

Inspirational Women of Israel:

An In-Depth Tour of the Divine Feminine in the Holy Land Led by Rabbi Rayzel Raphael, Rabbi Sarah Leah Grafstein, and Israeli Guide Alisa Maeir

November 9-19, 2017

ITINERARY

DAY 1, THURSDAY, NOVEMBER 9, 2017: ARRIVAL

- •14:30 - Arrive at Ben Gurion Airport and group airport transfer to the hotel in Jerusalem. Driver will be waiting at arrival hall with MEJDI sign.
- •17:30 - optional dinner on own at the King David hotel.
- •19:30 - Gather for an evening welcome session with Rabbi Rayzel Raphael and Rabbi Sarah Leah Grafstein.

Hotel: Beit Shmuel Guest House, Jerusalem

DAY 2, FRIDAY, NOVEMBER 10, 2017: GROUNDING: CONTEXT IN JERUSALEM

- •08:00 - Breakfast at hotel
- •09:00 - Depart for the day
- •Begin the tour at guided tour at the Israel Museum.
- •Then check out the pre-Shabbat hustle and bustle of Shuk Machane Yehudah while having lunch on your own in the market.
- •Return to hotel to prepare for Shabbat
- •Candle lighting time
- •Experience of a Shabbat at the Western wall- Kotel
- •Have a festive Shabbat dinner together at the hotel

Hotel: Beit Shmuel Guest House, Jerusalem [B, D]

Day 3, Saturday, November 11, 2017: GATHERING ALLIES AND STRENGTH IN JERUSALEM FOR THE JOURNEY AHEAD (NO BUS)

• Breakfast at hotel

Optional: Enter the Old City and visit the Kotel (Western Wall) at night with the group leader

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- •Depart for the day
- •Participate in a Shabbat morning service (location – TBA).
- •Have Shabbat lunch and lively discussion at the home of Rabbi Yonatan and Shana Neril

○ Rabbi Yonatan Neril is the Founder and Executive Director of the Interfaith Center for Sustainable Development.

○ Shana Neril is the founder of Maayan Health, a yoga instructor, and massage therapist. Shana's work draws wisdom from a variety of schools of thought including Chinese medicine, raw foods, and Western nutrition.

- •Enjoy some free time after lunch.
- •Optional tour: “the Beginnings of Modern Jerusalem – Moving Out of the

Walls of the Old City” for those who are interested. Stroll through Mishkanot Sha’ananim, the first Jewish neighborhood built outside the walls of the Old City of Jerusalem and learn about Judith Cohen Montefiore’s role in founding this community.

- •End Shabbat together with a special Women’s Havdallah, a Jewish ritual to mark the separation between Shabbat and the rest of the week.

- •Dinner on own

Hotel: Beit Shmuel Guest House, Jerusalem [B, L]

DAY 4, SUNDAY, NOVEMBER 12, 2017: OPENING THE GATES BETWEEN WORLDS: READYING FOR LIMINAL TIME IN JERUSALEM

- •Breakfast at hotel
- •Learning session with Melila Hellner-Eshed
- •Depart for the day
- •Spend the remainder of the day exploring the four quarters of Jerusalem’s Old City beginning with a special ritual at the Gates of Huldah the Prophetess at the Southern Wall excavations. Continue to the Cardo, and the Christian “Stations of the Cross” along the Via Dolorosa. Along the way, learn the history of some of the women who left their marks on ancient Jerusalem including Huldah the Prophetess, Bathsheba, Queen Helena of Adiabene, Queen Salome Alexandra, Melisende the Crusader Queen, Mariamne the Hasmonean Princess, the Goddess Aphrodite and others.
- •Optional culinary package: Have dinner at ANNA, a new restaurant in the spectacular Ticho House, offering a rare combination high-quality Italian cuisine, location in a historic building that belongs to the Israel Museum, and a social program for high risk youth. Anna was established by the Dualis Yozma fund as a social business that trains and employs youth in distress, providing them with an opportunity to acquire a profession and to change the course of their lives. The Ticho House is features the art of Israel’s beloved painter, Anna Ticho (1894 -1980) and contemporary art exhibitions. Meet an inspiring friend of the group leaders.
Hotel: Beit Shmuel Guest House, Jerusalem [B]

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DAY 5, MONDAY, NOVEMBER 13, 2017: CROSSING RELIGIOUS AND CULTURAL BOUNDARIES

- 08:30 - Check out after breakfast and depart
- Visit Mevo Modi'im, a moshav founded in 1976 by Rabbi Shlomo Carlebach, and still inhabited by people he inspired.
- Participate in an aromatherapy workshop with Leah Sands.
- Have a lunch included- Place TBD
- •Tour of one of the most revolutionary projects for young religious women in Israel, and encounter with young women idealists who are preparing themselves for the experience of military service as religious women at the Tzahali Pre-Army Program at the Yaakov Herzog Center in Ein Tzurim. There meet some of the young women along with leaders of the program.
- •Continue to Jaffa, sometimes referred to as “the bride of the [Mediterranean] Sea.” Along the way, learn about the Jaffa legends of Queen Cassiopeia and her daughter Andromeda.

- •Upon arrival, check into the hotel and have an optional dinner as part of the culinary package, in the home of Alia Dassuki in Jaffa, Alia catering business is an outgrowth of her participation in the Arous El Bahr program that provides Arab women of Jaffa with tools and resources needed to advance financially and socially
Hotel: Ruth Daniel Residence Hotel, Jaffa [B, L]

DAY 6, TUESDAY, NOVEMBER 14, 2017: TEL AVIV, MEGIDDO, AND TZFAT

- •07:00 – breakfast at the hotel
- •08:00 – depart for the day
- •Begin the morning by meeting Orna Ben-Shoshan. Orna is a prolific painter and author, creates visionary artwork with metaphysical orientation. Her life-long interest in mysticism and the occult has led her to study Kabbalah and alternative philosophies. Orna conceives the images she paints through channeling. All of her paintings are completed in her mind before she transfers them onto the canvas. Her metaphysical work infuses deep spiritual experience with subtle humor.
- •As part of the optional culinary package, have an intimate lunch in Anat's Kitchen on the edge of the Carmel Shuk. When you eat at Anat's Kitchen, you don't only get a delicious home-cooked Yemenite meal; you get Anat - a warm, funny, sarcastic delight of a woman. Every time a customer mentions it's a restaurant, she corrects them and says, "it's not a restaurant, it's my kitchen." Customers walk in to the kitchen as if entering their mom's kitchen and curiously lift pot covers to see what's being served for the day. Anat is particularly famous for her kubbeh dumplings and eggplant salad.
- •Enjoy some time to peruse the weekly Nahalat Binyamin Art Market.
- •Leave Tel Aviv and head north to the ancient city of Megiddo (the biblical Armageddon), one of the most ancient cities in the world. There, you can see the change, in temple buildings and in rituals, from female god to male god. Megiddo was the main place of the goddess cult, which centered on the round

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stage in the temple area. In biblical times, the center of the goddess cult moved to the nearby city of Ezreel and was headed by Queen Isabel.

- •Arrive in the Jewish holy city of Tzfat and check into the hotel.
- •Have dinner at Tzfat

Hotel: Rimonim Hotel, Tzfat [B, D]

DAY 7, WEDNESDAY, NOVEMBER 15, 2017: GOING OUT TO MEET THE WOMEN OF THE LAND IN TZFAT AND PEKI'IN

- •07:00 – Breakfast at hotel
- •Begin the morning with a workshop at the hotel with Yehudit Goldfarb at the hotel
- •Participate in a candle-making workshop complete with stories and legends, accompanied by music and song, telling ancient candle-tales. The workshop takes place in "Beit Hakahal" a remnant of a 16th century Tzfat neighborhood found in underground tunnels

- •Meet one of Tzfat's best-known female weaving artists Orna Mor at Cana'an Gallery. Orna and her husband Yair design and hand weave unique judaica like tallitot (including women's tallitot), kipot, challah cover, ceremonial objects, scarfs, shawls, and tapestries.
- •Have some free time for lunch and shopping on your own in Tzfat.
- •Regroup and take the bus past Mount Meron and learn why some barren women visit the gravesite of Rabbi Shimon bar Yochai (the Rashbi) here in hopes of miracles.
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- •Stop at Kibbutz Sasa for a factory tour and five-flavor tasting of Buza Ice Cream, a local Galilean ice cream produced from the finest products, 100% natural and based on Italian experience. Buza, the Arabic word for ice cream, is owned and operated by Alaa Sweetat, a local Muslim and Adam Ziv, a Jew from Kibbutz Sasa. The first Buza store is located in the center of Jewish – Arab town of Maalot-Tarshicha in the Western Galilee. It all begun with a dream of delicious coexistence.
- •Then travel to Peki'in, a village where Druze, Christian Arabs, and one ancient Jewish family have lived peacefully together for centuries. See a synagogue in the center of town dating back to 1873; according to legend has two walls built from stones taken from the Temple in Jerusalem. Visit Rabbi Shimon Bar Yohai's cave where Bar Yohai, according to Jewish legend, hid from the Romans with his son Elazar. A later tradition says that it was here that Bar Yohai wrote the Zohar, the foundation of Kabala. Also see the exterior of the second largest Greek Orthodox Church in Israel dating back to 1894.
- •Learn to roll grape leaves from a Druze women in the village followed by a home cooked Druze dinner
Hotel: Rimonim Hotel, Tzfat [B, ice cream, D]

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DAY 8, THURSDAY, NOVEMBER 16, 2017: OPENING UP TO THE DIVINE: ENCOUNTERS WITH LAND AND WATER IN THE GALILEE REGIONS

- •7:00 Breakfast at hotel
- •8:00 Depart for the day
- •Explore the city of Tzfat while learning about prominent mystical women that lived there throughout history including Francesca Sarah, Fioretta of Modena, and Channah Rochel Werbemacher
- •Travel to Tiberias, one of Judaism's four holy cities. Along the way while passing the ancient site of Magdala, learn about how this archaeological site is expounding on the role of biblical era women.
- •Visit the "Mothers' Tombs" where it is traditionally believed Zipora (Moses' wife), Yocheved (the daughter of Levi and Elisheva), and Zilpa and Bilha are buried.
- •Then have lunch on your own.
- •After lunch, visit graves of historical women buried in the Kinneret Cemetery to hear their stories including Rachel the Poet, and Naomi Shemer. Hear

about the dreams of these early Zionist pioneers through their poetry.

- •Connect with ancient days of splendor of the Hamat Gader Baths, located in the Golan Heights, started back in the Roman period when it served as a pleasure palace for the empire's entourage in Israel. The site's waters come from five thermo-mineral springs. The temperature of the mineral-rich water fluctuates between 25 °C and 51 °C, and bathing in it helps accelerate metabolism, renew skin cells, and relieve rheumatism and problems connected with the urinary and digestive systems, among other things.
- •Return to Tzfat for a free evening and dinner on own. Hotel: Rimonim Hotel, Tzfat [B, L]

DAY 9, FRIDAY, NOVEMBER 17, 2017: HARVESTING IN THE GALILEE AND JERUSALEM: CLAIMING THE REWARD

- •7:00 Breakfast at hotel
- •8:00 check out from the hotel and Depart for the day
- •Meet Aliza Erez from Women Waging Peace to learn about this movement. The group will hand deliver their contributions to the "Creating our Peace Quilt – Piece for Peace" Women's Peace Quilt
- •Visit Sindyanna of Galilee's visitor center in Kfar Manda. There, meet women involved in producing their high quality Fair Trade products such as their intricate handcrafted baskets.
- •Over lunch, taste their Fair Trade oil made from varieties of olives while learning about traditional olive cultivation and oil production.
- •Ascend to Jerusalem and check into the hotel.
- •Honor Shabbat in in a synagogue around the hotel
- •As part of the optional culinary package, be welcomed into Israeli homes for Shabbat dinner. If you have not opted for the culinary package and do not have

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somewhere else to go for Shabbat dinner, you can arrange home hospitality on your own at <http://shabbatofalifetime.com/pricing-and-booking/> · Free evening. Hotel: Beit Shmuel Guest House, Jerusalem [B, L]

DAY 10, SATURDAY, NOVEMBER 18, 2017: RESTING THE SOUL REINTEGRATION IN JERUSALEM

- •Breakfast at hotel
 - •Depart for the day
 - •Attend Shabbat services at Kehillat Shira Chadasha in the German colony – pending
 - •Walking along the streets of Jerusalem that bear the names of biblical women in the German Colony. This journey will reveal untold narratives of biblical women through feminist midrashim and introduce you to modern feminist heroes in the Holy City
 - •Late lunch back at the hotel
 - •Meeting with Yiscah Smith
- Yiscah Smith is a transgender woman in her 60s who had previously lived as an ultra-Orthodox Jewish man, with a wife and six children as part of the Chabad Hassidic community in Jerusalem. Yiscah remains an observant Jew and spiritual teacher – pending
- Free evening

Hotel: Beit Shmuel Guest House, Jerusalem [B, L]

DAY 11, SUNDAY, NOVEMBER 19, 2017: HATIMA: CLOSURE IN JERUSALEM

- •Breakfast at hotel Depart for the day
- •Begin the morning with an early morning visit to the Kotel (Western Wall) with Women of the Wall for their motherly service and meet their leaders
- •Return to hotel and check out
- •Meet with Rabba Dr. Melanie Landau
- •Lunch and have a closing group session
- •14:00 – program officially ends
- •Departure to airport on own

[B, L]