

Galilee Fellowship Schedule

week 1

Sunday	Monday	Tuesday <i>Ethical Speech</i>	Wednesday <i>Humility</i>	Thursday <i>Unity</i>	Friday <i>Chessed</i>	Shabbat <i>Community</i>
<ul style="list-style-type: none"> • Arrival in Israel • Drive to Tzfat • Opening Circle/ Program Orientation • Lunch • Tzfat Tour & Treasure Hunt • 19:00 Dinner • 20:00 Community Service (CS) Orientation – what to expect in the coming days 	<ul style="list-style-type: none"> • 7:00 Breakfast/News • 8:00 Kabbalah Artist • 9:00 CS • 13:00 free Lunch • 14:00 Biking around the Hula Valley • Discussion: The Power of Speech • Dinner • Discussion Group: My Judaism 	<ul style="list-style-type: none"> • 7:00 Breakfast/News • 8:00-13:00 CS • 13:30 Lunch • 14:00 Hike Jilabun-Chevruta: Learning Humility from the Mantel and the Doorstep • Free Evening (+free dinner) • Optional movie 	<ul style="list-style-type: none"> • 7:00 Breakfast/News • Hike Gamla: Unification in Gamla for the sake of Jerusalem • Free lunch in Katzrin • 19:00 Dinner • 20:00 Shabbat class: What is special about this day out of time? • 20:30 Group Preparations for Shabbat: Words of Wisdom, Songs and Skits 	<ul style="list-style-type: none"> • 7:00 Breakfast • 8:00 Challa Braiding • 9:00-13:00 CS • Free Time in Tzfat • Setting up for Shabbat, Candle Lighting, Kabbalat Shabbat, Festive Shabbat Dinner Oneg • Time for stories and more... 	<ul style="list-style-type: none"> • Optional sleep in • Lunch with Local Families • Chevruta: Ethics of our Fathers • 3rd Meal Together at the citadel • Havdalla: with Light, Wine and Spices. • Costume Party- a real Purim celebration 	

week 2

Sunday <i>Gratitude</i>	Monday <i>Continuity</i>	Tuesday <i>Yearning</i>	Wednesday <i>Courage</i>	Thursday <i>Amazement</i>	Friday <i>Creativity</i>	Shabbat <i>Building relationships</i>
<ul style="list-style-type: none"> • 7:00 Breakfast/News • 8:00 CS • Free lunch • Hike Ein-Gev Chevruta: How do you measure gratitude? • Iron Chef dinner!! • Prepare for desert hike 	<ul style="list-style-type: none"> • Early Breakfast/News • Drive South for Desert Overnight • Bar Kochba Caves! Chevruta: Struggle for Survival • Lunch • 17:00 Hike Mount Tzuria Chevruta: Living in a land of want • Dinner, bonfire 	<ul style="list-style-type: none"> • Early wakeup • 5:00 desert hike down • Exploring the positive power of lack • Lunch • Drive to Jerusalem • Class at Pardes Institute • Free time in Jerusalem • Drive back to Tzfat 	<ul style="list-style-type: none"> • Late wake up • Free time in market • Lunch • Class on Ethiopian Jews • Chevruta: If not now, when? • CS in Ethiopian absorption center • A Taste of Passover - Bring the Seder to Life 	<ul style="list-style-type: none"> • 6:15 Breakfast/News • Yehudiya Hike • Finding Amazement in a cubicle • Picnic lunch • Dinner • 19:00 Preparations for Shabbat ! 	<ul style="list-style-type: none"> • 7:00 Breakfast/News • 8:00 Challa Braiding • Tzfat artists- Personal Expression in Judaism • Free time • Shabbat Prep • Candle lighting • Kabbalat Shabbat • Festive Shabbat Dinner Oneg- Special Time 	<ul style="list-style-type: none"> • Optional sleep in • Shabbat Lunch at families • 3rd meal- Tu Bishvat Seder- Nature & Judaism • Havdalla • Sunday- evaluations, closing circle, departure...!
Overnight: Tzfat	Overnight: Tzfat	Overnight: Desert	Overnight: Tzfat	Overnight: Tzfat	Overnight: Tzfat	Overnight: Tzfat

*Schedule is tentative and subject to change



Learning Judaism from Nature

Much of the learning at Livnot is done during the hikes, using sources that teach Jewish values from elements of nature, relating to personal growth and Tikkun Olam.

The below is a partial list of what we learn from the:



- Grapevine – Leadership
- Hyssop -- Tzdekka / Chesed
- Tamarisk– Community
- Willow – Yearning
- Caperbush – Eternity of the Jewish People
- Date Tree – Sustainability
- Fig – Education
- Carob – Interpersonal Relationships
- Rotem – Jewish Speech



Chevruta

Livnot participants join in chevrotot / one-on-one peer study with follow-up discussions throughout each day's activities. These chevrotot correspond to the theme of each day.

Here is a sampling of Livnot Chevrotot:

- **Continuity** - how have the Jewish people survived throughout the ages?
- **Lashon Hara** - What does gossip do to the speaker? The listener? The person who is being gossiped about? Is "letting it out" healthy?
- **Challenges** - How do we face our challenges? What strengthens us?
- **Community** - How do you balance your individual needs against the needs of the community? How do you find your community?
- **Gratitude** - Judaism sees gratitude as a foundation of its tradition. How do we express our gratitude? Do we do it enough? What is the connection between humility and gratitude?
- **Courage** - How do you define who is Wise? Strong? Rich? Honored? How is Courage defined?
- **Caring for the Earth, Caring for Others** - There is a Jewish tradition to try to "fix the world" Is this realistic?
- **Sensitivity** - Is sensitivity inherent? Developed? Important? What can we do to increase our sensitivity to others?
- **Amazement** - What is a miracle? Can we live our lives in a way that sees miracles everywhere?
- **Chessed** - What is meant by "giving by taking?"
- **Unity** - What does "unity" mean to you? Is it a realistic goal in the world today?
- **Creativity** - Is there a way to show our creativity in a way that expresses our commitments and ideology? Should that be a goal?
- **Building Relationships** - How do we decide whether a relationship is healthy or not?

Volunteer Locations:

- Livnot U'Lehibanot – Restoration Projects in the Old City
- Apartment repairs for the needy and elderly
- Tzfat English Library
- Keren Ezra L'Galil – clothing bank
- Koach L'Tet - food bank
- Hesdei Lev Ella
- Tzahal 9 – Ethiopian Absorption Center
- Mercaz HaChesed – soup kitchen
- Yad Eliezer – soup kitchen
- Old Age Home - Tzfat
- Center for Healthy Living
- Special Education Kindergarten (Cn'an and Ganei Hadar)