continued

| | |
|------------------------|-----------------------|
| Roberta Redfern | Naftali Behrman (Ziv) |
| Yehoshua Redfern | Gavi Behrman (Ziv) |
| Michael Schwarzschild | Shifra Behrman (Ziv) |
| Nina Schwarzschild | Basha Behrman (Ziv) |
| Ray Sylvia Stern | Fran Behrman (Ziv) |
| Ted Stern | Doug Behrman (Ziv) |
| Susan Schnerb (Stern) | Becca Lavine (Ziv) |
| Simcha Schnerb (Stern) | Abby Lavine (Ziv) |
| Jonah Wahrman | Andrea Lavine (Ziv) |
| Lucille Wahrman | Mike Lavine (Ziv) |
| Allison Ziv | Eric Littman (Ziv) |
| Jacob Ziv | Racheli Littman (Ziv) |
| Yael Ziv | |
| Elinor Ziv | |
| Lisa Ziv | |
| Bill Ziv | |
| Rob Ziv | |



Guest Roster continued

| | |
|------------------------------|--------------------------------|
| Jeremy Dingott (Nechamkin) | Ruthie Stolovitz (Nechamkin) |
| Joshua Dingott (Nechamkin) | Adele Stolovitz (Nechamkin) |
| Jim Rosenberg (Nechamkin) | Ben Stolovitz (Nechamkin) |
| Tsiporra Dingott (Nechamkin) | Judy Stolovitz (Nechamkin) |
| Jake Nechamkin | Gary Stolovitz (Nechamkin) |
| Leah Nechamkin | Ellen Phillips (Nechamkin) |
| Beth Nechamkin | Adam Phillips (Nechamkin) |
| Daniel Nechamkin | Caroline Phillips (Nechamkin) |
| Gabe Nechamkin | Elizabeth Phillips (Nechamkin) |
| Tzipporah Nechamkin | Phil Phillips (Nechamkin) |
| Rivka Nechamkin | Rachel Phillips (Nechamkin) |
| Shmuel Nechamkin | Kenny Walden (Nechamkin) |
| Devorah Nechamkin | Micaela Levy (Nechamkin) |
| Sarah Nechamkin | Karen Levy (Nechamkin) |
| Yisrael Nechamkin | Sylvia Pardes |
| Tova Nechamkin | Howard Pardes |
| Chaim Nechamkin | Judy Pluznik |
| Michael Nechamkin | Herbert (Dov) Pluznik |



Pearlstone Staff

| | |
|------------------|--------------------------|
| Carol Pristoop | Executive Director |
| Dick Goldman | General Manager |
| Frank Cleveland | Food Services/Operations |
| Cheryl Katz | Guest Services |
| Jessica Weinberg | Programming |
| Jakir Manela | Kayam Farm Director |
| Jessica Bentz | Office Administrator |

Pesach 2008 Faculty

| | |
|--------------------------|----------------------------------|
| Rabbi Yitzhak Breitowitz | Scholar in Residence |
| Rabbi Aryeh Goetz | Pesach Rav HaMachsher |
| Cantor Yehoshua Redfern | Shaliach Tsibur/ Seder Leader |
| Laura Leventhal | Camp Director |

We are all here to make this a Pesach of celebration, learning, and enjoyment. Please let us know if there is anything we can do to make your stay here even better.



Star-K

The Pearlstone Conference and Retreat Center is Certified by the Star-K of Baltimore. We maintain two Eruvim, and are Glatt kosher and Cholav Yisroel. If you have any questions with regards to whether our foods contain particular ingredients or to the kosher status of our Eruv please feel free to ask a member of our staff or speak to our Mashgiach.

Seder Options

The Communal Seder

Cantor Redfern will lead us in a warm, music-filled evening of prayer, song, and thought. This seder is open to all who are joining us for Pesach this year, and will be held in the main dining room.

The Commentator's Seder

1st seder night- Join Mr. Harold Gans, scientist and internationally acclaimed lecturer, and attain a deeper understanding of the story of the exodus through the eyes of the sages, and with the perspective of modern science and ancient Egyptian religious belief. Discover that the message of the exodus is as relevant to us today as it was 3,300 years ago. Attendees will be encouraged to share their insights and nigunim.

2nd seder night- a faster moving seder with inspiring Carlebach stories related to Pesach. This seder will be "lighter" and aim at ending earlier than the first seder.



Guest Roster continued

| | |
|-------------------------|----------------------|
| Bracha Goetz | Esther Kranton |
| Harold Goetz | Manuel Krupsaw |
| Shira Goetz | Jeanette Krupsaw |
| Moshe Szendro (Goetz) | Sinai Leventhal |
| Chaim Szendro (Goetz) | Elya Leventhal |
| Tzippi Szendro (Goetz) | Yehuda Leventhal |
| Raphael Szendro (Goetz) | Devora Leventhal |
| Rochel Szendro (Goetz) | Laura Leventhal |
| Luda Gorman | Chaim Leventhal |
| Sam Gorman | Manya Luft |
| Aliza Kahan | Zalman Magid |
| Ariel Kahan | Elisheva Magid |
| Elie Kahan | Harry Marks |
| David Kahan | Karen Marks |
| Linda Kahan | Sandy Mirman |
| Mark Kahan | Gloria Mirman |
| Michal Kahan | Sam Hurwitz (Mirman) |
| Jack Kranton | |



Guest Roster

| | |
|---------------------------|---------------------------|
| Bill Bashevkin | Ruthie Eisenberg |
| Mildred Shapiro Bashevkin | Roberta Eisenberg |
| Howard Benn | David Eisenberg |
| Roseanne Benn | Marc Eisenberg |
| Arnold Bramson | Ed Feigelman |
| Roslyn Bramson | Miriam Feigelman |
| Rosie Braunstein | Ezra Friedman |
| Davida Braunstein | Monica Friedman |
| Abby Breitowitz | Harold Gans |
| Yitchok Breitowitz | Miriam Gans |
| Elisheva Breitowitz | Bess Shubin (Gans) |
| Frayda Breitowitz | Rose Glassner |
| Helen Breitowitz | Eliyahu Bacharach (Goetz) |
| Moshe Breitowitz | Ahuva Bacharach (Goetz) |
| Sally Breitowitz | Dina Bacharach (Goetz) |
| Eli Eisenberg | Doni Bacharach (Goetz) |
| Devorah Eisenberg | Aryeh Goetz |
| Michael Eisenberg | Binyomin Goetz |



The Pearlstone Pesach Camp

Laura Leventhal, Director

Jam packed with fun for our children. Camp will be in session twice daily during Chag, and once a day during Chol HaMoed unless requested. Check the enclosed schedule for daily times. Camp will meet in the downstairs Activity Center. Activities will include story time, arts & crafts, field trips, and indoor & outdoor games.

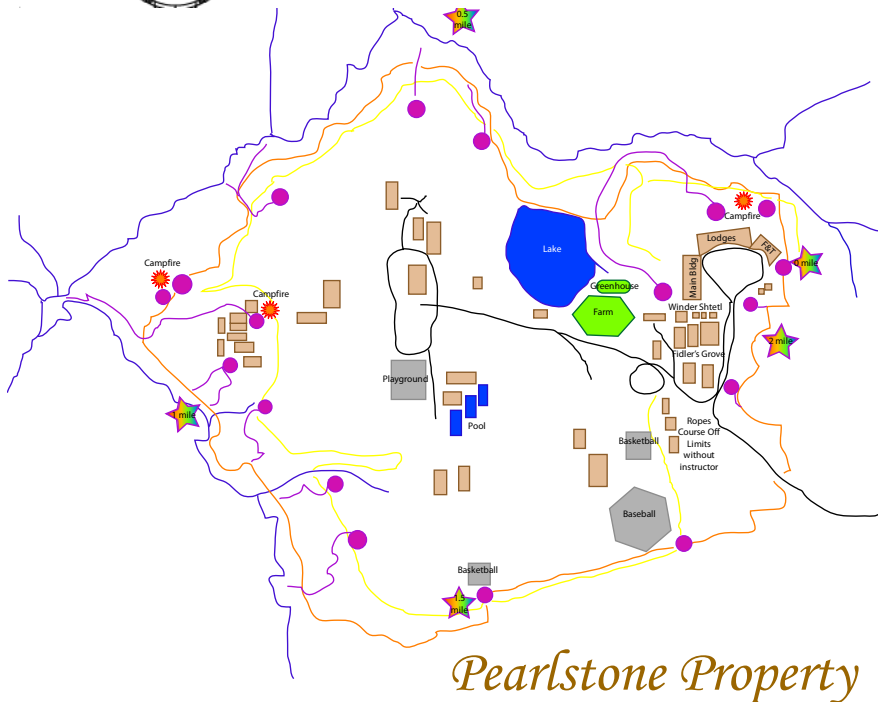
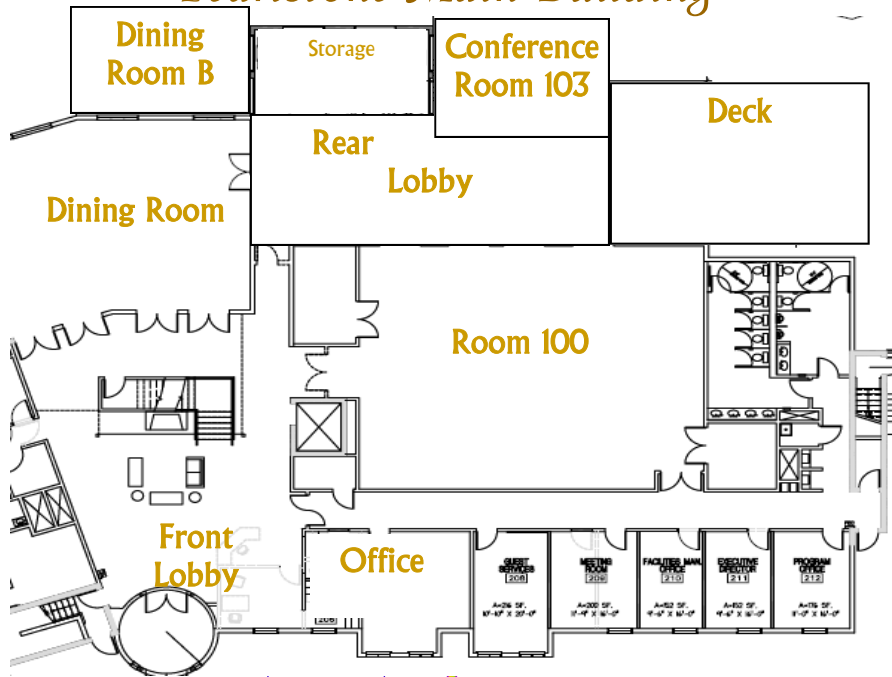
Activity Locations

We encourage everyone to attend the lectures, programs and meditation sessions. You will find a schedule and descriptions of all our lectures in this booklet. Thank you to our scholar-in-residence Rabbi Breitowitz, our shaliach tzibur, Cantor Yehoshua Redfern, and to all of our guests who are sharing their wonderful lectures and interests.

- Davening & Daf Yomi will take place in room 100
- Lectures 1-3 will be held in Room 100
- Lectures 4-11 will be held in Dining Room B
- Alternative program 1 will be in room 100
- Alternative programs 2-4 will be in room 103
- Alternative programs 5&6 will be in Dining Room B

How fortunate we are to be sharing Pesach together, each guest brings so much to our Pearlstone Community!

Pearlstone Main Building



Pearlstone Property

Evening Kumsitz Saturday 4/3

FIRESIDE TALES

When dramatic storyteller **Jennifer Rudick**

Zunikoff performs, biblical figures speak, rabbinic Midrash leaps off the pages of the Talmud, and Judaism's rich folklore dances to life. And Jennifer's contemporary stories challenge her listeners to respond to the issues confronting the Jewish community today. She uses storytelling as an educational tool to inspire children and adults to explore Judaism and their spirituality. Jennifer is a performer, teacher and coach.



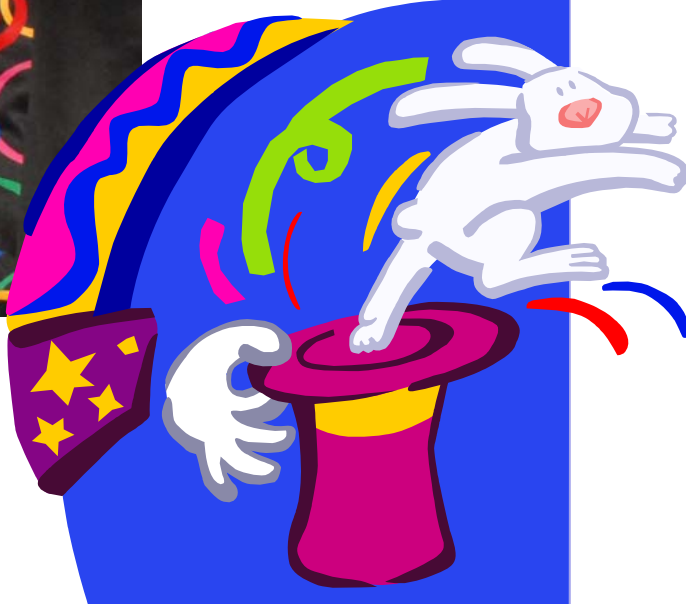
Evening Entertainment Thurs. 4/1

Magic of William Gross



William Gross has been entertaining and astounding audiences in the Baltimore and Washington DC area for 28 years.

Bill's unique style of teaching the secret behind some of his basic sleight-of-hand tricks to his audience members has made him a beloved educator as well as an entertaining performer.



Davening Schedule

| | | |
|-------------|----------------|------|
| Shacharis | | |
| | Chag & Shabbat | 9:00 |
| | Chol HaMoed | 7:30 |
| Mincha | 3/29 | 6:50 |
| | 3/30 | 5:45 |
| | 3/31 | 5:00 |
| | 4/1 | 6:00 |
| | 4/2 | 7:00 |
| | 4/3 | 6:00 |
| | 4/4 | 7:00 |
| | 4/5 | 5:30 |
| | 4/6 | 6:00 |
| Maariv | 3/29 | 8:10 |
| | 3/30 | 8:19 |
| | 3/31 | 8:00 |
| | 4/1 | 9:00 |
| | 4/2 | 7:12 |
| | 4/3 | 8:30 |
| | 4/4 | 7:15 |
| | 4/5 | 7:35 |
| | 4/6 | 8:27 |
| Candlelight | 3/29 | 7:10 |
| | 3/30 | 8:19 |
| | 4/2 | 7:12 |
| | 4/4 | 7:15 |
| | 4/5 | 7:35 |



Our Scholar

Rabbi Yitzhak Breitowitz JD., PhD.

Rav Breitowitz was born in New York, and grew up in the Greater Hartford, Connecticut area. He received his bachelor of arts from Johns Hopkins University and obtained smicha from Ner Israel Rabbinical College, where his fellow students and teachers recognized in him unusual creativity and brilliance, as well as a unique ability to grasp complicated material and communicate it clearly to



others. He met and married Sally Naiman, and returned to Baltimore in 1983, to join the faculty of the University of Maryland School of Law, where he is now a tenured professor, specializing in bankruptcy and commercial law. Rav Breitowitz's scope and pace of activity are legendary. In addition to leading daily daf yomi classes, his women's shiur on Sunday morning attracts students throughout metropolitan Washington. A born pedagogue, he lectures regularly to the larger Washington community at the Board of Jewish Education, the JCC, the UJA-Federation and countless other venues. He has also taught at the Girls' Division of the Yeshiva High School. He is much in demand as a lecturer nationally, bringing his unique depth and breadth of scholarship to bear on a wide range of subjects, especially medical, business, professional and family ethics, and the interrelationship of halacha and the secular legal system. He has published widely on Jewish law and ethics. Among his articles are those on the right to die, physician assisted suicide, brain death, the status of frozen embryos, the desecration of ancient burial sites through archaeological excavations, business ethics, shalom bayit and spousal abuse.

Evening Entertainment Thurs. 3/31

SETH KIBEL



Seth is the leader, clarinetist, and composer for The Alexandria Kleztet, a genre-bending klezmer band he founded in the Baltimore/Washington area. The band's four albums, *Peace, Love and Coffee* (2009), *Close Enough for Klezmer* (2005), *Delusions of Klezmer* (2002) and *Y2Klezmer* (1999) are all available nationwide. Their first three albums received the Washington Area Music Association's (WAMA) award for Best World Music Recording following their release. Additionally, Seth was named "Best World Music Instrumentalist" by WAMA in 2003, 2004, 2005, 2006, 2007, and 2008. In 2005, 2007, and 2008, he was also named "Best Jazz Instrumentalist."



Other Chol Ha Moed Opportunities

The Jewish Community Center Park Heights or Owings Mills

Complimentary JCC Guest passes & schedules are available in the office.

Loews AMC Cineplex 10100 Mill Run Circle Owings Mills, Showtimes: 410-423-0523 Services: 443-394-0060

Bowl America-Reisterstown

11973 Reisterstown Rd, Reisterstown, MD 410 833-3440

Reisterstown Sportsplex Ice Skating Rink

401 Mitchell Dr Reisterstown, MD 410 429-4242

There is a
“**Things to do in Baltimore, Washington, DC,
and the Reisterstown Area**”
binder of information available in the office.



Games Room

Pearlstone owns a large variety of Shabbat and Yom Tov appropriate board games. You are welcome to come to the office and borrow these games throughout the week.

Please attach your name tag to the side of the cabinet with the magnets provided to indicate which game you have borrowed. **We appreciate your help in keeping these games intact for future players.**



Our Guest Lecturers

Davida Braunstein

Davida Braunstein has been writing, publishing, and reading poetry since she was a teenager in Amherst, NY. She has performed in New York City, Europe, Israel, Los Angeles, and most recently, Baltimore. Davida has a degree from Brandeis University in English and American Literature and has studied Creative Writing and Poetry in the Masters Program at New York University. She also studied at Bais Chana Women's Yeshiva in LA. Her writing has been published in magazines. Davida has just started a new company called “Poesies - inspired speeches and poems for every occasion.”

Rabbi Edward Feigelman

A native of Detroit, MI, Rabbi Edward Feigelman received Rabbinic Ordination as well as a B.A. in Music, an M.S. in Jewish Education, and a Cantorial Diploma from Yeshiva University. He also holds an M.A. in Music Education from New York University, and a Certificate in Computer Programming from McGill University, Montreal, Canada. For 13 years he served as Rabbi and Cantor at congregations in New Orleans, Montreal, and Windsor, Ont. Rabbi/Cantor Feigelman has given concerts in various cities in North America as well as lectured on Jewish liturgical topics pertaining to the history, meaning and nusach (mode) of prayer. Since 1985, he has been involved in Information Technology in suburban Detroit and the Baltimore/Washington metro area. He is currently an Oracle Database Administrator for the U.S. Government, Department of Defense. Rabbi Feigelman is married to Miriam Bassman Feigelman, who is also here at Pearlstone. Both he and Miriam share several children and a “team” of grandchildren.



Our Guest Lecturers

Harold Gans

Mr. Harold Gans is a graduate of Yeshiva Gur Aryeh and received a Bachelor of Science degree Cum Laude with honors in mathematics from Brooklyn College. He received a Master of Arts degree in mathematics from the Belfer Graduate School of Science, Yeshiva University, where he was a National Science Foundation Fellow. Mr. Gans resides in Baltimore Maryland with his wife, where he collaborates with an international team of researchers in studying the Torah codes.

Rabbi Aryeh Goetz

Rabbi Aryeh Goetz has an undergraduate degree in Urban Planning from the University of California and smicha from Yeshiva Aish HaTorah in Jerusalem. He works in the Baltimore Jewish community at CHAI: Comprehensive Housing Assistance, Inc. an agency that does neighborhood revitalization in the Upper Park Heights neighborhoods with homeownership and seniors. Rabbi Goetz teaches Torah classes at Etz Chaim, the Community Kollel and Jewish Recovery Houses in Baltimore. This is his third year at Pearlstone as Rav HaMachshir.

Bracha Goetz

Bracha Goetz is the Harvard-educated author of nine children's books, (including The Happiness Box, The Invisible Book, and What Do You See on Pesach?) a writer for national Jewish publications, and the Mentoring Coordinator at Jewish Community Services in Baltimore.

A Virtual Temple Tour

Now that you have toured the Temple Recreation at the Mennonite Information Center, come and get a “virtual” tour of the temple as described in the text. This unique powerpoint presentation gives participants the opportunity to learn about and explore the text and the temple simultaneously.

Rabbi Yoav Elan is the author of the Artscroll Yad Avrohom Mishnah Series: Tractates Tamid, Middos, Kinim, Temurah & Meilah (Seder Kodashim)

Game Show Madness

Are You Smarter than a 5th Grader? Who Wants to be a Millionaire? Press Your Luck! It's the Family Feud!

Susan Stern Schnerb is the director of therapeutic recreation at the Dry Harbor Nursing Home in Middle Village, Queens.



This year we are happy to be able to offer our guests the opportunity to book appointments for a variety of spa services or spa packages for themselves through

<http://pearlstone.eventbrite.com/>

Our secure login password is: **Passover**

All appointments will take place here at Pearlstone during the day on Sunday April 4th so please **check the Health & Renewal Institute schedule on page 19** to decide when you would like your appointment!

Digging Up Your Jewish Roots

We will learn the secrets of using the internet to dig up our roots and discover new family members. It's everything you wanted to know, but never asked!

Dick Goldman is the general manager of the Pearlstone Center. He is also president of the Jewish Genealogy Society of Maryland and has been doing genealogy as a hobby for over 50 years; creating a family tree containing over 5,000 of his relatives.

Organic Soapmaking

Cook up your own soaps and balms for healing dry lips, skin and hair. All of the ingredients are organic, healthy, and can be purchased at local health food stores. Take home your products and the recipes so you can make more!

Tiferet Sassona is the volunteer MD coordinator of Kayam Farm at Pearlstone.

Reflexology

Reflexology is an alternative medicine method involving the practice of massaging, squeezing, or pushing on parts of the feet, or sometimes the hands with the goal of encouraging a beneficial effect on other parts of the body, or to improve general health.

Rena Levin is a health and wellness coach who combines traditional coaching tools and techniques along with a variety of modalities from the world of holistic healing. For more than 20 years, Rena has been privileged to study with some of the premier teachers in the field of holistic health, passionately learning all she can about complementary and alternative healing.

Gardening Workshop

Spend some time out on the farm. Enjoy the beautiful weather and learn some techniques for successful organic gardening. No holiday restrictions will be violated.

Jakir Manela is the director of Kayam Farm at Pearlstone.

Ropes Course

If you are feeling adventurous and ready to challenge yourself, come on out to the ropes course to climb to new heights!

Casey Yurow is the education director of Kayam Farm at Pearlstone.



Our Guest Lecturers

Janette Krupsaw

Janette is a graduate in Social Work from the University of Michigan and holds an MBA from the University of Connecticut. She has played bridge for many years. She is an American Contract Bridge League Certified Star Teacher and is an ACBL Director. She has taught the game to over 500 people of all ages and on all skill levels. She has provided these services on over 20 cruises. She and her husband have traveled extensively throughout the world and have been on all 7 continents!

Elisheva Magid

Elisheva is a retired school teacher from Los Angeles California. She currently teaches 8th grade English at the Yeshiva K'tana of Waterbury. She has a special interest in textile Arts and their connection to Jewish Life and History.

Jakir Manela

Jakir is the Farm Director of Kayam Farm at Pearlstone. He has worked to develop the Jewish agricultural and environmental education programs of Kayam, the Teva Learning Center, & the Coalition of the Environment and Jewish Learning (COEJL).

Susan Schnerb

Susan Stern Schnerb is the director of therapeutic recreation at the Dry Harbor Nursing Home in Middle Village, Queens. She and her family have been coming to Pesach at Pearlstone for many years.



Jewish Meditation

after *kiddush* on Shabbat & Yom Tov (11:30am-noon)

Join *Lisa Ziv* in quiet reflection on topics related to Pesach. Learn several meditation techniques to improve emotional, spiritual, and physiological health. Open to all ages, genders, and experience levels.

Connection between Purim and Pesach 3/30 (Tuesday)

How does *Adar* prepare us for Pesach? What are the contributors to happiness and their impact on our health? Scientific research shows how positive moods and attitudes protect against strokes and other diseases. Learn how to train your brain to be more positive through a concentrative, breathing meditation.

Counting our Steps to Sinai 3/31 (Wednesday)

Each day of counting the *Omer* symbolizes our journey from redemption to receiving the Torah. What one thing about yourself do you want to change? Take simple, gradual steps to make lasting change. Imagine what those baby steps would look like using a concentrative, counting meditation.

True/False: *chometz* or *matzoh*? 4/3 (Shabbat)

Chometz is the symbol of falsehood in this world. Truth must be guarded and watched, just like *matzoh*. How can we ensure ourselves and our families that we will live lives free of enslavement to lies? Reflect on living an authentic, true life through a concentrative, breathing meditation.

Move from fear to freedom 4/5 (Monday)

Develop a capacity to be free in an often challenging and turbulent world by fully embracing the present. Learn to overcome uncomfortable feelings through mindfulness meditation in order to move from fear and anxiety to insight and freedom.

With an outstretched arm 4/6 (Tuesday)

Hashem took us out of Egypt with an outstretched arm and redeemed us from slavery. Learn a slow-motion movement exercise focusing on your hands to capture your mind's attention. Paying attention to slowing down helps you be mindful during the day.

Lisa Ziv teaches meditation & gentle yoga at schools, synagogues, and organizations. RENEWAL, a guided meditation CD is available for purchase on Chol HaMoed. A portion of the proceeds donated to Kayam Farm at Pearlstone.

(410) 218-8975

lisaziv@timein.org

www.timein.org



Organic Pesach Cooking

Come on into the Pearlstone kitchen and learn to make a healthy organic Passover lunch!

Frank Cleveland is the executive chef of Pearlstone

Web Design

This course will introduce the participant to the basics of making a web site. First, you will learn to do basic web-programming with the fundamental language HTML. Second (if proper equipment), you will gain exposure to using a web-design program, in which you can manipulate the site without coding. And third (if proper equipment), you will learn to upload your files to a server (in this case a free one with a free domain name).

Eli Eisenberg is a graduate of Yeshivat Rambam High School. While in high school, Eli studied independently (or in a correspondence program) some advanced AP courses and also learned web-programming languages. He spent nearly a year and a half studying Talmud in Yeshivat Kerem B' Yavneh in Israel. He will attend Johns Hopkins in the fall. He currently works at Yeshivat Rambam as a substitute teacher, volunteer tutor, and teacher of a Web Design elective (as well as learning part-time).

Silk Painting

NO EXPERIENCE OR ARTISTIC SKILLS NEEDED! Design and dye your own beautiful silk matzo cover! If you wish, the cover can easily be turned into a matzo bag or something else later. All supplies are provided for you free of charge. This is a fun, creative, and easy activity.

Devorah Eisenberg is a psychology and art major at Women's Institute of Torah Seminary. She studied art at Towson University and Mitchell School of Fine Art. Devorah developed a project with a friend for which they created beautiful silk challah covers, sold them, and donated the profits to Gush Katif. She has been a winner of the Jewish Times Chanukah art contest five different years. In addition, her t-shirt design was chosen for the Chicago Israel Day parade t-shirts in 2006 and also for a float in the New York city Israel Day Parade.

The Modern Middle East

Come and learn, discuss and argue about "HaMatzav" and other important current events in the Greater Middle East.

Saul Senders is a professor of Middle East Studies and Computer Science at Chesnut Hill College in Philadelphia. He is also the father of Jessica Weinberg!

Yoga & Meditation

A gentle process for connecting to the quiet present moment of the heart. Yoga & Meditation allow us to look past these dissatisfied mindsets into a deeper experience of joy, peace and gratitude. The class begins with gentle yoga exercises, and gradually transitions through breathing exercises, deep relaxation and meditation.

Josh Rothschild is the director of Stress Management Consultants and the founder of The Center for Heart Hypnotherapy

Bracha Goetz is the Harvard-educated author of nine children's books, (including The Happiness Box, The Invisible Book, and What Do You See on Pesach?) a writer for national Jewish publications, and the Mentoring Coordinator at Jewish Community Services in Baltimore.

Chess

Come and enjoy a “relaxing” morning of strategy and duels between kings, queens rooks, knights, bishops and pawns!

A native of Baltimore since he was three, **Michael Eisenberg** is currently a senior at Johns Hopkins majoring in Writing. He was first taught chess at about eight years old and has been playing ever since. He won his high school chess tournament and has placed in other events. Michael also has experience teaching campers for Baltimore County and tutoring individuals.

Tai Chi

A series of 19 movements and 1 pose that together make up a meditative form of exercise to which practitioners attribute physical and spiritual health benefits. T'ai Chi does not require a particular level of physical fitness or coordination. Some studies have found the practice to reduce stress and relieve certain ailments. T'ai Chi focuses on circulating, developing and balancing the chi a kind of spiritual energy residing in every living thing. For those with physical limitations, movements may be done seated. No special clothing or equipment is required.

Jeremy Harlow co-founder of the Qi Center of Maryland, which is a school that offers a Qigong teacher certification program. Through the National Qigong Association, Jeremy is a level III certified Advanced Qigong Instructor and Qigong Clinical Practitioner. Jeremy holds a black belt in Hap Ki Do from the U.S. Korean Martial Arts Federation and a third degree black sash from the World Kuoshu Federation.



Alternative Programs Schedule

#1: 3/29 4:30pm Elisheva Magid

Spinning and Weaving and the 39 Malachas

Many of the Malachas of Shabbos and Yom Tov derive from ancient textile production. This will be a hands-on demonstration of ancient spinning and weaving techniques and how the common practices of Shabbos and Yom Tov are related.

#2: 3/30 12:00pm Janette Krupsaw

Contract Bridge Part 1

Janette encourages players to enter the exciting world of bridge with an entry level class.

#3: 3/31 12:00pm Susan Schnerb

Lateral Thinking Puzzles

Exercises and games to stimulate the brain and maintain cognition.

#4: 4/3 11:30am Janette Krupsaw

Contract Bridge Part II

Follow up with Janette to take your bridge playing to the “next level”

#5: 4/5 11:30am Bracha Goetz

From Harvard to Hashem (women’s lecture)

Bracha takes you along on her journey from the academic halls to the prayer hall.

#6: 4/6 4:00pm Davida Braunstein

Journey Out of Self-Exile

Creating the space for freedom, poetry and harmony in our lives. We will explore the intrinsic value of poetry in Hashem's Torah, and methods of self-expression that will lead to a deeper understanding of our individual, unique purpose in life. **Ms. Braunstein will also perform a poetry reading.**



Lecture Schedule

#1: 3/29 7:10pm Rabbi Yitzhak Breitowitz
The Seder as a Blueprint for Spiritual Liberation

#2: 3/30 4:30pm Rabbi Aryeh Goetz
4 Insights into the 4 Questions

What are the 4 Seder Questions telling us about our Jewish identity, that our children will ask and that we need to answer?

#3: 3/30 7:15pm Rabbi Edward Feigelman
The Evolution of the Haggadah

This lecture will illustrate how the current text of the Haggadah evolved from the original Biblical command to tell the story of the Exodus on the night of Pesach. Portions of the Mishnah, chapter ten of tractate Pesachim, the Haggadah text of the Rambam (Maimonides) including some derived Sephardic customs, and the text as we know it today will be analyzed and compared.

#4: 3/31 4:00pm Rabbi Yitzhak Breitowitz
The 4 Parshiyot as a Precursor to Pesach

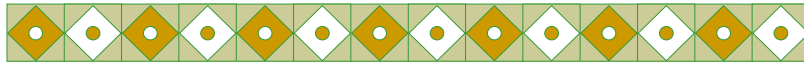
#5: 4/2 6:00pm Rabbi Edward Feigelman
Simcha - Rejoicing on the Festival

How is Simcha defined according to the Torah and our Rabbinic tradition? Do we drink and be merry? How do we rejoice on the each of the three pilgrimage festivals (Pesach, Shavuot, and Sukkot), during Chol Hamoed, Chanukah, Purim, Rosh Hashanah, and at a family Simcha? Differences of the types of Simcha for each of these occasions will be highlighted.

#6: 4/3 5:00pm Rabbi Yitzhak Breitowitz
The Mystical Significance of Sefirat HaOmer

Schedule for Pesach at Pearlstone Health & Renewal Institute

| Time | Active | Creative | Intellectual | Other |
|-------------|--|--|---|--|
| 9:30-10:30 | Trail Hikes (choose from cardio-power or nature exploration) With Kayam Farm | Silk Painting Part 1 With Devora Eisenberg | Chess Strategy With Eisenberg | Introduction to Qigong With Jeremy Harlow |
| 10:30-11:30 | Yoga/Meditation Men With Josh Rothschild | Jewelry Design With Carol Pristoop | The Modern Middle East With Saul Senders | Reflexology massage for women With Rena Levin |
| 11:30 -1 | Ropes Course With Casey Yurow | Make your own Organic Soap With Tiferet Sassona | Digging Up Your Jewish Roots With Dick Goldman | Organic Pesach Cooking With Frank Cleveland |
| 1-2 | Lunch | | | |
| 2-3 | Gardening Workshop With Jakir Manela | Silk Painting Part 2 With Devora Eisenberg | A Virtual Temple Tour With Yoav Elan | Game Show Madness! With Susan Schnerb |
| 3-4 | Yoga/Meditation Women With Bracha Goetz | Meet the Animals With Abby Streusand | Web Mastery With Eisenberg | |



*Pearlstone Mini
Health and Renewal Institute*

Sunday, April 4th 9:00am-4:00pm

Pearlstone has developed a series of retreats called “The Pearlstone Health and Renewal Institute.” These retreats incorporate aspects of Jewish wisdom, values, and practices with holistic approaches towards medicine, nutrition, meditation, physical activity, and environmental awareness.

This year, it is our pleasure to offer our Pesach at Pearlstone guests a small taste of what has become a spiritual and emotional experience for all of our Health and Renewal Institute participants.

The sessions for our mini institute are divided into 4 categories in an attempt to appeal to the interests of all of our guests: Active, Creative, Intellectual, & Other.



***Please Note that all gender-specific sessions are marked as such on the schedule, and will be offered by facilitators of the same gender.**



#7: 4/3 7:30pm Rabbi Edward Feigelman
Shir Hashirim and Its Innermost Meaning

Shir Hashirim read literally seems to be a “love story”. In reality it is an allegory depicting the close bond and love of G-d with the People of Israel. A brief analysis of several verses of Shir Hashirim will highlight its innermost meaning. G-d’s close bond to us is especially important as we achieve our Emunah [faith] in G-d during this holiday of freedom from bondage.

#8: 4/4 6:00pm Harold Gans
Searching for G-d in a Test Tube

Can the existence of a G-d, who created everything and cares about what happens, be explored using scientific observations and methodology? Examination of numerous lines of scientific and historical evidence leads to the scientific and logical conclusion that such a G-d exists, and that this knowledge can make a vital difference in our lives.

#9: 4/5 4:30pm Rabbi Edward Feigelman
An Analysis of Hallel

This session will delve into the types of Hallel which are part of the synagogue service as well as part of the Pesach Seder. Various differing customs will be highlighted. The lecture will also deal with the reasons for reciting Hallel on most festivals and Rosh Chodesh, but not on all holidays. Also covered will be the recitation of Hallel for other occasions.

#10: 4/6 11:30am Jakir Manela
Chai V’Kayam

Kayam Farm at Pearlstone has been thriving for two seasons and is now heading into its third. Come and discover some of the fantastic educational opportunities we have designed and implemented for the community.

#11: 4/6 5:00pm Rabbi Yitzhak Breitowitz
Jewish Bio-Medical Ethics of Organ Donation & Cloning

Chol Ha Moed Day Trips

Thursday, April 1st 9:00-5:00

Lancaster, PA Guided Tour of Amish Farmlands

Experience the Amish Country with a personal touch! Our own Mennonite guide will join us on the bus and take us on a tour of Lancaster County. Along the way, the guide will be explaining Amish and Mennonite faith, life, and culture. The bus will make frequent stops along the way to visit Amish and Mennonite owned farms, shops, and community buildings including:

- The Biblical Tabernacle
Reproduction
- Mennonite and Amish farms
- A Mennonite church
- One-room Amish schools
- Water wheels
- The Village of Intercourse
- Farmers' markets
- Windmills
- Historical sites
- Covered bridges
- Amish furniture makers
- Old grist mills run by water power
- Amish quilts
- The Candle Barn
- The Village of Bird-in-Hand
- An Amish cemetery



Friday, April 2nd 9:00am-4:00pm

Baltimore, MD

Morning— Visionary Art Museum

Life, Liberty & the Pursuit of Happiness

The quest for human rights and the search for personal fulfillment, as proposed in the 1776 American Declaration of Independence, provide the starting point for this international exhibition. Works by 86 visionary artists are featured; including many works that never have been shown publicly before.

The Adults will have a docent guided tour of the exhibit and highlights from the rest of the museums collection.

The Children and Teens will have guided educational tours of the exhibit and will then spend time in the studio workshop creating "Freedom Figures."

Afternoon— Walters Museum

The Walters is internationally renowned for its collection of art. The collection presents an overview of world art from pre-dynastic Egypt to 20th-century Europe.

Mummified

Explore the mysteries of Ancient Egypt and mummies with this interactive exhibit. You'll learn about how mummification was done, the ancient spiritual beliefs of the ancient Egyptians, and about mummies and more.

The Adults will have a docent guided tour of the exhibit and highlights from the rest of the museums collection.

The Children and Teens will have guided educational tours of the exhibit and will then spend time in the studio workshop.

Please Note: Guests who prefer may return to Pearlstone

