

**MOMentum MOLS 2022**  
*Sample Itinerary*

*Subject to Change*

**Monday**

**Learning & Growth – Limud & Hitlamdut**

As the “People of The Book,” we approach everything as learners, internalizing the learning to build our capacity to do good.

**Arrive in Israel**

*Welcome Home!*

- |         |   |
|---------|---|
| 1:00 pm | <b>MOLS Meet &amp; Greet</b><br>Hotel, Tel Aviv   |
| 3:00 pm | <b>Check-in to the Hotel in Tel Aviv</b>  |
| 4:45 pm | <b>Depart by bus from hotel for Welcome Class and Dinner</b><br><i>Tel Aviv</i>                             |
| 6:00 pm | <b>“Shifting Paradigms - the Power of Learning and Growth”</b><br><i>Trip Leader</i>                        |
| 7:00 pm | <b>Connecting to the Women of Momentum</b><br><i>A chance to network with women from all over the world</i> |
| 7:20 pm | <b>Welcome Dinner</b>   |

**Participants**

- |         |  |
|---------|--|
| 9:00 pm | <b>Depart back to Hotel for Overnight Stay</b> |
|---------|--|

**Community Leaders, Bus Leaders, Madrichot**

- |          |                                  |
|----------|----------------------------------|
| 9:00 pm  | <b>Staff Meeting</b>             |
| 10:00 pm | <b>Depart Back to Your Hotel</b> |

**Tuesday**

**Courage – Azut De'kedusha**

Boldly stepping out of one's comfort zone to help others.

Attire: Casual

- |               |   |
|---------------|---|
| 6:30 am       | <b>Breakfast opens at the Hotel</b>   |
| 7:00– 7:45 am | <ul style="list-style-type: none"><li>○ Check out of Hotel</li><li>○ Bring your suitcase to hotel lobby (after 7:00 am)</li></ul> |
| 8:15 am       | <b>Depart to morning program</b><br><i>Tel Aviv</i>   |
| 8:45 am       | <b>“The Courage to Act on Your Calling”</b><br><i>Trip Leader</i>   |
| 9:45 am       | <b>Social Entrepreneur Speaker</b>  |

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- 10:15 am      **Free Time to Explore Tel Aviv or Join Your Tour Guide 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.*
- Lunch on Your Own**
- 1:15 pm      **MOLS Program with Nefesh B’Nefesh**
- 3:15 pm      **Depart to Jaffa for Tour with Your Guide**
- Tour of Old Jaffa, Tel Aviv**
- 5:00 pm      **Depart to Herzliya for Dinner**
- 5:30 pm      **Dinner on Your Own at Herzliya Marina**
- 7:15 pm      **Depart to north for Overnight Stay**
- 9:15 pm      **Check-in to hotel in the north**

**Wednesday**

**Peace & Wholeness in the Home – Shalom Bayit**

Family relationships provide a living laboratory for growth.

Attire: Modest, Casual (Tsfat Synagogues)

- 7:00 - 7:30 am
- Check out of Hotel
  - Bring your suitcase to hotel lobby (after 7:00 am)
- 8:00 am      **Depart by bus for Class**
- 9:15 am      **“In Pursuit of Peaceful Relationships”**  
*Trip Leader*
- 11:00 am      **Depart to Tsfat**
- 11:15 am      **Tsfat Mikvah Tour**
- 12:15 pm      **Tour 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**
- 4:15 pm      **Depart Tsfat for Jerusalem**
- 7:30 pm      **Check-in to the Hotel in Jerusalem**
- Free Evening and Dinner on Your Own**

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**Thursday**

**Faithfulness & Trust – *Eemunah***

A relationship with God can anchor us in every aspect of our life in the present and can drive us toward our future.

Attire: Modest, Casual (Visiting Western Wall)

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

7:45 am            **Depart to Yad Vashem**

8:30 am            **Visit Yad Vashem, Israel's Holocaust Memorial**

11:45 am          **Reflecting on your Yad Vashem Experience**

12:15 pm          **Depart Yad Vashem**

12:30 pm          **MOLS Program with Guest Speaker**

1:30 pm            **Depart for Lunch**

**Free Time for Lunch on Your Own near Yad Vashem**

*Bus will drop you off at a neighborhood near Yad Vashem with a variety of eateries for you to choose from.*

3:00 pm            **Depart to the Old City of Jerusalem for Tour**

3:30 pm            **Old City Tour of Jerusalem**

5:00 pm            **City Pictures on the Rooftop of Aish HaTorah**

**Break, Snack & Opportunity to Buy Judaica Items**

**Special Gift from your Community Leaders**

6:00 pm            **“The Power of Prayer”**  
*Trip Leader*

7:00 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.*

7:30 pm            **Free Evening and Dinner on Your Own**

**Friday**

**Human dignity – *Kevod Habriut***

Each person is made in God's image, infinitely valuable, and deserving of dignity.

Morning Attire: Casual

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Evening Attire: Modest, Shabbat-Pretty

- 6:30 am        **Breakfast opens at the Hotel**
- 9:00 am        **Depart to Morning Program**
- 9:30 am        **“Reclaiming Our Dignity”**  
*Trip Leader*
- 10:30 am       Break and Snacks
- 11:00 am       **“Shabbat – Heaven on Earth”**  
*Trip Leader*
- 12:00 pm       **Free Afternoon and Time for Lunch**  
*Optional Ideas include: Visit Machane Yehuda Shuk, Relax at your Hotel, Shop on Emek Refaim, Visit Historic Yemen Moshe Windmill or Relax by the Water Fountains at Teddy Park.*

*Timing dependent on Sunset time:*

**Pre-Shabbat Concert**

*Enjoy a spiritual, musical concert to welcome in Shabbat.*

**Candle Lighting**

**Dancing at the Kotel (Western Wall)**

*Kabbalat Shabbat at the Kotel is a magical experience. Witness the throngs of Jews welcoming the Shabbat Queen with joy in song and dance.*

**Shabbat Dinner**

**Walk back to hotel**

**Shabbat Day**

**Generosity – Chesed & Tzedakah**

Acts of kindness and giving uphold our world.

Morning Attire: Modest, Shabbat-Pretty

Evening Attire: Sweater or Wrap for Old City Cool Evening

- 6:30 am        **Breakfast opens at the Hotel**
- 9:15 am        **Walk to morning program**
- 10:00 am       **“Generous Parenting”**  
*Trip Leader*
- 11:15 am       **“Reflecting and Processing Your Inspiration”**  
*Led by your Community Leader, this time is an opportunity for each cohort to have small group discussions.*

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12:15 pm      **Meet in Lobby to Walk to Your Shabbat Lunch Hosts**  
*"Shabbat of a Lifetime~" Enjoy an authentic Jerusalem experience by joining local families for Shabbat lunch at the home of a host family*

**Shabbat Day Break**

*Dependent on time of Sunset:*

**Depart for the Old City**

**Light Meal to End Shabbat in the Old City**  
*Enjoy a light meal to end Shabbat in the Old City of Jerusalem.*

**Havdala**

**Free Evening, Enjoy the Jerusalem Nightlife**

**Sunday**

**Unity & Mutual Responsibility– Achdut & Areyvut**

Realizing that we are all interconnected and responsible for one another.

Attire: Casual for Masada, Beachwear for Dead Sea

6:00 am	<b>Breakfast Available at the Hotel</b>
7:15 am	<b>Depart for the South</b>
9:00 am	<b>Cable Car up Masada</b>
9:15 am	<b>Tour of Masada</b> <i>Visit this ancient mountaintop fortress in southeast Israel on the southwest shore of the Dead Sea. King Herod the Great built palaces here between 31 and 37 BCE and the mountaintop was the site of one of the last battles of the Jewish revolt against Rome in the year 73 CE.</i>
10:30 am	<b>Cable Car down Masada</b>
11:00 am	<b>Depart for Lunch and Class</b> <i>Location TBA</i>
11:30 am	<b>Lunch</b>
12:15 pm	<b>"One Love, One Heart"</b> <i>Trip Leader</i>
1:00 pm	<b>Depart to Dead Sea</b>
1:15 pm	<b>Dead Sea Swim</b>
2:15 pm	<b>Depart to Eretz Bereshit</b>
3:45 pm	<b>Camel Rides, Pita Making, Yoga or Personal Meditation in the Desert</b>
5:45 pm	<b>Group Picture Overlooking the Desert</b>

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- 6:15 pm      **Opportunity to Receive a Jewish Name**  
*If you don't have a Jewish name, take the opportunity to get one here in the beautiful Judean desert.*
- 7:00 pm      **Depart back to Jerusalem**
- 7:30 pm      **Arrive in Jerusalem for Free Evening and Dinner on Your Own**

**Monday**

**Gratitude – Hakarat Hatov**

Acknowledging and appreciating the good in others, ourselves, and our blessings.

Attire: Casual

- 6:30 am      **Breakfast opens at the Hotel**
- 7:30 am      **Checkout of Hotel and bring your Suitcase to a Madrich**
- 8:45 am      **Depart to TBD**
- 9:15 am      **MOLS Special Program**
- 11:15 am     **Depart to Town for Free Time for Lunch**
- 1:15 pm      **Meet at your Hotel to Depart to the Ramada Hotel for Final Program**
- 1:45 pm      **“Bringing Your Momentum Home”**  
*Trip Leader*
- 2:45 pm      **Letter to Myself**
- Trip Evaluations**  
*We value your feedback! Thank you for filling out an evaluation so we can make the Trip even better.*
- Coffee and Snacks Available**

**Community Leaders**

- 2:45 pm      **Community Leaders Meeting**

**All**

- 3:30 pm      **“Words from the Heart”**  
*Pamela Claman*
- 3:45 pm      **“The Momentum of Gratitude”**  
*An opportunity for you to give more women the gift of a Momentum Experience*
- 4:20 pm      **“Your Journey Continues – Words to Send you Home With”**
- 4:30 pm      **Depart for Momentum Evening**

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5:15 pm

**Momentum Evening**

*Join your 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.*

8:00 pm

**Depart Momentum Evening to Ben Gurion Airport**

**This is not goodbye, but “I’Hitraot”, see you again soon.... The last day of your trip is the first day of your journey.**