

3 Menschenes — 1 Goal

Creating a Great JMR29 Online Retreat Experience for You!

For nearly 30 years, Jewish men have gathered at the JMR to deepen our connection to Judaism and each other. So why is this year different from all other years? Simply because this year we'll be meeting online on **November 13–14** for a special *Shabbaton* — praying, sharing and growing together as Jewish men.

In their own words, here is what our three co-leaders are envisioning for our first-ever online retreat:



Harold Belkowitz:

“JMR29 offers Jewish men a special opportunity to gather and expand their Jewish connection in a new and exciting way. As much as I will miss the in-person gathering we treasure, I am excited because JMR29 allows Menschwork to reach a larger number of Jewish men across North America.

The Planning Committee is diligently at work on innovative programs for the retreat to make it as rewarding and meaningful as possible for all the men who attend. We have every expectation that JMR29, despite being online, will offer the same feeling of community and personal growth experienced at the past twenty-eight JMRs.”



Roger Zimmerman:

“The brilliance of the JMR29 theme this year is its simplicity and wisdom:

Resilience: Be involved in your own life. Ingest its bounties and absorb its pain. Process thoughts and feelings without losing perspective. Survive and endure.

Balance: Do not accept that upheaval has control of the narrative. Maintain the ability to discern with objectivity. It is okay to agree to disagree and remain stable, consistent, and relevant.

Equanimity: Strive for internal peace by treating yourself and others with kindness and respect. Fully experience the present, but with an eye towards the future. Help others do the same.”



Elliott Myrowitz:

“Join men who have been coming to the JMR for decades along with men showing up for the first time — and in between. Make new friends and enhance existing connections through *mishpacha* groups, schmooze rooms, and Shabbat Pathways — while being inspired by our joyous Shabbat services.

Throughout the weekend, the values of deep listening, mutual respect, and non-judgmental behavior will be in abundance. The excitement is building towards this being an amazing retreat. I hope you will join us for a fulfilling *Shabbaton* experience and share the heart-felt joy of celebrating life together during these challenging times.”

These 3 Menschenes Stepped Forward to Lead JMR29 on Nov. 13–14. Will You Join Them?

More than 50 other men have registered for the retreat. The cost is just \$100 and includes a package of valued Jewish ritual items to enhance the experience. **Save 10%** by registering today at: register.menschwork.org/jmr29.

Remember, **Amazing Things Happen When Jewish Men Gather** — in person and online. Register now!

The JMR is a program of Menschwork, Inc.: a nonprofit that encourages Jewish men to take bold, next steps in their journeys as empowered Jewish mensches. Learn more at menschwork.org or at facebook.com/Menschwork/.