

Men's Momentum - Fall 2024 Sample Itinerary

MoMEntum Journey of Growth empowers fathers to actualize their potential, and to make a difference for themselves, their family, and the Jewish people.

Monday *Exploring the value of Courage (Azut d'Kedusha)*

Arrive in Israel (by 1 pm)

Welcome Session: The Courage to Act on Your Calling – Momentum Educator

Israel: You Can Make a Difference- Dr. Zohar Raviv, Momentum Scholar-in-Residence

Meet IDF Veterans and Support Injured Soldiers

Overnight: Jerusalem

Tuesday *The South: Exploring the value of Human Dignity (Kavod Habriyot)*

Session: Human Dignity and the Heart of October 7– Momentum Educator

Army Base Visit

Visit to the South to communities on the border of Gaza and the site of the Nova Music Festival

Visit to a yeshiva in the South

Overnight: Jerusalem

Wednesday *Exploring the value of Generosity (Chesed v'Tzedakah)*

Session: A Roadmap to Generosity – Momentum Educator

Volunteer Farming Activity

Natural Spring Mikvah

Visit the Dead Sea

Overnight: Jerusalem

Thursday *Exploring the value of Faithfulness & Trust (Emunah)*

Session: Talking to God - An Essential Mindset to Making Prayer Real – Momentum Educator

Visit to the Western Wall

Bar Mitzvahs

Tour of the Jewish Quarter in the Old City

Visit Har Hertzl

Overnight: Jerusalem

Friday *Exploring the value of Unity & Mutual Responsibility (Achdut v'Areyvut)*

Session: From Alef to Elef: Unlocking Your Individual and Collective Spiritual Potential – Momentum Educator

Israel Engagement Workshop - Receive tools to advocate for Israel – Guest Speaker

Cracking the Code: An Interactive Jewish-Wisdom Workshop

Session before Candle Lighting: Shabbat - Learning to Receive – Momentum Educator

Festive Shabbat Dinner

Overnight: Jerusalem

Shabbat Day-Saturday *Exploring the value of Peace & Wholeness in the Home (Shalom Bayit)*

Session: Living a Life of Awesome – Momentum Educator

Shabbat Lunch

Musical Havdalah

Overnight: Jerusalem

Sunday *Exploring the value of Gratitude (Hakarat Hatov)*

Session: Bringing It All Home & Mobilizing others to Take Action-Momentum Educator

Volunteer Activity

Closing Dinner

Depart by bus to airport 7 pm (book flights **after 11 pm**)

**Subject to change*