



JINSPIRE

PROJECT INSPIRE.  
A PROGRAM OF aish HaTorah

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PRESENT

# The Shabbat Project

KEEPING IT TOGETHER

Shabbat Retreat for the

# Body & Soul



15-17 NOVEMBER 2019 At the Woodcliff Lake Hilton

## FRIDAY, NOV. 15

**1:00 PM** **Hotel Check-in**  
*Lobby*

*Crystal Ballroom* **Hospitality Buffet**


**1:30-3:00 PM** **Great Big Challah Bake**  
*Solarium*  
(For Women)  
Hosted by **JAMIE GELLER** and **DEBBIE HIRSCH**

**2:30 PM** Getting into The Shabbos Mood  
*Hartford* with **Tzvi Sytner**  
**KUGEL BAR AND L'CHAIMS**  
(For Men)

**2:30 PM** **PRE-SHABBOS TORAH**  
*Oaks Room* **Jonathan Rietti**  
The Mind Body Connection in Life and Science Based on Works of Maimonides

**4:00 PM** **Mincha - Afternoon Prayers**  
*Grand Ballroom*

**4:00 PM** Candlelighting Experience  
*Amphitheater* with **Nili Couzens**  
*Lobby* "Lighting up the World"  
cl. 4:20 PM

**4:30 PM** **OPENING SESSION OF BODY & SOUL SHABBAT**  
*Grand Ballroom*  
Hosted by **Aryeh Royde** and **Simcha Barnett**  
**Kabbalat Shabbat**   
Welcoming Shabbat Service with **THE TRAVELING CHASSIDIM**  
A Welcome Message by **Chaim Sampson**  
Director of Project Inspire/  
Jinspire

**Ma'ariv - Evening Prayers**

**6:00 PM** **Shabbat Dinner**  
*Grand Ballroom, Solarium, Crystal Ballroom*


**8:00 PM** **KEYNOTE SESSION**  
*Hartford*  
**Yossi Friedman**, Emcee  
**Allen Isaac Gross**  
Introductory Remarks  
**Tzvi Sytner**  
Change Your Name, Change Your Destiny: Discover the Real You  
**Jonathan Rietti**  
Happiness - Catch Me if you Can!

**9:30 PM** **Oneg Shabbat**  
*Hartford* Late Night Dessert Reception

**10:00 PM** **Improv With DEBBIE HIRSCH**  
*Amphitheater* (For Women)  
Hilarious and Talented Entertainer brought by Popular Demand from Jerusalem!

*Hartford* **TBD SPECIAL PROGRAM** (For Men)  
TBD

**11:00 PM** **LATE NIGHT FEATURED PRESENTATION:**  
*Amphitheater* **Gav Friedman**  
You Made your First Million(s), So What?

**12:00 AM** Overnight Chill with  
*Solarium* **The Traveling Chassidim** 



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**SHABBAT DAY, NOV. 16**

<b>7:30 AM</b> Crystal Ballroom	Breakfast
<b>7:30 AM</b> Grand Ballroom	<b>Rabbi Mordechai Tropp</b> Torah Portion Insights
<b>8:00 AM</b> Grand Ballroom	<b>Shacharis</b> Morning Prayer Service Sermon by <b>Gav Friedman</b>
<b>9:00 AM</b> Oaks Room	<b>Explanatory Prayer Experience</b> <b>Simcha Barnett</b>
<b>9:00 AM</b> Amphitheater	<b>Nili Couzens</b> (For Women) The Cosmo Effect - Media's Message and the Real You
<b>10:00 AM</b> Solarium	<b>GALA KIDDUSH</b>
<b>10:45 AM</b> Grand Ballroom	<b>KEYNOTE SESSION</b> <b>Yoni Zakutinsky</b> , Emcee  <b>Steven Burg</b> CEO of Aish Hatorah Introductory Remarks  <b>Rivki Silver</b> Uniquely You - Personal Reflections on Living a Fulfilled Life  <b>Steve Gar</b> Counter Terrorism Expert and First Responder My Life in Defense of Israel

<b>12:15 PM</b> Hartford	Lunch Grand Ballroom, Solarium, Crystal Ballroom
<b>2:00-3:00 PM CONCURRENT SESSIONS</b>	
Grand Ballroom	<b>Gav Friedman</b> How Faith Fits into Life?
Oaks Room	<b>Tzvi Sytner</b> We Are a Family: The Concept Which Powers the Jewish People
Amphitheater	<b>Simcha and Aviva Barnett</b> The Road to Intimacy
Palisades Ballroom	<b>Aryeh Royde</b> Behind Every Beard is a Clean Shaven Face: Judging Everyone Favorably
<b>3:00-4:00 PM CONCURRENT SESSIONS</b>	
Crystal Ballroom	<b>Jonathan Rietti</b> G-d Spoke at Mt. Sinai! How Do We Really Know?
Amphitheater	<b>Nili Couzens</b> Top 10 Parenting Tips That Even Men Can Handle!
Grand Ballroom	<b>Steve Gar</b> Living Over the Green Line: Settler or Native Son?
Oaks Room	<b>Josh Brody</b> Prayer: Where Dreams and Reality Collide
<b>4:10 PM</b> Grand Ballroom	<b>Mincha</b> - Afternoon Prayers



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Solarium	The Concluding Shabbat Meal With <b>THE TRAVELING CHASSIDIM</b>
Crystal Ballroom	Special Women's Concluding Shabbat Meal Featuring Celebrity Chef <b>JAMIE GELLER</b>
<b>5:30 PM</b> Grand Ballroom	Maariv - Evening Prayer
<b>5:50 AM</b> Grand Ballroom	MUSICAL HAVDALA with <b>THE TRAVELING CHASSIDIM</b>
<b>7:00 PM</b> Crystal Ballroom	You Ate it Now Burn It: <b>WOMEN'S ZUMBA</b> with <b>Debbie Hirsch</b>
Oaks Room	<b>KRAV MAGA FOR MEN</b> with <b>Steve Gar</b> Counter Terrorism Instructor and First Responder

## 8:30 PM CONCURRENT SESSIONS

Palisades Room	<b>Nili Couzens</b> Welcome to Planet Earth: Do you Know What you are Doing Here?
Oaks Room	<b>Jonathan Rietti</b> Raising Happy Children in a Fast and Confusing World
Grand Ballroom	<b>Gav Friedman</b> Yeah I'm Talking to You! - Anger Management for Normal People

<b>9:30 PM</b> Amphitheater	My Rebbe Taught Me We Can All Change the World <b>RABBI NOACH WEINBERG</b> TRIBUTE FILM with <b>Chaim Sampson</b>
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<b>9:50 PM</b> Amphitheater	<b>KOSHER COOK-OFF</b> With <b>JAMIE GELLER</b>
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<b>11:00 PM</b> Solarium	Melava Malka - Escorting the Shabbos Queen <b>Post Shabbos Reception</b> Musical Entertainment by <b>THE TRAVELING CHASSIDIM</b>
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<b>11:45 PM</b>	Late Night Swim (For Women)
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<b>12:45 AM</b>	Late Night Swim (For Men)
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## SUNDAY, NOV. 17

<b>8:00 AM</b> Solarium	Breakfast
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<b>7:30 AM</b> Grand Ballroom	Morning Prayers First Minyan
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<b>8:15 AM</b> Grand Ballroom	Morning Prayers Second Minyan
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<b>8:15 AM</b> Palisades Room	Alternative to Traditional Morning Service: (For Men) <b>BLACK BOX BREAKFAST</b> with <b>Yoni Zakutinsky</b> and Friends - Tefillin, Shema and more
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## 9:30 AM CONCURRENT SESSIONS

Amphitheater	<b>Tzvi Sytner</b> The Shema: Words to Die by and Live For?
Palisades Room	<b>Josh Brody</b> How to Love People that you Can't Stand
Oaks Room	<b>Nili Couzens</b> Life is a Test - <i>Navigating the Challenging Times</i>
Grand Ballroom	<b>Rivki Silver</b> Impacting Community without Losing Yourself

<b>10:30 AM</b> Grand Ballroom	<b>CLOSING KEYNOTE</b>
	<b>Chaim Sampson</b> Closing Remarks
	<b>Shlomo Farhi</b> Of, By and For the People: <i>The Power of the Jewish People</i>

<b>11:30 AM</b>	Thanks for Joining and Safe Travels!
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