Thursday, 8 Kislev 5769 • December 5, 2008

6:00–10 pm **REGISTRATION**

7:00 - 10:00 pm **BUFFET DINNER**

9:00 - 11:00 pm **SWIMMING & FITNESS ROOM**

9:00 - 10:30 pm **KUMZITZ:** You've Got the Music in You

Friday, 9 Kislev 5769 • December 6, 2008

6:30 - 8:30 am **SWIMMING & FITNESS ROOM**

8:00 am - 3:00 pm **REGISTRATION**

8:00 - 9:30 am **CONTINENTAL BREAKFAST**
Welcome to Colorado
Meredith Gindi, *Boulder, CO*

9:00am - 3:00 pm **SHOP THE BOUTIQUES**

9:45 - 10:45 am **CHOICE OF WORKSHOPS:**
Does your Soul Choose its Destiny Before Birth?
Morah Yehudis Fishman, *Boulder, CO*

A Personal Experience
Oncologist Rachel Rabinovitch, M.D

9:45 - 10:45 am Jewish Tales of the West
Enjoy an easy to moderate hike into the foothills of the Rocky Mountains (weather permitting)

11:00 am – 12:00 pm **CHOICE OF WORKSHOPS:**
Faith and Joy in the Face of Adversity
Laya Jackson, *Tsfat, Israel*

Does Equality Really Exist in Judaism?
Rabbi Pesach Scheiner, *Boulder, CO*

Financial Planning the Jewish Way
Yitzchok (Sidney) Abramowitz, *Monsey, NY*

12:15 - 1:30 pm **LUNCH**
Chairperson: Chani Serebryanski, *Denver, CO*

Video From Jewish Educational Media (JEM)

The Power of Positive Thinking
Rabbi Levi Brackman, *Evergreen, CO*

1:45 - 2:45 **CHOICE OF WORKSHOPS:**
The Secret of Jewish Femininity: Fundamental Insights into the Mitzva of Taharat Hamishpacha - Mikva
Simie Schtroks, *Surrey, BC*

Organizing Your Life for Maximum Efficiency,
Bev Sullivan, *Professional Organizer*
Tips and Secrets of Juggling Not Struggling,
Leah Brackman, *Westminster, CO*

Personal Redemption: Redefining Our Own Boundaries Through Life Coaching. Helena Herman, *Raleigh, NC*

3:00 pm **PREPARATION FOR SHABBAT**

3:40 - 4:00 pm **CHOICE OF WORKSHOPS:**
The Eternal Flame, a Woman's Shabbat Candles
Leah Namdar, *Goteborg, Sweden*

Create a HAVDALAH Besamim Sachet
Interactive workshop led by Judy Hall, Director of the Boulder Women's Committee associated with the Federation

4:00 - 4:15 pm **CANDLE–LIGHTING** Sabbath begins at 4:17 pm

4:30 - 5:15 pm Finding Bliss At Any Age, Yitta Halberstam Mandelbaum

5:15 - 5:45 pm **KABALLAT SHABBAT** - Welcoming the Sabbath

5:50 - 8:30 pm **KIDDUSH AND SHABBAT DINNER**
Chairperson: Devorah Leah Gorelik, *Fort Collins, CO*

Shabbat melodies led by Eve Ilsen, *Boulder, CO*
& Chavie Epstein, *Columbia, SC*

Listening to Hashem's Messages, Rhoda Reiss Pitler, *Denver, CO*

Shabbat - An Island In Time
Rabbi Yossi Chazan, *Manchester, England*

8:45 - 11:00 pm **CHASSIDIC FARBRENGEN:**
Getting In Touch With Your Inner Essence

Contact Information: Leah Engel (303) 320-8381
For reservations and information: www.nsheiretreat.com · chabadwomensconvention@yahoo.com

Shabbat, 10 Kislev 5769 • December 7, 2008

BREAKFAST IN BED *(optional)* — 8:00 - 9:30 am

EARLY MORNING CHASSIDUT STUDY — 8:30 - 9:30 am
Rabbi Yossi Chazan, *Manchester, England*

CHOICE OF SHACHARIT SERVICES: — 9:45 - 11:45 am
Beginner's Services:
Prayer that Reclaims Our Inner Connection
Zeldy Liberov, *Colorado Springs, CO*
Chavie Epstein, *Columbia, SC*

Shacharit with a Minyan

KIDDUSH AND SHABBAT LUNCHEON — 12:00 - 2:00 pm
Chairperson: Sheindy Brackman, *Evergreen, CO*

Lessons Gleaned from the Parsha
Rivka Kotlarsky, *Brooklyn, NY*

How HIGH Can You Fly? Gaining Altitude in Life
Laya Jackson, *Tsfat, Israel*

Shabbat Acapella, Chaya Sara Tene, *Denver, CO*

CHOICE OF SESSIONS: — 2:15 - 3:30 pm
The Early Years: Impressions Lasting a Lifetime
Leah Namdar, *Goteborg, Sweden*

Tips and Tools for Parenting Teens
Laya Jackson, *Tsfat, Israel*

A Taste of JLI-Jewish Learning Institute
Adult Education at its Best, Chany Scheiner, *Boulder, CO*

Jewish History in Colorado — 3:30 - 4:15 pm
A Shabbat Walk on Boulder Creek Path
with Batya Rivkah (Rebecca) Steele

MINCHA — 4:15 - 4:30 pm

SEUDAT SHLISHIT BUFFET — 4:30–4:45 pm

STUMP THE RABBIS — 4:45–5:40 pm

HAVDALLAH — 5:45 - 6:00 pm
Farewell to the Shabbat