

Learning and Growth – Limud and Hitlamdut

As the people of the book, we approach everything as learners, internalizing the learning to build our capacity to do good. The goal of life is not comfort; the goal of life is growth and meaning. Every single experience we have had, and will have, can serve to teach us something - to make us great. Because greatness is not what happens to us, greatness is who we are in the face of what happens to us!

Arrive in Israel

Welcome Home!

9:30 am **Optional: Meet at the Hilton Hotel of Tel Aviv**
HaYarkon Street 205, Tel Aviv

Luggage can be stored in a luggage room in the hotel

Optional: Depart for Tour and Shopping at Nachalat Binyamin

Nachalat Binyamin in the heart of Tel Aviv is one of the best places in the city to find original, handmade items. Located in one of the oldest neighborhoods in Tel Aviv, Nachalat Binyamin Market features a massive range of different arts and craft products, presented by over 200 artists.

12:00 pm **Meet at the Hilton Hotel of Tel Aviv**
HaYarkon Street 205, Tel Aviv

12:15 pm **Depart to Welcome Class and Lunch at Blue Sky Restaurant**
12:45 pm **"The Five Habits of Spiritually Intelligent People" – Adrienne Gold**

As we begin our journeys into ourselves, we can mine the rich seam of Jewish wisdom that is our birthright! Spiritual intelligence gives us the paradigms and frameworks necessary to maximize the 'easy' times and manage the more difficult ones. Let's explore together the ancient concepts, as they apply to very modern situations we all face.

1:30 pm **Welcome Lunch at Blue Sky Restaurant**

Run by renowned chef Meir Adoni, Blue Sky is located on the rooftop of the Carlton Hotel, with views of the city of Tel Aviv and presenting a rich vegetarian and fish menu in an elegant atmosphere.

2:30 pm **Depart to Tel Aviv Street Art Tour**

3:00 pm **Tel Aviv Street Art Tour**

Explore the colorful streets of Tel Aviv's trendiest neighborhoods scrawling with graffiti and receive the key to unlocking Tel Aviv's fascinating urban art scene. On the tour, you'll see firsthand the many different forms of graffiti and street art, as well as learning how to identify pieces of the most well-known Israeli street artists.

4:15 pm **Check-in to the Hilton Hotel to Prepare for Evening Program**

The Hilton Tel Aviv is located in the heart of Independence Park, on the shores of the Mediterranean Sea and within the vibrant city of Tel Aviv. You will enjoy luxurious rooms, gym and spa, as well as the outdoor semi-Olympic saltwater pool.

5:15 pm **Depart Hotel for Momentum Welcome Dinner at Yad Charutzim**

6:00 pm **"Shifting Paradigms - the Power of Learning and Growth"**

Ianna Raim

7:00 pm **Connecting to the Women of Momentum**

A chance to network with women from all over the world

7:20 pm **Welcome Dinner with your Momentum Sisters**
9:00 pm **Depart back to Hotel for Overnight Stay at the Hilton Tel Aviv**

Reminders:

- *Please bring your trip journal with you tomorrow.*

Wednesday November 6th

Courage – Azut d’kedusha

Courage is not the absence of fear; courage is the decision that something is more important than your fear. (Ambrose Redmoon) In Hebrew, “Azut d’kedusha” actually means ‘holy chutzpah’! This country, and indeed our nation, was built on this very trait. As we seek to understand the benefits of this kind of courage, we might also tap into this powerful method for our own personal growth. We will also meet Michal Barkai, a social entrepreneur, who embodies this same trait, that Jewish women from our matriarchs to Golda Meir and beyond, used to fuel their journeys.

Attire: Casual

6:30 am **Breakfast opens at the Hotel**

7:45 - 8:00 am **Checkout of Hotel**

8:15 am **Depart to Tel Aviv Stock Exchange for Class**

8:45 am **“The Courage to Act on Your Calling”**
Adrienne Gold – Tel Aviv Stock Exchange Conference Center

9:45 am **“Be the Change”**
Michal Barkai

10:15 am **Depart to Peres Center**

10:40 am **Tour of Peres Center**
The Israeli Innovation Center is the first and largest visitor’s center of its kind. It presents the incredible story of Israel, the “innovation nation”, showcases the diverse fields and people behind Israeli innovation.

12:30 pm **Depart to Tiberius**
Boxed Lunch

3:15 pm **Check-in to the Setai Sea of Galilee**
The Setai Sea of Galilee one of Israel's most luxurious hotels offers villas overlooking the Sea of Galilee and the Golan Heights

Spa Facility Time and Private Spa Treatments

Cocktail Hour and Schmooze at the Bar in-between Treatments

7:30 pm **Dinner at the Hotel Dining Room**

8:30 pm

The Kabbalah of You Workshop with Adrienne Gold

Tonight, let's make "her-story", as Brene Brown teaches 'owning our story can be hard, but not nearly as difficult as spending our lives running from it.' Do you know how to tell your story? Can you examine the places and spaces that formed your personal narrative - a narrative that may still be valid, but may also have lost its relevance? How we frame our story will determine how we frame our lives and experiences. Judaism teaches us that re-framing the negative is a gateway to wisdom. Let's look at writing our personal mission statements through the stories we tell ourselves and the stories we tell others.

Thursday November 7th

Peace and Wholeness – Shalom Bayit

Relationships provide a living laboratory for growth.

Attire: Modest, Casual (Tsfat Synagogues)

7:00 am

Optional: Morning Yoga

Meet your madrich at reception desk for information about class location

7:30 am

Breakfast Opens in Hotel

9:00 am

"In Pursuit of Peaceful Relationships" - Adrienne Gold – Setai Bar and Lounge

Maintaining loving relationships require a commitment to peace and wholeness, an expertise in communication and in forgiveness. Love itself is a verb; an action word. In Hebrew, the word for love is A-hav-ah, which is from the root word 'hav' or to give. We love who we give to. This is why a child rarely loves a parent with the same intensity as a parent loves a child; because a parent gives and a child takes. Let's examine the art of giving to master the art of loving.

10:00 am

Depart to Tel Saki

10:30 am

Relive the Incredible Story of the IDF at the Tel Saki Battle Site with IDF Captain (Res.) Yaakov Selevan

11:30 am

Depart to Tsfat

12:45 pm

Tour of Tsfat and Discover the Tunnels Running Under the Old City of Tsfat

Tsfat, perched on a mountaintop in the Upper Galilee, is known as the mystical city of Israel, and was home to many famous Kabbalists and scholars. It still retains those mystical and magical qualities and it is now home to many artists and artisans.

2:00 pm

Shop and Lunch on Your Own

3:45 pm

Depart to Bayit Btet Vav in the Artist Colony

4:15 pm

Opportunity to Receive a Jewish Name

If you don't have a Jewish name, take the opportunity to get one here in mystical City of Tsfat with your Momentum sisters

5:15 pm

Depart to Adir Winery

6:00 pm

Wine Tasting and Dinner at Adir Winery

At the heart of the Upper Galillee region, along the slopes of Admon Mountain, is an inspiring family winery that has raised the standard of Israeli wine to a whole new level. Adir Winery

produces high quality wines that are a true reflection of the favorable conditions in which their grapes were grown and harvested.

8:00 pm **Depart to Jerusalem**

10:30 pm **Check-in to the Orient Hotel of Jerusalem**

The Orient Jerusalem hotel, is nestled at the heart of the German Colony, walking distance from countless cultural, tourist, and historical attractions. The Orient Jerusalem's exceptionally luxurious rooms and suites showcase an eclectic design, merging classic motifs with modern innovations. Guests can unwind in the rooftop pool overlooking iconic landmarks, or the indoor pool on the spa level, near the gym and saunas.

Reminders:

- **Remember to bring your journals with you tomorrow morning to class.**

Friday November 8th

Faithfulness and Trust – Emunah

Here in Jerusalem, where heaven and earth kiss, we are at the portal where all prayer ascends! Our personal stories are interwoven with those of our ancestors, who walked these streets and dreamed their dreams. How different are our dreams to theirs? To sustain and keep us, we need Emunah (faithfulness). A relationship with God can anchor us in every aspect of our life in the present and can drive us forward for the future.

Attire: Modest, Casual (Visiting Western Wall)

Evening Attire: Modest, Shabbat-Pretty

6:30 am **Breakfast Available at the Hotel**

9:00 am **Depart Hotel to Old City of Jerusalem**

Old City Tour of Jerusalem

Walk in the footsteps of our ancestors through the ancient holy city surrounded by almost 4000 years of history. Visit the Cardo, Herodian Street, the re-built Hurva Synagogue and hear about the excavations for remnants from the Second Temple Period.

10:45 am **Group Picture on the Rooftop of Aish Hatorah**

11:00 am **Break and Refreshments**

ELC Lobby – Fifth Floor

Special Gift from Momentum

11:30 am **“The Power of Prayer”**

Ianna Raim – Goldman Banquet Hall – Third Floor

12:00 pm **Visit the Kotel – Western Wall**

At this last remnant of the Holy Temple, and the holiest site on earth, your heart will see more than your eyes, as you feel the prayers of thousands of years and millions of Jews. The Kotel is known as a place where the Divine Presence never leaves.

12:30 pm **Depart to the Orient from Dung Gate**

Return to Hotel to Prepare for Shabbat

- 3:00 pm **Depart by Bus to the Old City**
- 4:04 pm **Candle Lighting at the Claman's Home in the Old City**
- Dancing at the Kotel (Western Wall) with Your Momentum Sisters**
Kabbalat Shabbat at the Kotel is a magical experience. Witness the throngs of Jews welcoming the Shabbat Queen with joy in song and dance.
- 5:00 pm **Meet at the back of the Kotel by the Flag to Walk to Dinner**
Shabbat Dinner at the Waldorf Astoria with your Momentum Sisters
- 8:30 pm **Walk back to the Orient Hotel**

Shabbat November 9th

Generosity - Chesed and Tzedakah

Acts of kindness and giving uphold our world. Are we holding up our end? When one begins to identify more as a soul and less as a body, it becomes clear that the ONLY thing we can truly keep is that which we give away. On Shabbat, a day where it is said that we get an 'extra' soul, our hearts yearn to give and do acts of kindness. This is why Shabbat is called 'a taste of heaven'.

Morning Attire: Modest, Shabbat-Pretty

Evening Attire: Sweater or Wrap for Old City Cool Evening

- 6:30 am **Breakfast opens at the Hotel**
- 8:30 am **Optional: Shabbat Yoga – Breather in Your Day of Rest**
- 10:45 am **"The Momentum of Gratitude"**
Lori Palatnik – Orient Hotel Conference Room
- 11:45 am **Depart for Shabbat Lunch Home of Bob and Marla Stark – 3 Shimon Street, Baka**
"Shabbat of a Lifetime-" Enjoy an authentic Jerusalem experience by joining local families for Shabbat lunch at the home of a host family
- Meet Barbara Goldstein, Deputy Executive Director of Hadassah's Israel Office**
- 2:00 pm **Option 1: Walking Tour in The German Colony and Greek Colony with Guide Yoni Zeiler**
- Option 2: Shabbat Day Relaxation**
- 4:45 pm **Meet Hebrew U Pears Scholars**
A special opportunity to meet Hebrew U Pears Scholars from developing African countries. These students are studying in the International Masters Program in Public Health. Hebrew University of Jerusalem is a global leader in these fields. Students will join us for a musical Havdalah Program.
- 5:50 pm **Musical Havdalah at the Orient Hotel**
- 6:15 pm **Free Time for Dinner on Your Own**

8:45 pm **Meet at Bank Hapoalim in Mamilla Mall to Walk to the Kotel**

9:20 pm **Optional: Tour of the Kotel Tunnel Complex**

Go back over 2,000 years of Jewish History. Walk beneath the Western Wall and see the hidden layers come alive to tell the story of ancient Jerusalem.

Sunday November 10th

Human Dignity – Kevod Habriut

Each person is made in the image of God, infinitely valuable and deserving of dignity. As human ‘doings’, we often ‘hustle for worthiness’ and connect dignity to productivity or fame or youth and beauty. A human ‘being’ is dignified simply because they contain a spark of the Creator. Our people have modeled personal dignity, even in the most horrific of times. The Jew is a living example of the expression "they tried to bury us, they didn't know we were seeds!"

Attire: Casual

6:30 am **Breakfast Available at the Hotel**

8:10 am **Depart by Bus to Leonardo Plaza Hotel for Class**

8:30 am **“Re-claiming Our Dignity”**

Adrienne Gold - Leonardo Plaza Hotel – Yemen Moshe Hall

9:30 am **Depart to Yad Vashem**

10:00 am **Yad Vashem, Israel's Holocaust Memorial**

12:30 pm **Reflecting on your Yad Vashem Experience**

1:00 pm **Depart to Social Services Organization**

Lunch

2:30 pm **Visit Social Services Organization**

4:00 pm **Depart to Machana Yehuda Shuk**

4:30 pm **Culinary Tour of Machana Yehuda Shuk**

Tour the market with a gourmet chef, purchase tonight's dinner ingredients and prepare the feast together in her charming studio apartment above the shuk.

8:30 pm **Depart to Hotel**

Monday November 11th

Unity and Mutual Responsibility – Achdut and Areyvut

The story goes that two men were rowing a boat across the water when one man pulled out a drill and began boring a hole in the bottom of the boat. The other man turned to him in horror demanding, “What are you doing?” The other man replied calmly, “Don't worry; I am only drilling under MY seat”. The Jewish people are called ‘Guf Yisrael’, the body of Israel. We are interconnected and, as such, must recognize our mutual responsibility. We are

indeed 'in one boat' and that we are all interconnected and responsible one for the other. My story impacts your story and our stories make history!

Morning Attire: Casual

Evening Attire: Business Casual

6:30 am **Breakfast available at the Hotel**

8:15 am **"One Love, One Heart"**
Adrienne Gold – Orient Conference Room

9:00 am **Depart to Hatzalah**

9:30 am **Visit Hatzalah**
United Hatzalah is the largest all volunteer emergency medical first response organization in Israel.

10:30 am **Depart to Dead Sea**

12:00 pm **Dead Sea Boating**
Enjoy a brand new adventure on the dazzling Dead Sea. Take a glimpse into the scenic wonder of the Dead Sea from new angles. Along the way, you are surrounded with stunning desert mountains on both sides of the sea.

1:45 pm **Lunch**

2:30 pm **Depart to Jerusalem**

3:45 pm **Time to Get Ready for Momentum Evening**

4:45 pm **Depart for Momentum Evening**

5:15 pm **Final Momentum Evening at Kedma in Neve Ilan**
Join your 600 Momentum sisters as we celebrate the culmination of our week long experience together with great food, music and dancing. You will have the opportunity to purchase last minute gifts and jewelry from vendors that include some Israeli Momentum alumni.

8:30 pm **Depart back to Hotel**

Tuesday November 12th

Gratitude - Hakarat Hatov

An attitude of gratitude has benefits, not just emotionally and spiritually, but physically, as well. Even the word Jew comes from the tribe of Yehuda; the name given by Leah to her son when she realized that she had born most of the tribes of Israel. She was grateful to G-D and named her child for it. That name meant 'gratitude'. We are a people of gratitude, as evidenced by the scores of blessings we make and by our very name. We acknowledge and appreciate the good in others, in ourselves, and in our blessings.

Attire: Casual

- 6:30 am **Breakfast opens at the Hotel**
- 9:00 am **Check out of the Hotel**
- 9:30 am **Depart to Har Herzl**
- 10:00 am **Meet Miriam Peretz at Har Herzl**
Miriam Peretz is an Israeli educator who lost two sons during their army service. Miriam lectures around the world on Zionism and living with loss and was the recipient of the Israel Prize for Lifetime Achievement in 2018
- 11:00 am **Depart for Momentum Program at Tmol Shilshom Café**
- 11:30 am **Bringing Your Momentum Home**
- 12:30 pm **Depart to Museum of Tolerance**
- 12:45 pm **Museum of Tolerance**
The Museum of Tolerance is the educational arm of the Simon Wiesenthal Center. The museum is dedicated to challenging visitors to understand the Holocaust in both historic and contemporary contexts. Through interactive exhibits the Museum engages visitors' hearts and minds, while challenging them to assume personal responsibility for positive change.
- 2:00 pm **Free Time for Shopping and Lunch**
- 6:00 pm **Depart from the Orient Hotel to Final Momentum Dinner at Naya**
Naya is a modern up-to-date Kosher Asian restaurant overlooking the Jerusalem mountains that boasts a variety of dishes. The restaurant is a meeting place between East and West Cultures, offering flavors of fusion cuisine and uncompromising quality.
- 8:15 pm **Depart to Ben Gurion International Airport**