

# WOMEN WISDOM & WELLNESS 2021

**Kehilat**  
BETH★ISRAEL

A VIRTUAL RETREAT FOR WOMEN



Beginning on Mother's Day, take some time for yourself. During this four-day virtual retreat, we will explore wellness, movement, creativity, feminism, and Torah in a supportive community. Register and choose as many of the 14 one-hour sessions as you wish to attend.



MAY 9-12  
2021



**REGISTER**

The first 75 people to register will receive a custom gift bag.

[www.kehillatbethisrael.com/womens-retreat-2021](http://www.kehillatbethisrael.com/womens-retreat-2021)



**1 PM**



**OPENING KEYNOTE SESSION - Reading Torah as a Feminist, Dr. Ellen Frankel**

Dr. Frankel will share her own Jewish feminist journey, discuss how she came to write *The Five Books of Miriam*, lead us through text study through a feminist lens, and explore where Jewish feminist interpretation might go from here.

**4 PM**



**Shavuot Cheese Danish Two Ways, Nikki Shapiro**

Do you like things sweet or savoury or do you like both? Though there is no one clear reason for the custom of eating dairy foods during the days of Shavuot, we do know that in the Song of Songs, Torah is likened to milk: "Like honey and milk [the Torah] lies under your tongue". Nothing says Shavuot more than cheese Danish! Learn to make these easy and delectable treats with a sweet and savory twist and dazzle your guests!

**See Nikki's Recipe**

**8 PM**



**Gentle Yoga: Moving in the Garden of Eden, Rabbi Laurie Matzkin**

How do the characters and characteristics of those archetypal humans in Eden affect our embodied experience today? Join us for yoga, breath work, and meditative stretching that will bring to life the qualities of Adam and Chava, Ish and Isha into your body. Movements are gentle but rich enough to give you a feeling of expansiveness and

**Find a comfortable, space on the floor or yoga mat. Be mindful of any injuries & take care of your own body during this session.**



**DAY 2**  
**MONDAY, MAY 10**



**10 AM**



**Taming Your Inner Critic, Rabbi Dahlia Bernstein**

Each of us has an inner critic. It was put there to protect us, but more often than not, it keeps us small, holding our voice in when we are afraid of stepping on toes or doing the "wrong" thing. Learn how to recognize and tame your inner critic. With enough time, you can even make it your greatest supporter!

**1 PM**



**Reproductive Ethics Among Haredi Women in Israel, Dr. Michal Raucher**

Although doctors and rabbis cooperate with each other as authorities over reproduction, Dr. Raucher will explore how Haredi (ultra-Orthodox) women insist on their autonomy from these authorities when they make decisions regarding the use of contraceptives, prenatal testing, fetal ultrasounds, and other reproductive practices.

**5:45 PM**



**Meditative Ma'ariv, Rabbi Deborah Zuker**

Join KBI's evening minyan for prayer, followed by meditative reflection, song, and silence.

**8 PM**



**Crafting in Community: An interactive volunteer-led collage-making workshop, See Crafting Sheet**

This workshop is inspired by "Tree of Life", a paper mosaic by Israeli artist Mia Scharf. Join us to use your creative voice on paper to shine a light on the role of women in Jewish life, past, present and future. Short biographies of 12 women archetypes from the Torah will be provided. Alternatively, tap into those women who have guided you. Gather your paper, glue, scissors, magazine cutouts, memorabilia and small objects and engage in a lively discussion online with other women as you create images of powerful women who have inspired you.

**See Crafting Sheet**



**10 AM**



**Spiritual Writing Workshop, Dr. Sarah Waisvisz**

Join writer and teacher Dr. Sarah Waisvisz for a workshop about how to nurture resilience in your life through the development of a regular, spiritually-grounded writing practice. No writing experience necessary! Simply have on hand a pen and paper, and Sarah will teach you her three best techniques to get you to write, and to write often. Note: This workshop might change your life.

*Have a pen & paper on hand.*

**1 PM**



**What Are You Wearing? Rabbi Deborah Zuker**

Join the conversation about how women are "wearing" their Judaism today. From Tallis and Tefillin to Matza dresses, we will study sources, learn skills, and talk trends in Jewish women's dress now and into the future. Dress Code: Come as you are.

*Have on hand the purple ribbon provided in your gift bag.*

**8 PM**

**KEYNOTE SESSION**



**Pathways to Leadership**, Meet and talk with women rabbis from across North America who will share stories of leadership, women's spirituality and sisterhood.

**DAY 4**  
**WEDNESDAY, MAY 12**



**10 AM**



**Core Strength & Stretch, Sarah Beutel**

This session is for all fitness levels. We will use our body weight to progress through a series of functional movements that will focus on building core strength and will finish with a gentle stretch. The session will incorporate both standing movements and floor work.

*Wear comfortable clothing & have a chair, small pillow, mat (or towel) & a water bottle.*

**1 PM**

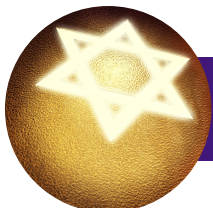


**Jewish & Muslim Women Changing the World, Sharon Albert**

In this session, we will consider some of the shared challenges that Jewish and Muslim women face and explore ways women can make real change. We'll discuss what it means to be a Jewish or Muslim feminist, and learn about some of the women who are making positive changes for women in both traditions today.

*Enjoy a cup of mint tea - a Middle Eastern favourite!*

**5:45 PM**



**Meditative Ma'ariv, Rabbi Deborah Zuker**

Join KBI's evening minyan for prayer, followed by meditative reflection, song, and silence.

**8 PM**



**CLOSING KEYNOTE SESSION: Hineni - Here I Am, Andrea Freedman**

Join a fireside chat with Andrea Freedman, the leader of Ottawa's Jewish Community. She will share her personal leadership journey and how she has overcome obstacles and developed the resilience to lead in good times and bad. She will share her 'view from the top' and her unique perspective on how more women can have an impact in our Jewish communities.



# WOMEN, WISDOM & WELLNESS 2021

## PRESENTERS



**Sharon Albert** - A Senior Lecturer in the Religion Studies department at Muhlenberg College, she teaches courses on Islam, Jewish Studies, and comparative religions, as well as courses in Women's and Gender Studies. Her doctoral research at the University of Chicago explored literary and cultural exchange between Jews and Muslims in Spain and Provence during the high Middle Ages. She earned an M.Phil. in Medieval Studies at University College Dublin and a B.A. in English at McGill University.

**Rabbi Dahlia Bernstein** - Rabbi Dahlia Bernstein is the spiritual leader of Congregation Beth Ohr in Bellmore, NY. With her ordination from the Jewish Theological Seminary and coaching certification from iPEC, Dahlia makes it her mission to teach and lead in ways that lead people to greater self-acceptance, peace, and power.

**Sarah Beutel** - An experienced certified group fitness instructor with the City of Ottawa's Nepean Sportsplex, she earned a Bachelor of Arts degree from McGill University and a Master of Arts in Public Administration from Carleton University. In 2009, Sarah began working for the Jewish Federation of Ottawa where you can still find her, in the role of VP of Community Building. Sarah is a proud wife and mother of four children.

**Dr. Ellen Frankel** - Jewish Publication Society's first Editor Emerita, Dr. Frankel was Editor-in-Chief of JPS for 18 years and also served as CEO for ten of those years. Since her retirement she has been pursuing her own writing and scholarly projects. Currently, Dr. Frankel is working on a mystery series set in Israel.

**Andrea Freedman** - Andrea is the President and CEO, Jewish Federation of Ottawa and Ottawa Jewish Community Foundation. Throughout her 25+ year career, Andrea has worked in the non-profit world, primarily in the Jewish Federation movement. She spent six years at Federation CJA (Montreal) in a variety of positions, including serving as Director of the Israel and Overseas Department. At the UJA Federation of Greater Toronto, among her many duties, Andrea was responsible for major gift fundraising and corporate partnerships, and significantly increasing giving. Working for UJA Federations of Canada, she successfully consulted with communities across the country and provided an extensive demographic study.

**Rabbi Laurie Matzkin** - With her rich background in creativity, spirituality, and mindfulness, Rabbi Laurie Matzkin inspires others through her Jewish Yoga classes, seminars on Jewish liturgical music, insightful text study sessions and family Jewish connection groups. Currently the Mindful Jewish Journeys Educator at the Los Gatos JCC, PJ Library Silicon Valley Family Educator and Rabbi for The Villages Jewish Group in San Jose California, she is also a faculty member of Shalem Jewish Wellness Collaborative and Embodied Jewish Learning. Rabbi Matzkin studied Music and Jewish Studies at Indiana University, Bloomington, and received both her M.A.Ed. and Rabbinic Ordination from the Ziegler School in Los Angeles. She is also a graduate of the Institute of Jewish Spirituality Clergy Leadership Training.

**Dr. Michal Raucher** - An assistant professor of Jewish Studies at Rutgers University, New Jersey, Dr. Raucher is interested in how Jewish women in the US and Israel push boundaries, reinforce norms, and construct moral worlds. Her academic background is in bioethics, religion, and gender studies. As a Fulbright Fellow, she conducted research on the reproductive ethics of Haredi (ultra-Orthodox) Jewish women in Israel. Her first book, *Conceiving Agency: Reproductive Authority Among Haredi Women*, based on this research, was published by Indiana University Press in 2020.

**Nikki Shapiro** - Nikki is the creator behind Tablefulloflove, a new and connective social media food space that shares a love for the kitchen. Nikki bonds with her network by showcasing simple and easy to follow instructional steps to create delicious recipes. She often is asked to host cooking seminars to break down barriers in the kitchen to help make cooking fun. A committed volunteer in the Ottawa Jewish community, Nikki, her husband Michael, and two young adult children call the capital home. In addition to her love of all things kitchen, Nikki loves to travel, express her creativity through art and design, entertain and spend time with family and friends. Follow Nikki at Tablefulloflove on Facebook, Instagram, or contact her at [nikki@tablefulloflove.com](mailto:nikki@tablefulloflove.com).

**Dr. Sarah Waisvisz** - A writer, theatre artist, professor, and experienced workshop facilitator, Dr. Waisvisz was raised in Ottawa, attended Hillel Academy, and for two years wrote a regular column for the Bulletin called "Dispatches from the Diaspora." Sarah is a member of Or Haneshamah where she takes on various lay leadership roles include service leading, programme development, and strategic planning. As a member of the Tikkun Olam Committee for International Reconstructing Judaism, her focus is on racial justice and inclusion for Jews of Colour. As a workshop leader, Sarah is known for her generous and empowering style and for prioritizing process over product.

**Rabbi Deborah Zuker** - Associate Rabbi of Kehillat Beth Israel in Ottawa, she has been with the congregation since its inception in 2016. A native of Ottawa, she previously served as the Senior Rabbi of Temple Ner Tamid in Peabody, MA, where she excelled at interfaith and cross-community collaboration. Known for her engaging teaching style, dynamic family programming, and championing of Conservative Judaism and its egalitarian and inclusive values, Rabbi Zuker has made Kehillat Beth Israel THE destination for a rich and vibrant Jewish experience in the National Capital Region.