



**Be the Bridge:  
Building on Each Other's Dreams**

Exploring intergenerational and  
communal connectedness



# A-Z About Your Stay

**Accessibility:** All our recreational buildings are wheelchair/handicap accessible. We ask that once you have parked at your cabin/hotel, you do not drive around campus.

**Airport Transfer:** Transport from Ramah Darom to the airport will depart promptly from the Welcome Center on Wednesday, November 14th at 9:00am SHARP. Guests must arrive 30 minutes prior to bus departure time to check luggage onto the shuttle - not arriving at that time delays those passengers who have early return flights. Travel time between Ramah Darom and the airport is 2 to 2.5 hours depending on traffic.

**Cars and Parking:** The speed limit on campus is 5mph. Guests may not use their vehicles to travel around campus. Please park only in approved parking locations.

**Cell Phone Use:** Cell phone signals can be spotty. We suggest enabling your WiFi calling if your phone has this feature. If you find a good spot, stay put!

**Check-In and Check-Out:** Check-in starts on Sunday, November 11th at 2:00pm. Check-Out for all guests is no later than 11:00am on Wednesday, November 14th.

**Clothing:** Our atmosphere is casual. We will be offering yoga and exercise classes, so pack accordingly if you'd like to join any of those offerings. Temperatures can drop quickly in the evenings and early mornings so we do suggest layering your clothes. Bring comfortable shoes, and rain gear just in case!

**Drinking Water:** All water on our property is underground mountain spring water - great for drinking!

**Driving Directions:** Online mapping and navigation systems can be inaccurate in the mountains. If you intend to go off campus during your stay, please refer to the driving directions on our website [www.ramahdarom.org](http://www.ramahdarom.org).

**Emergencies:** In the event of an emergency, call 911 or 7-911 from any land-line on campus. Be prepared to state the nature of the problem and your location (70 Darom Lane, Clayton, Georgia 30525). Please also dial 9300 internally or (706) 782-9300 to reach our receptionist who will help notify a staff member of the situation.

**Food:** We are a kosher campus. Please help us maintain our kashrut. All your meals, snacks and beverages are provided. Outside food is not allowed in our dining rooms.

**Gym:** Guests are welcome to use our gym, located on the ground floor of the Levine Center. The gym is equipped with bikes, treadmills, elliptical, bench press benches, cross fit equipment, multi-purpose weight machine, medicine balls, gym bands and yoga mats. Please keep all gym equipment inside the gym.

**Heated Accommodations:** All accommodations are heated. Each cabin building has a thermostat located in the common entryway that controls all cabins within the building. Please be mindful of your neighbors needs if you change the setting of the thermostat.

**Lost & Found:** The 'Lost and Found' table is located next to the stage, in the Main Dining Room. Please be sure to leave found items or check for lost items at this location.

**Medical:** For minor medical issues, first aid kits are available in the Main Dining Room, at the Welcome Center reception desk, in the Marcus Lodge Hotel community room (ground floor), in the Mountainside Retreat Hotel kitchenette (lower level), and in the Lakeside Hotel sitting room (bottom floor).

**Prayers:** We will be offering prayer experiences each morning that will be interactive and open to those of all backgrounds. All participants are welcome to join in daily prayer services. Times are listed in the Program Book. Please bring your own kippot, tallit, and tefillin, if it is your custom, as Ramah Darom does not provide these items.

**Room Keys:** Hotel room keys are available upon request. Keys must be returned to the Reception Desk prior to check-out or a charge of \$50 will be assessed.

**Running/Walking Off Property:** If you intend to run or walk on the road outside of our property, please be aware that there are dogs in the area that might not be as friendly as we at Ramah Darom are!

**Smoking:** Smoking is not allowed inside any building. There is a designated smoking area on the back porch outside of the Mountainside Dining Hall. A fee will be assessed to rooms or areas showing evidence of smoking or smoke damage.

**Swimming:** Our campus has a swimming pool and a lake. Swimming and boating are allowed only during designated hours, while lifeguards are on duty. Don't forget to bring your swimsuits!

**Telephones:** Retreat guests can be reached through our reception desk at 706-782-9300. Telephones are located in cabins and hotel rooms for your use. To call a hotel room or cabin from a campus phone, dial the four-digit extension for the room you are trying to reach. Extension numbers are located on a sheet in the drawer of the side table in the hotel rooms, or next to the phone in the cabins. Cabin phones are for emergency or on campus calls only. To call outside of campus from other campus phones dial 7 for a dial tone. Local 706 area code calls and 800 calls can be dialed directly. Other long-distance calls require a calling card.

**Valuables:** Ramah Darom is not responsible for any missing or lost items. If you are uncomfortable leaving valuables in your room, please leave them locked in your car (at your own risk).

**Wireless Access:** Wireless internet service is available throughout the facility via RetreatGuestWiFi. If you are having any issues connecting to the internet please call the customer support line at 1.800.257.6290 (no calling card required).

**Yoga:** We will have several yoga and meditation sessions during this retreat. While we do have some yoga mats on campus, these are well loved. We recommend bringing your own yoga mat, if you have one that's easy to travel with.

# JWG Schedule

## SUNDAY: NOVEMBER 11

TIME	ACTIVITY		LOCATION
2:00-5:30pm	<b>Registration</b>		Welcome Center
5:00-5:30pm	<b>Tour of Ramah Darom</b>		Meet Outside Welcome Center
5:45-6:45pm	<b>Welcome Session and Ice Breakers:</b> <i>with Rabbis Danielle and Susie</i>		Synagogue
7:00-7:30pm	<b>DIY Cocktails</b>		Mountainside Lounge
7:30-8:45pm	<b>Mix and Meet Dinner</b>		Lakeside Dining
9:00-11:00pm	<b>Spa Ramah</b>		Mountainside Lounge & Main Dining



**BODY**



**MIND**



**SPIRIT**



**COMMUNITY**

**NOTE: Grey behind an event means preregistration is required!**

# MONDAY: NOVEMBER 12

TIME	ACTIVITY	LOCATION
8:00-9:00am	<b>Run, Jog, Walk</b> , Start your morning with fresh air. 	Meet at the Welcome Center
8:00-9:00am	<b>Mondays Musings</b> with <i>Rabbis Danielle and Susie</i> , This week's Torah reading Vayetzei begins with the well-known account of Jacob's profound, life-changing encounter with divinity: his dream of the ladder. It continues with a renewal of covenant and from there takes us on a journey through family dynamics and other profound, life-changing moments of connecting to God—a less famous one—experienced by Leah. These opportunities offered to us by tradition are too good to pass over so in this morning's meditative moments we will build a morning service around the Torah reading offering everyone who would like, the opportunity to take an aliyah, whether a veteran or never having come to the Torah before. 	Synagogue
9:00-10:00am	<b>Breakfast</b> 	Lakeside Dining
10:15-11:15am	<b>Ice Breakers and Group Conversation #1: What's in a Name</b> , with <i>Rabbi Danielle</i> Exploring the shifting nature of identity - How we are known, and how we would like to be known, what we are called, what we call ourselves, and how we would like to be remembered. In this two-part series we will explore Zelda's poem along with the many names we might be known by—the significance of each and how these names beckon us along life's journey. 	Synagogue
11:30am-12:45pm	<b>Book Discussion</b> <i>The Weight of Ink</i> by Rachel Kadish with <i>Rabbi Susie</i> 	Synagogue

# MONDAY: NOVEMBER 12

TIME	ACTIVITY	LOCATION
11:30am-12:45pm	<b>Restorative Yoga Flow</b> with Jenna Gebel, Unwind from your busy day-to-day with a relaxing, restorative yoga class. Release your muscles and relax your mind. Suitable for all levels - beginners welcome! 	Multipurpose Room
11:30am-12:45pm	<b>Alpine Climbing Tower</b> 	Climbing Tower
11:30am-12:45pm	<b>Jewelry</b> with Loren Stein, Create a beautiful one-of-a-kind piece for yourself or as a gift 	Art Studio
11:30am-12:45pm	<b>Handmade Concertina Book</b> with Judy Robkin, Using handmade papers, create your own personal memory book of the Jewish Women's Getaway. 	Art Studio
11:30am-12:45pm	<b>The Mollusk's secret:</b> Pearl Rings with Terri Jacobson, This one comes from the sea - learn how to use wire and a Sharpie to wrap a pearl ring. The colors and possibilities are endless! 	Art Studio
1:00-2:00pm	<b>Lunch</b> 	Lakeside Dining
1:45-3:45pm	<b>Odyssey Team Ropes Challenge</b> 	Odyssey Course
2:15-3:30pm	<b>Improving Your Mother-Daughter Relationship</b> with Mother-Daughter Team Jenna Gebel and Ellen Resnick, Come join us for an interactive discussion on the complexities of mother-daughter dynamics and leave with practical tips to improve your relationships. 	Multipurpose Room



**BODY**



**MIND**



**SPIRIT**



**COMMUNITY**

**NOTE: Grey behind an event means preregistration is required!**

# MONDAY: NOVEMBER 12

TIME	ACTIVITY	LOCATION
2:15-3:30pm	<p><b>Part 1: Getting Clear on What is Dear:</b>  <i>Jumpstarting Your Ethical Will with Rabbi Danielle</i>, Our legacy is the footprint we leave behind in our wake - even while we are still living. In these two sessions, we will explore the process of writing and reflection involved in clarifying our true values and vision. Through targeted questions, short writing pieces, creative expression, and some personal sharing, you will gain the skills to design and pass on a masterpiece of your deepest aspirations and lasting legacy.</p> 	Library
2:15-3:30pm	<p><b>Waterfall Hike</b> with <i>Eliana Leader</i></p> 	Meet at the Pizza Patio
2:15-3:30pm	<p><b>Paper Cut Art</b> with <i>Loren Stein</i></p> 	Art Studio
2:15-3:30pm	<p><b>Piano Hinge Book</b> with <i>Judy Robkin</i>, Explore the art of book making. Each class will focus on a different book structure and process. Make a one-of-a-kind gift or something special for yourself.</p> 	Art Studio
2:15-3:30pm	<p><b>Wire Wrapped Glass Pendant Necklaces</b> with <i>Terri Jacobson</i>, Every bohemian-inspired fashionista needs a beautiful wire-wrapped glass pendant. Learn to make these yourself!</p> 	Art Studio
3:45-5:00pm	<p><b>Abundant Blessings</b> with <i>Rabbi Susie</i>, What does it mean to bless others? How does one even begin? Judaism has a tradition of offering blessings to children on Fridays night and holy days that we will explore and ask how each of us might understand/translate this tradition in our own lives whether or not we have children and for those who do, whether or not they live at home.</p> 	Synagogue

# MONDAY: NOVEMBER 12

TIME	ACTIVITY	LOCATION
3:45-5:00pm	<b>FUNIQ Fitness</b> with <i>Bethanne Weiss</i> , a FUN and UNIQUE total body and brain workout like none you've ever done before. 	Multipurpose Room
3:45-5:00pm	<b>Playing with Essential Oils</b> with <i>Robyn Diamond</i> 	Library
3:45-5:00pm	<b>Iridescent Painted Meditation Rocks</b> with <i>Terri Jacobson</i> , Smooth river stones turn into gorgeous meditation rocks. The act of creating is meditative in itself. 	Art Studio
3:45-5:00pm	<b>Natural Art Installation</b> with <i>Judy Robkin</i> , join us and create an outdoor installation using only what we find around us as the raw materials and inspiration. 	Meet at the Pizza Patio
5:15-6:15pm	<b>10 Simple Moves to Add More JOY and Less OY Right Now!</b> with <i>Bethanne Weiss</i> 	Multi-purpose Room
5:15-6:15pm	<b>Giant Swing</b> 	Giant Swing
5:15-6:15pm	<b>Everyday Mindfulness Techniques</b> with <i>Rabbi Danielle</i> , Do you ever feel like you are on an emotional rollercoaster? Feel impatient standing in line at the grocery store? Annoyed with people you love? In this session, we will explore and practice some "tried and true" tools for dispelling inner stress and getting through difficult moments. Consider these practices "on-ramps" to the high road. They won't solve your problems, but they will help you get centered enough to calmly navigate those challenging moments. 	Synagogue



**BODY**



**MIND**



**SPIRIT**



**COMMUNITY**

**NOTE: Grey behind an event means preregistration is required!**

## MONDAY: NOVEMBER 12

TIME	ACTIVITY	LOCATION
5:15-6:15pm	<b>This Kippah is a Keeper</b> with <i>Rabbi Susie</i> , Jewish summer camp is the perfect environment for learning how to crochet a kippah/yarmulke even when it happens to be fall! Don't know how to crochet, we'll start you out. Basics, advanced skill, incorporating a design - all levels and interests are invited to join in the calm fun! 	Mountainside Lounge
6:15-7:15pm	<b>Rest and Relax</b>	
7:15-7:45pm	<b>Cocktails and Make Your Own Pizza Appetizers</b> 	Pizza Patio
7:45-8:45pm	<b>Dinner</b> 	Lakeside Dining
8:45-10:45pm	<b>Night Odyssey Team Challenge</b> 	Odyssey Ropes Course
9:00-11:00pm	<b>Papercut and Pinot!</b> Join us for an evening of comedy and art with <i>Loren Stein</i> . Not into papercutting? No Problem! Pull up some chairs, grab a board game and glass of wine and enjoy a night with friends! 	Mountainside Lounge

## TUESDAY: NOVEMBER 13

TIME	ACTIVITY	LOCATION
8:00-9:00am	<b>Morning Yoga</b> with <i>Jenna Gebel</i> , Awaken your body with a centering, flowing yoga class. Suitable for all levels - beginners welcome! 	Multipurpose Room
8:00-9:00am	<b>Prayer in Motion</b> with <i>Rabbi Danielle</i> , Gentle grounding and awakening movement blended with selected reflections from the morning prayer service. 	Synagogue

# TUESDAY: NOVEMBER 13

TIME	ACTIVITY	LOCATION
9:00-10:00am	<b>Breakfast</b> 	Lakeside Dining
10:15-11:15am	<b>Group Conversation #2: Each of Us Has a Name</b> with Rabbi Susie, Building on our first group conversation and text study, we will be exploring through an artistic lens how, individually, we understand our names. Come ready to play, have fun, and create something meaningful to bring home! 	Mountainside Lounge
11:30am-12:45pm	<b>Part 2: Getting Clear on What is Dear: Jumpstarting Your Ethical Will</b> with Rabbi Danielle, Our legacy is the footprint we leave behind in our wake - even while we are still living. In these two sessions, we will explore the process of writing and reflection involved in clarifying our true values and vision. Through targeted questions, short writing pieces, creative expression, and some personal sharing, you will gain the skills to design and pass on a masterpiece of your deepest aspirations and lasting legacy. 	Synagogue
11:30am-12:45pm	<b>Alpine Climbing Wall</b> 	Climbing Tower
11:30am-12:45pm	<b>FUNIQ Core and More</b> with Bethhanna Weiss, a FUN and UNIQUE total body and brain workout like none you've ever done before, with special emphasis on no-crunch core conditioning 	Multipurpose Room
11:30am-12:45pm	<b>Decorative Shabbat Challah Covers</b> with Judy Robkin, Create a keepsake challah cover for yourself and your family. 	Art Studio



**BODY**



**MIND**



**SPIRIT**



**COMMUNITY**

**NOTE: Grey behind an event means preregistration is required!**

# TUESDAY: NOVEMBER 13

TIME	ACTIVITY	LOCATION
11:30am - 12:45pm	<b>Wishy Washer pendants</b> with <i>Terri Jacobson</i> , Use everyday hardware store metal washers, gorgeous alcohol inks and ribbon necklaces to make a fashion statement everyone will love. 	Art Studio
11:30am - 12:45pm	<b>Jewelry</b> with <i>Loren Stein</i> , Create a beautiful one-of-a-kind piece for yourself or as a gift. 	Art Studioz
1:00 - 2:00pm	<b>Lunch</b> 	Lakeside Dining
2:15- 3:30pm	<b>Book Discussion</b> <u>Einstein and the Rabbi</u> by Naomi Levy, with <i>Rabbi Danielle</i> 	Library
2:15- 3:30pm	<b>Better Butts (&amp; Brains)</b> with <i>Bethanne Weiss</i> 	Multipurpose Room
2:15- 3:30pm	<b>Ground Timber Challenge</b> 	Ground Timber Challenge Logs
2:15- 3:30pm	<b>Origami Pop Up Book</b> with <i>Judy Robkin</i> , Explore the art of book making. Each class will focus on a different book structure and process. Make a one-of-a-kind gift or something special for yourself. 	Art Studio
2:15- 3:30pm	<b>Totally Terrific Tape Transfers</b> with <i>Terri Jacobson</i> , Who knew that beautiful pictures from regular magazines could be transferred to glass to become necklace pendants or earrings? Join us in making magic! 	Art Studio
2:15- 3:30pm	<b>Jewelry</b> with <i>Loren Stein</i> , Create a beautiful one-of-a-kind piece for yourself or as a gift. 	Art Studio

# TUESDAY: NOVEMBER 13

TIME	ACTIVITY	LOCATION
3:45-5:00pm	<p><b>Take a Mindfulness Hike!</b> <i>with Rabbi Danielle,</i>            Unlike a casual stroll in nature, we will set our intention to take a meditative walk in the woods - using written prompts, prayers and meditations to connect, reflect, and celebrate the beauty of creation. </p>	Synagogue
3:45-5:00pm	<p><b>Restorative Yoga Flow</b> <i>with Jenna Gebel,</i>            Unwind from your busy day-to-day with a relaxing, restorative yoga class. Release your muscles and relax your mind. Suitable for all levels - beginners welcome! </p>	Multipurpose Room
3:45-5:00pm	<p><b>Challah with a Twist</b> <i>with Rabbi Susie,</i> Try your hand at an ancient art with a modern twist. We'll be making both traditional and non-traditional challah with a ton of different options both in flavor and in form! While the bread is rising and baking we will take some time to learn about the three traditional "women's mitzvot" - niddah, challah, and candle lighting, and again, add a modern twist. </p>	Mountainside Lounge
4:00-7:00pm	<p><b>Women Supporting Women- A Marketplace,</b>            Are you an entrepreneur? Do you have an amazing craft you sell? During this time, all business owners, artists, authors and more are invited to set up a table to market and sell your goods and services. Come out and support the creative and talented women of JWG by exploring what they have to offer! </p>	Main Dining Room
5:15-6:15pm	<p><b>Voices and Visions: Frames of Mind</b> <i>with Eliana Leader</i> join us for a stimulating conversation exploring 3 pieces of art inspired by Jewish quotes. As 2018 comes to a close we'll think about what has inspired us this year, and how that can propel us forward. </p>	Synagogue
5:15-6:15pm	<p><b>Afternoon Run/Walk/Jog</b> </p>	Meet at the Pizza Patio
5:15-6:15pm	<p><b>Make Your Own Overnight Oats</b> <i>with Robyn Diamond</i> </p>	Main Dining

## TUESDAY: NOVEMBER 13

TIME	ACTIVITY	LOCATION
6:15-7:15pm	<b>Rest and Relax-YOU Time</b>	
7:15-7:45pm	<b>Cocktails</b>	 Main Dining Porch
7:45-8:45pm	<b>Dinner</b>	 Lakeside Dining
8:45-9:30pm	<b>Healing Service</b> <i>with Rabbis Danielle and Susie</i>	 Library
8:45-9:30pm	<b>Night Walk and Star Gazing</b>	 Meet at the Pizza Patio
8:45-9:30pm	<b>Evening Board Games</b>	 Mountainside Lounge
9:30-11:00pm	<b>Bonfire, Closing Circle, S'mores, and Singing</b> <i>with Rabbi Danielle</i>	 Lakeside Fire Pit

## WEDNESDAY: NOVEMBER 14

TIME	ACTIVITY	LOCATION
8:00-9:00am	<b>Morning Yoga</b> <i>with Jenna Gebel</i>	 Multipurpose Room
8:00-9:00am	<b>T'fillah B'Ramah, A Morning Prayer Experience</b> <i>with Rabbi Susie</i>	 Synagogue
8:15-10:15am	<b>Breakfast *Packout lunches available</b>	Lakeside Dining
9:00am	<b>Shuttle to Airport Departs</b>	Meet at the Welcome Center
8:30-10:15am	<b>Legacy Letters</b> , write a letter to someone who has helped shape who you are today. Write a letter to yourself about what you hope to create as a legacy for your future	
11:00am	<b>L'hitraot and Safe Travels...Until Next Time!</b>	