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**THE IRWIN BEUTEL  
LECTURE SERIES**

**WINTER WEEKEND  
LEARNING RETREAT**

**MONT GABRIEL HOTEL  
& RESORT**

**FEBRUARY 8-10, 2013  
28-30 OF SHEVAT, 5773**

**PROGRAM**



WELCOME!  
BIENVENUE!

WELCOME YOU TO THE  
WINTER WEEKEND LEARNING RETREAT!

WE LOOK FORWARD TO A WEEKEND  
FILLED WITH LEARNING, INSPIRATION AND  
CELEBRATION!

FRIDAY  
FEBRUARY 8

28 OF SHEVAT

## FRIDAY

1:30 pm

### Registration

Registration is at the front entrance at Retreat. Please let us know if there is anything we can do to help make your stay more comfortable!

2:00 pm

### Soups & Salads

Location: *Andrews 1*

After you've settled in, join us for some delicious soups and salads. Enjoy the beautiful scenery and be warmed by the cozy wood-burning fireplace. The **Andrews 1** will be stocked 24 hrs a day for the entire duration of the Shabbaton with a selection of tea, coffee, pastries and fruits. Enjoy!

2:45 pm– OPTION 1

### Downhill Sledding Activity

Meet at *Les Cedres*

Downhill sledding activity at the snow covered golf-course. All children must be signed in and out to participate in the outing. Snowpants, gloves and hats required. Children 3 and under must be accompanied by at least one parent for this activity.

2:45 pm– OPTION 2

### Snowshoeing on the Golf Course

Meet at *the Front Desk*

Snow shoeing at the snow covered golf course. Snow shoes available for rental at the front desk for \$10 a pair.

3:00 pm – OPTION 3

**Workshop: Challah Braiding**

With Chana Schmukler

Location: *Les Cedres*

Nothing says Shabbat like Challah. The Challah bread is the ultimate fusion of the mystical and the very physical. It invokes the mystery of the heavenly Manna, yet it is the stuff of our handiwork and human endeavour. Roll up your sleeves, knead that dough and learn the art of braiding a majestic Challah.

4:00 pm

**Are We There Yet?**

**Making Shabbat a Fun Experience  
for the Entire Family**

Rabbi Asher Jacobson

Location: *Andrews II*

Ah, Shabbat. The day of rest and peace. But in an era of instant communication and devices, turning off is a hard thing to do. Rabbi Jacobson will present practical tips to make Shabbat a fun and meaningful experience for the entire family.

4:40 - 4:55 pm

**Candle lighting**

Location: *Palmer*

Usher in the Shabbat with the beautiful Jewish tradition of lighting candles, a practice that connects us to generations that come before us—all the way to Sarah our foremother. The moment following the kindling serves as an auspicious time to express our innermost wishes and prayers for our loved ones. It is customary to give several coins to charity prior to lighting

## FRIDAY EVENING

5:00 pm

### **Pre-Shabbat Mincha Service**

Location: *Andrews II*

5:15 pm

### **Class: The Song of The Secrets**

Rabbi Yossi Shanowitz

Location: *Andrews II*

The music of Shabbat expresses the inherent mystical connection between the Jewish people, the Shabbat and the Divine. This text-based class explores the deep spiritual messages in the liturgy of Rabbi Isaac Luria, Judaism's most eminent Kabbalist. Welcome the Shabbat with a richer understanding of its majesty and mystery. The Shabbat songs will never sound the same!

6:00 pm

Welcoming the Shabbat

### **Kabbalat Shabbat Service**

Location: *Andrews II*

Experience the joy and Passion of Kabbalat Shabbat, the as we welcome the Day of Rest with song and joyous melody in this brief, but spiritually uplifting service.

7:00 pm

### **Kiddush & Dinner**

Location: *Nicklaus-Palmer-Watson Ballroom*  
Full Course Shabbat Dinner

## FRIDAY NIGHT

9:15 pm

**Keynote Address:**

Rabbi Manis Friedman

**The Ultimate Recipe for Lasting Love**

**No Matter Your Age**

Followed by Q& A

Location: *Andrews II*

10:30 pm

**Dessert Reception**

Coffee, Tea, Cakes and Fresh Fruits

Location: *Andrews I*







SHABBAT  
FEBRUARY 9

29 OF SHEVAT

## SHABBAT MORNING

8:00 am

### Light Breakfast Buffet

*Location: Andrews I*

Breakfast buffet will be opened from 8:00-9:45 am. In keeping with Shabbat tradition, a light breakfast pastries of yogurts and cereals will be served.

8:30 am

### Beyond Kiddush:

### Everything You Need to Know

### About Kosher Wine

Rabbi Yossi Shanowitz

*Location: Andrews II*

This text based class will address the how, what and why of Kosher wine. What makes wine Kosher? What makes wine non-Kosher? What is Mevushal? Non-Mevushal? And much more. An eye-opening and illuminating encounter into the world of Kosher wine.

9:30 am

### Shachrit Prayer Services

*Location: Andrews II*

Torah Reading: *Mishpatim* / Parshat Shekalim/Shabbat Mevorchim  
Blessing on New Month /Rosh Chodesh Adar is Sunday & Monday  
New Moon at 5:37 13/18 pm

10:30 am

### Do You Know Your Idol?

Rabbi Manis Friedman

*Andrews II*

Amongst the many commandments outlined in this week's Parsha, is a warning against worshipping idols. In this illuminating talk, Manis Friedman explains the significance of this commandment for our day and age. A riveting, timely and contemporary message inspired by our ancient Jewish teachings.

# SHABBAT MORNING

11:15 am

## Torah with Devorah Ladies Torah Class

*Andrews I*

You don't need to have a Torah background or be able to read Hebrew to participate in this vibrant lecture and roundtable discussion on the weekly Torah portion. This class weaves Torah insights with contemporary and existential issues; ancient wisdom with modern dilemmas. You will study, laugh, discuss, be inspired and debate. The Torah is yours, too.

12:30 pm - Kiddush Service

*Andrews I*

We sanctify the Shabbat with a blessing of Kiddush and a cup of wine. Followed immediately by the Hamotzi and buffet lunch in the Nicklaus-Palmer-Watson

## Buffet Lunch

*Nicklaus-Palmer-Watson*

Enjoy a sumptuous lunch à la featuring the best of traditional Ashkenazic and Sefardic fare. Select from a wide assortment of smoked and fresh fish, salads, grilled chicken and dips, and... its not a real Kiddush without some steaming Cholent!

## SHABBAT AFTERNOON

2:00 pm

### What's on Your Mind?

**Open Forum with Rabbi Manis**

Rabbi Manis Friedman

Moderated by Devorah Shanowitz

*Andrews II*

We all have questions - how about some answers? Rabbi Friedman will tackle queries on any and every topic you wish to hear addressed. This open, No-Holds Barred forum presents a fantastic opportunity for you to engage our world renowned lecturer on issues that matter to you. You can ask your questions on the spot, or send them in ahead of time by clicking [here](#).

3:15 pm

### Dessert Reception

*Andrews I*

For your Shabbat pleasure, partake from our dessert reception buffet featuring a variety of mouth-watering French, Italian and Viennese pastries, an assortment of fresh fruits and invigorating sorbets.

3:30 pm

### Option 1

#### Nature Walk

Get out there for some fresh air and a invigorating walk around on Mont Gabriel. Enjoy the stunning winter vistas of the S Sauveur valley and beyond!

Option 2

#### Board Games

*Les Cedres*

Enjoy the relaxation of a Shabbat afternoon with nothing to rush you and nowhere to go with some fun board game time.

## SHABBAT AFTERNOON

**4:15 pm**

### **Mincha Services**

*Andrews II*

Join us for a brief Mincha service and Torah reading in the Shul.

**4:30 pm**

### **When Religion and Family Collide**

#### **Workshop with Rabbi Asher Jacobson**

*Andrews II*

When Harry Met Sally, she wasn't religious, but now she has become more observant and Harry isn't into it at all. Or maybe its you who is changing, or it's a parent or friend that has changed on you. In this workshop, Rabbi Jacobson will introduce practical tips for dealing with conflict within a family due to a difference in religious approach.

**5:15 pm**

### **Happiness is A Serious Problem**

#### **5 Practical Tips to More Positive Living**

*Andrews II*

It has been said that the only happy people out there are the ones you don't know really well. Can a person be truly happy in face of life's adversities, uncertainties, disappointments and regrets? Every day stresses can put the best of us in a bad mood. In this lecture, Devorah Shanowitz examines happiness and present practical tips to making every day a more positive and uplifting experience in face of life's struggles and challenges.

# MOTZE SHABBAT SATURDAY NIGHT

**6:10 pm - Maariv Service**

*Andrews II*

**6:20 pm - Havdallah Service**

**Musical Farewell to Shabbat.**

*Andrews I*

Join us for an inspirational and musical Havdallah service—our heartfelt farewell to Shabbat. As we enter the new week, we do so with hope and prayers for the coming days. Fragrant spices are inhaled, candles lit and songs sung! This is a service not to be missed. Indeed may G-d bless us, our loved ones, our people and all of mankind with a week filled with blessing and success.

**7:20- Break**

**8:15 pm - Melava Malka**

**Buffet Dairy Dinner**

*Nicklaus-Palmer-Watson Ballroom*

A great Jewish tradition is to participate in a Melava Malka “farewell to the Queen”. We kindle lights, tell inspirational stories and celebrate the blessings Shabbat has endowed us with, and energize us ourselves for the coming new week.

Enjoy a dairy feast of grilled salmon, delectable salad bar, hot lasagna, scrumptious pizza, and pastas.

# MOTZE SHABBAT SATURDAY NIGHT

9:15 pm - Keynote Address:

You Can, If You Think You Can  
The Power of the Mind  
Rabbi Manis Friedman  
*Andrews II*

10:30 pm - Late Night Desserts & Ice Cream  
*Andrews I*

We bid farewell to Shabbat and now we move on...but not before enjoying a scrumptious dessert buffet with delectable dairy delights such as chocolate and raspberry cheesecake, served with fresh fruits, along with freshly brewed coffee, and a selection of fine herbal teas. Design your very own ice cream sundae - choose from a variety of rich ice cream flavours and delicious toppings, from crunchy-munchy to smoothie fruity. Indulge in this post-Shabbat treat. Your diet...will wait







SUNDAY  
FEBRUARY 5

12 OF SHEVAT

## SUNDAY

### **7:45 am - The Nature of A Miracle Understanding Extraordinary Occurrences through the Lens of History**

Rabbi Yossi Shanowitz

*Andrews I*

What are miracles and why and how do they happen? What parameters or markers classify an occurrence as a miracle? Have a pre-breakfast coffee as you peer through the dramatic lens of Purim to understand the nature of the Miracle.

### **8:30 am - Shachrit Services**

*Andrews II*

### **9:15 am - Continental Breakfast**

Wake to freshly brewed coffee and a full continental breakfast feast replete with yummy blintzes and maple syrup, hot omelets with a filling of your choice, yogurts, fresh fruits, a selection of hard and soft cheeses and Norwegian smoked salmon. You are invited to make sandwiches and take snacks to go, whether you are heading back to the city, or the ski hills.

### **10:00 am - Wrapping it All Up The Power of One**

*Nicklaus-Palmer-Watson Ballroom*

After a weekend filled with inspiration and learning, join us as we wrap it all up with our guest speaker, Rabbi Manis Friedman.

**11:00 am - Au Revoir & Skiing**

*Ski passes for Mont Gabriel available at front desk for special rate of \$29 for hotel guests.*

*See below for schedule of rates*

<b>Ski Trail</b>	<b>Mont Gabriel</b>	<b>Mont Saint</b>
<i>Proximity</i>	On Site at Hotel	10 minutes
<i>Trail Maps</i>	Trail Map for Mont Gabriel	Trail Map for Saint Sauveur
<i>Rates for Full Day For Retreat</i>		
<i>Children 0-5</i>	Free	Free
<i>Children 6 - Up</i>	\$29 Day Pass *	\$41 Day Pass*
<i>Adults</i>	\$29 Day Pass *	\$41 Day Pass*

**Directions to Mont Saint Sauveur**

*Merge onto Autoroute 15 S via the ramp on the left to Montréal*

*Take exit 60 toward Saint Sauveur Piedmont/Morin Heights/QC-364*

*Turn left onto Chemin du Lac Millette*

*Turn left onto Chemin du Mont Saint Sauveur*

*Destination will be on the right*