



Havurat Tikvah



Havurat Tikvah Shabbaton to Focus on Spirituality

Dr. Raachel Jurovics, a practitioner of spiritual companionship, rabbinic student, and program director for Temple Beth Or in Raleigh, will visit Havurat Tikvah November 16-18 for a Shabbaton devoted to "Returning to One's Self: Finding Your Spiritual Direction." Through services, study and an evening program, she will introduce emerging practices in Jewish spiritual direction, a process of *t'shuvah* or turning back to God.

"The connection to God, in an odd way, can go unexpressed in Jewish life, even in traditional communities," Raachel says. "Yet, we have a rich language for thinking through our personal relationship with the Holy One and for being attentive to that relationship. We've just gotten out of the habit of using the language and practices we've inherited." She plans to explore those practices during the Shabbaton in November. Locations and times will be announced soon.

For two years, Raachel has been studying the practice of spiritual direction or companionship, which integrates prayer, ritual, text study, meditation, contemplation, music, chanting, and silence to help individuals reach a heightened alertness to the divine presence. As a practitioner, she currently guides four people through the process of listening for and interpreting spiritual signposts. She is also writing a book on spiritual direction as a Jewish practice, and she refers interested

seekers to the work of Carol Ochs and Kerry M. Olitzky, "Jewish Spiritual Guidance: Finding Our Way to God," published by Jossey-Bass Inc.

"While I'd like more people to be aware of the one-on-one spiritual companionship process, there are not yet many Jewish practitioners," Raachel notes. "What I



Dr. Raachel Jurovics

want to do for Havurat Tikvah is to introduce some of the concepts underlying the process and to offer a way for members of this prayer community to provide support to one another. There are accessible, routine things anyone can do to keep in touch with God. I hope to create a climate for individual seekers and the community to be comfortable hearing more God language, talking about their relationship with God and gaining insights into that relationship."

In addition to serving as the program director for Temple Beth Or, a Reform congregation, a post



Jewish Reconstructionist Federation

she has held since 1997, Raachel has been studying for four years in the ALEPH (Alliance for Jewish Renewal) *smicha* program.

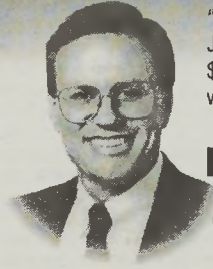
A Los Angeles native who has been active in Jewish communal life for many years, she holds a Ph.D. in English Literature from UCLA and worked in communications and software design before training as a rabbinic aide under the Union of American Hebrew Congregations.

The November Shabbaton and other events with visiting rabbis or rabbinic students will be coordinated through the Religious Affairs Committee, headed by Gwen Offerdahl and Elaine Millen. Plans are underway to hold a concert featuring Rabbi Rayzel Raphael of Philadelphia, a Reconstructionist rabbi, singer and composer who performs with MIRAJ, a women's a cappella troupe. A second Shabbaton will be held next year with Rabbi Daniel S. Brenner, a Charlotte native and who serves on the faculty of CLAL, the National Jewish Center for Learning and Leadership in New York, NY.

Special events and Shabbatons supplement the group's regular schedule of Shabbat and holiday religious services, facilitated by Laura Duhan Kaplan, resident rabbinic intern, who also is a student in the ALEPH *smicha* program.

The Charlotte community is welcome to attend the November Shabbaton. For more information, call 704-653-1390. ☆

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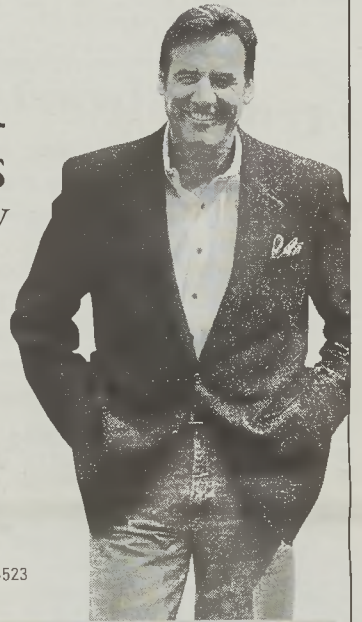
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All Ages Enjoy Retreat In the Blue Ridge

Havurat Tikvah members gathered for a Labor Day Shabbaton August 30 to September 2 at the YMCA Blue Ridge Assembly near Black Mountain, NC. It was the first year the group met at the Assembly, a large complex with hotel-like accommodations, recreational facilities, hiking trails and a variety of meeting places.



Gabe Chess, Hannah Settle and Lily Schorr decorate T-shirts with waterproof paints during Havurat Tikvah's Labor Day Retreat.

Friday night and Shabbat morning services brought everyone together.

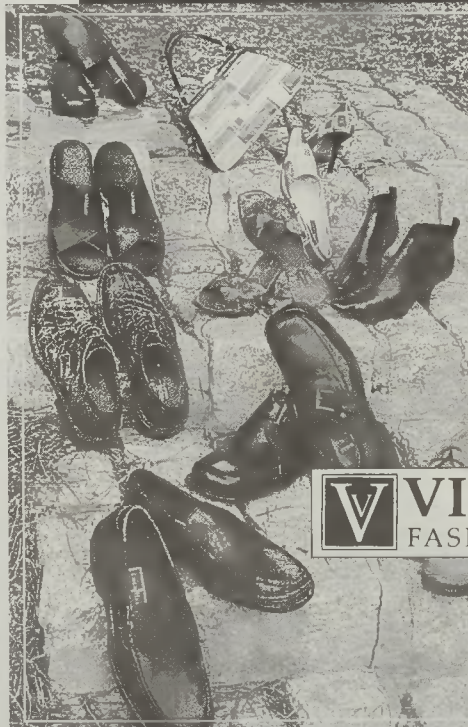
Children enjoyed fabric painting and fabric stamping with crafts maven Ellen Chelms, now an Asheville resident. Saturday evening, adults shared where they were on their Jewish journeys and the next morning discussed the havurah's re-organization plans. Laura Kaplan solicited members' written comments about what they wanted from her as resident rabbinic intern. In between events, there was plenty of time to schmooze in the dining room, explore hiking trails, swim and sing.



Havdalah service outdoors, led by Laura Duhan Kaplan, ends Havurat Tikvah's Shabbat at the YMCA Blue Ridge Assembly. Her daughter Hillary prepares to douse the candle.

Behind the scenes, Frank Fleming arranged for the meeting site, with help from Pam Crown,

and Brenda Waxman, Jessica Saxe and Laura. ☆



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Havurat Tikvah Coming Events

Havurat Tikvah is an affiliate of the Jewish Reconstructionist Federation.

OCTOBER

Succah Party, 7 PM, October 6:
Kosher dairy potluck dinner and havdalah; home of Leah Sepsenwohl and Carol Bentley, 2033 Charlotte Drive.
Shabbat Services with Simchat

Torah observance, 10 AM,
October 13: Home of Laura and Charles Kaplan, 2900 Somerset Drive.

For more information, call 704-653-1390.