



# SLBC Master Schedule

## SLBC Digital Portal

[www.songleaderbootcamp.com/slbc20](http://www.songleaderbootcamp.com/slbc20)

## Jewish Community Center

2 Millstone Campus Drive, St. Louis, MO 63146  
(314) 432-5700

## Hotel

Sheraton Westport Chalet Hotel St. Louis  
191 Westport Plaza, St. Louis, MO 63146  
(314) 878-1500

## Taxi

Yellow Cab (314) 656-6705

## Emergency Numbers

**SLBC Office** (314) 991-0909 (before or after SLBC conference); **Elisa's cell** (314) 249-6251

## SLBC Course Labels

These course labels can help you choose what sessions might best serve you. All sessions will be labeled accordingly and often have multiple labels:

### Master Courses & Tracks

- MC** Master Course \*recommended for all first time SLBC participants
- ECE** Early Childhood Educator
- ED** Jewish Educator (day school, religious etc.)
- MM** Mindfulness and Meditation
- SL** Songleader
- WL** Worship Leader

### Chavurot

- DSC** Day School Student Chavurah
- SCC** Staenberg Camping Chavurah
- RC** Ramah Camping Chavurah
- STC** Staenberg Teen Chavurah

## SLBC Rooms

### **Mirowitz Performing Arts Center (PAC)**

#### **Board Room**

#### **Beit Midrash**

#### **Black Box Theater**

#### **Gathering Place**

#### **Meeting Room A/B**

#### **Visual Arts Studio**

#### **ECC Open Space**

#### **ECC Classroom 1**

#### **ECC Classroom 2**

#### **Family Center**

#### **Adult Day Center**

#### **Multi-Purpose Room**

#### **JGame Zone**

Main SLBC Room

Behind lobby front desk in office suite

Hallway outside Performing Arts Center

End of hallway next to Performing Arts Center

Across PAC, first room off the lobby

Across from Performing Arts Center

Across from Black Box Theater

Downstairs

Downstairs

Downstairs

Downstairs next to ECC

Downstairs next to ECC

Downstairs in fitness building across from family locker room

Downstairs in fitness building next to family locker room

# Sunday, February 16, 2020

2:00 PM-3:00 PM

## Opening Program

*Miowitz Performing Arts Center*

3:15 PM-4:25 PM

## Star State – Peak Performance Leadership Skills

*Miowitz Performing Arts Center*

Master Course \*recommended for new SLBC participants

MC MM ECE ED MM SL WL DSC RC SCC STC

**Rick Recht**

Star State is a powerful and highly motivational leadership training seminar that demonstrates methods utilized by the world's top athletes, entertainers, and educators to quickly and consistently achieve a peak physical and psychological state for extraordinary personal performance. What do these 'best in class' performers have in common? They all use Star State techniques to guarantee that the very best version of themselves is always front and center. Star State is highly interactive, physical, and fun.

3:15 PM-4:25 PM

## Who's Calling the ShaTZ: What it Means to Lead Others in Prayer

*Beit Midrash*

ED WL RC STC

**Cantor Ellen Dreskin and Rabbi David Ingber**

As one who leads prayer, just who in heaven's name do I think I am, and what on earth do I think I'm doing? Come explore "prayer-formance vs. performance," "keva-nah" in prayer, the integration of my inner prayer life, my external role, and more. What are my goals and expectations for myself and my community?

3:15 PM-4:25 PM

## Six Essential Ingredients in your Jewish Program

*Meeting Room A/B*

ECE ED SL WL RC SCC STC

**Shira Kline**

What makes your program Jewish? Is it lighting the candles or singing in Hebrew? What if these actions are just the wrapping paper around the gift within? Let's unwrap them and discover six essential ingredients of a Jewish gathering. They are the backstory, the spark, the pathway from doing to being. Each ingredient, as old as time, continues to address the universal human need to make meaning out of life.

3:15 PM-4:25 PM

## Insights and Innovations around Shema

*The Gathering Place*

ECE ED MM SL WL DSC RC SCC STC

**Rabbi Evan Krame and Rabbi David Markus**

Shema and V'ahavta are peaks of Jewish liturgy, but sometimes they lose the love. Without care and skill, they can become rote and lifeless. Together we'll use melody, harmony, chant, poetry and imagery to turbo-charge experiences of Shema and V'ahavta, tailored to different settings for these Jewish jewels. Whether for synagogue, camp, chavurah, meetings or personal spirituality, these tools are for connection and transformation in a world that needs them – and you.

3:15 PM-4:25 PM

## Tachlis For Spiritual Troubadours

*Family Center*

SL

**Ellen Allard, Mikey Pauker and Billy Jonas**

Join International Jewish touring recording artists Ellen Allard, Mikey Pauker, and Billy Jonas for an informative and spiritually uplifting workshop where we will explore the Tachlis (or details) of running a business as touring Jewish musicians. This session will include time for personal reflection and time for asking the deepest questions of your heart's desire.

**3:15 PM-4:25 PM**

## **Hineini, Part I – Waking Up to Your Life**

**Board Room**

**ED DSC MM SL SCC STC WL**

**Rabbi Andrea Goldstein**

Participants will be introduced to the basic practice of mindfulness meditation and understand how Jewish rituals and tradition deepen and enhance this work.

**3:15 PM-4:25 PM**

## **A Textual Awakening**

**JCC Adult Day Center**

**ED WL RC STC**

**Rabbi Josh Warshawsky**

How do we find texts for which we are inspired to write melodies? What emotions are we trying to evoke? How can the melodies we create help to better express the words we are trying to say? Join Rabbi Josh Warshawsky as we sing and explore these questions, and leave with a new set of texts to inspire us in our melody and Jewish music creation.

**4:40 PM-5:50 PM**

## **Head to Toes: Interactive Body Dynamics**

**Mirowitz Performing Arts Center**

**Master Course \*recommended for new SLBC participants,**

**MC MM ECE ED SL WL DSC RC SCC STC**

**Rick Recht**

The Head-to-Toes Interactive Body Dynamics master course explores the ways top presenters utilize every aspect of their bodies, body distance, and Praise Phrases to create exciting, meaningful, interactive experiences in a variety of settings.

**4:40 PM-5:50 PM**

## **Positive, Powerful Prayer**

**Meeting Room A/B**

**ED SL WL DSC RC SCC STC**

**Eliana Light**

T'fillah for elementary and middle schoolers can be tough. How do we balance learning the words with finding personal meaning? Short activities, framing devices, and intentional melody choices can do wonders. Come explore the "why" of praying with kids and gain tools to enhance your t'fillah program with whatever resources, time, and talent you have.

**4:40 PM-5:50 PM**

## **Guitar Skills Workshop**

**\*for intermediate or advanced guitar players**

**JCC Family Center**

**SL**

**Rabbi Joe Black**

The guitar is an instrument with limitless possibilities. Almost every style of music can be performed on the guitar from classical, to ragtime and rock. Too many of us limit our playing to formulaic and repetitive strumming that often can get in the way of the beauty of the music we want to teach and perform. This workshop will focus on exploring new ways to open up your creative pallet and rethink how the guitar can become an extension of yourself. We will learn fingerpicking and fingerstyle exercises as well as explore how the entire neck of the guitar is in your command.

**4:40 PM-5:50 PM**

## **Music for Thriving**

**ECC Open Space**

**ECE ED SL WL DSC RC SCC STC**

**Naomi Less**

Positive psychology aims to help students thrive by presenting a more holistic perspective on what it means to be well and feel happy. Scientifically, music has been proven to help foster deeper social connections, releasing oxytocin which helps increase bonding and trust between people. We will explore concrete tools for musicians and non-musicians to use with all ages in a variety of settings.

**4:40 PM-5:50 PM**

## **Building Communities of Healthy Masculinities**

**Board Room**

**ED SL WL RC SCC STC**

**Sam Blustin**

How do we create communities that foster and encourage healthy expressions of masculinity? Through song, text study, and discussion, we'll explore what healthy expressions of masculinity look like and how we as leaders and role models can foster and encourage these expressions. Participants will leave having experienced one model of encouraging these types of communities, as well as having explored different ways that we can be engaged in this sort of work in our day to day interactions. We will also begin to build a community of people seriously engaging in this work, serving as resources for one another. People of all gender identities are encouraged to attend.

**4:40 PM-5:50 PM**

## **SLBC Choir**

**Black Box Theater**

**ECE ED MM SL WL DSC RC SCC STC**

**Josh Ehrlich**

Deepen your connection to both musical and biblical language by singing new 4-part choral settings of ancient text. We'll learn a piece with words from this week's parshah, Mishpatim, which we'll then perform for the whole SLBC community! Come away with an enhanced appreciation for the power of written words and notes to ignite our minds and hearts in study and song.

**4:40 PM-5:50 PM**

## **Lifnayhem: Each Face Has A Trace**

**Beit Midrash**

**ED WL RC STC**

**Rabbi David Ingber**

The Torah commands Moses to place (tasim) laws before (lifnayhem) each person. Quite literally, this means placing the law or presenting to each, unique face. As teachers, as parents, and as friends, we are instructed to see the one before whom we stand in their uniqueness, in their particularity, in their radical and radiant singularity. In fact, one can't really understand the focus in Judaism of treating one another ethically without understanding the profound importance of the human face. We will study texts and play with a few meditations that deepen this understanding.

**6:00 PM-7:20 PM**

## **Dinner and Song Session**

**Gym**

**7:30 PM-8:40 PM**

## **Breathing New Life into Liturgy**

**Meeting Room A/B**

**ED MM SL WL**

**Cantor Ellen Dreskin, Rabbi Rebecca Dubowe and Eliana Light**

Come explore a variety of liturgical moments and how they are enhanced by movement, contemplation, music, sign language, conversation, and other techniques for engaging a variety of prayers of all ages in our communal gatherings.

**7:30 PM-8:40 PM**

## **SING! SING! SING! A Music-Based Approach to Cognitive, Language, Social, Physical and Spiritual Development In The Jewish Classroom**

**JCC Family Center**

**ECE ED SL ECE**

**Ellen Allard**

Discover how to seriously skyrocket your music teaching chops by peeking behind the music teaching radar screen. While its essential to have a repertoire of songs that kids request again and again, take it a step further and learn how music can support all five domains of children's development - cognitive, language, social, physical, and spiritual. This is the ticket to reaching and teaching kids through music!

**7:30 PM-8:40 PM**

## **Cultivating a Loving Heart**

**Board Room**

**ECE ED MM SL WL**

**Rabbi Andrea Goldstein**

Mindfulness practices open us up to the reality of how deeply we are connected with each other and the world. In this workshop, participants will explore the middah (ethical quality) of chesed (loving kindness) and learn specific mindfulness techniques to help cultivate this quality.

**7:30 PM-8:40 PM**

## **Body Percussion**

**Black Box Theater**

**ECE ED SL WL DSC**

**Billy Jonas**

Spice up worship, camp programs, and performances - put your body into it! No instruments required, except feet to step and stomp, and hands to clap, tap, snap, and whap. We'll slow it down and break it down to learn the subtleties, and give you body percussion vocabulary and repertoire. Participants will leave with full sequences, as well as tools for creating your own rhythms to accompany prayers and songs as well as stand-alone pieces.

**7:30 PM-8:40 PM**

## **We Are All Storytellers**

**Beit Midrash**

**ECE ED RC SL WL**

**Shira Kline**

"The stories are true not because they happened, but because they happen," teaches Rabbi Lawrence Kushner. To tell a story is to be present to life and every one of us is here in it, every day. Come together for a taste of the history of this art form, it's cognitive functions, and our ancestral connections. We'll explore dynamics of storytelling, both sonic and somatic. We'll play with the many voices of story between narrator and character, tapping into felt sense and truth.

**7:30 PM-8:40 PM**

## **Angela Gold Jam Room**

**Gym**

**DSC ECE ED JRC RC SL TC WL**

**Elective**

Ready to rock out? Grab your voice, your instruments, some fellow SLBCniks and JAM!

**8:45 PM-10:30 PM**

## **Super Soul SLBC**

**Mirowitz Performing Arts Center**

**10:30 PM-12:30 AM**

## **JRR Jewish Star Showcase & SLBC Late Night**

**Mirowitz Performing Arts Center**

**ECE ED MM SL WL RC SCC STC**

**Rob Aronson and Joe Buchanan**

Experience the winners of Jewish Star Season 2 and get ready to discover the amazingly talented folks attending SLBC in the SLBC Late Night talent extravaganza. Buses will continue running to the hotel every 10-15 minutes, so stay, sing, and rock 'til you drop!

**10:30 PM-12:30 AM**

## **Transportation to Hotel**

Buses will run to the hotel every 10-15 minutes from 10:30 PM-12:30 AM

# Monday, February 17, 2020

**\*8:00 AM**

## **Transportation to JCC**

Meet in hotel lobby to load buses to the JCC

**8:45 AM-10:45 AM**

## **Tefillah and Opening Program**

***Black Box Theater***

Tefillah, music, and more! Feel free to bring tallit, tefillin, and other worship items.

**8:45 AM-10:45 AM**

## **SHUL: An Alternative Tefillah**

***JCC Adult Day Center***

**DSC ECE ED SCC RC SL STC WL**

**Mikey Pauker**

SHUL: Imagine ecstatic dance meets post-hassidism, meets inclusive, egalitarian prayer. SHUL is a non-denominational experiment in Jewish ritual and prayer. Combining old and new spiritual practices, SHUL aims to create an experience that is accessible, embodied, and passionate. SHUL is prayer + dance, niggunim + bass = a living ceremony that engages all our senses and all our limbs in prayer. Please join us in a new-old way to welcome this day into our SLBC community, our bodies, and our hearts. Feel free to bring tallit, tefillin, and other worship items.

**11:00 AM-12:10 PM**

## **RTKS Grand Slam Jewish Leadership**

***Mirowitz Performing Arts Center***

**Master Course \*recommended for new SLBC participants**

**MC ECE ED MM SL WL DSC STC**

**Rick Recht**

RTKS is a practical and interactive workshop where participants explore ways to create powerful Jewish learning and teaching experiences as well as strengthen personal and professional communication skills. Borrowing from methods used by both rabbinic scholars and top sales performers in the business world, RTKS shares a simple framework Jewish educators can use to guarantee peak performance in the classroom and beyond.

**11:00 AM-12:10 PM**

## **Camping Inclusion - It's Magic**

***Black Box Theater***

**ECE ED SL RC SCC STC**

**Elana Naftalin Kelman**

What happens when camping and inclusion intersect? It's magic! Come hear about the best practices of inclusion of people with disabilities at summer camp. Learn what works, what doesn't work, and how to make your camp more inclusive of all people.

**11:00 AM-12:10 PM**

## **Ditch the Textbook: Teacher Training Educators 4-8**

***Gathering Place***

**ED**

**Elective**

**Miriam Herten**

This session models highly educational and engaging activities that use nontraditional methods for Jewish learning. Engaging with Tefillah through scavenger hunts, ziplines, and board games. Hebrew through acting, Torah through playing cards. Holidays on the ground, out of Origami and in newspaper. And so much more. Take home specific strategies and materials that can be used in your classroom.

**11:00 AM-12:10 PM**

## **Get Ready to Hit the Road**

**JCC Family Center**

**SL**

**Saul Kaye**

Are you ready to hit the road and play some Jewish music? This workshop will explore a wide variety of practical considerations in developing a professional, profitable, and passionate career in the Jewish music world.

**11:00 AM-12:10 PM**

## **Tools & Techniques Guaranteed To Engage Young Children Through Music**

**ECC Open Space**

**ECE ED SL WL**

**Ellen Allard**

One of the most valuable ways to hone your teaching chops is to observe others teaching in real time. You are invited to join Ellen Allard, as she teaches a JCC preschool music class. After the children return to their own classrooms, we will unpack what you observed and discuss how you can integrate what you learned into your own music programs.

**11:00 AM-12:10 PM**

## **Hineini Part II – Deepening in Awareness**

**Board Room**

**ED DSC MM SL SCC STC WL**

**Rabbi Andrea Goldstein**

Participants will continue to develop their understanding of Jewish mindfulness meditation techniques, as well as their knowledge of the benefits of mindfulness meditation for themselves and those they lead.

**11:00 AM-12:10 PM**

## **Social Justice Spiritual Warriors**

**Beit Midrash**

**ED SL STC WL**

**Shira Kline, Rabbi Susan Talve, Mikey Pauker**

How does a prayer become an action? Whether social justice is a political agenda or a healing practice, music plays a critical role in social change and movement. Join us for new repertoire and a discussion around integrating action and ritual.

**11:00 AM-12:10 PM**

## **Improvising Prayer While Davening Publicly and Not Embarrassing Yourself**

**Adult Day Center**

**ED SL STC WL**

**Rabbi Lizzi Heydemann**

Song leaders lead songs, prayer leaders lead prayer. If you want to be a prayer leader you need to model and lead people in out-loud-personal prayer during those "mumble" moments of some more traditional prayer services. Learn to Improvise your way through the words of the siddur instead of just waiting for the next song. In playful, non-judgmental space, we'll experiment with modeling how to pray using the words of the siddur, infusing them with the feelings and thoughts that are real for you.

**11:00 AM-12:10 PM**

## **Angela Gold Jam Room**

**Gym**

**ECE ED SL WL DSC STC**

**Elective**

Ready to rock out? Grab your voice, your instruments, some fellow SLBCniks and JAM!

**12:20 PM-1:35 PM**

## **Lunch, Israeli Dancing and Big Group Pic!**

**Gym**

Get ready for SLBC Israeli Dancing and don't miss our big SLBC Big Group photo session!

**1:45 PM-2:55 PM**

## **Singing in the Dark**

***Black Box Theater***

**ECE ED SL WL DSC STC**

**Charlie Kramer**

**Elective**

We all have something that pains us. Charlie Kramer was born legally blind with no peripheral vision and diagnosed as blind at night. Singing has been a magic elixir for Charlie, providing his spirit with opportunities to expand in gratitude for the many blessings he has. Join Charlie in a journey of the senses, blindfolding ourselves to experience the present moment without our sight. Come prepared to deeply feel the challenges in your life that cause you suffering, and to sing them into prayer. When arriving at the session, please wait by the door to be blindfolded and guided to your seat by the members of our Teen Chavurah.

**1:45 PM-2:55 PM**

## **Siddur Gems**

***Mirowitz Performing Arts Center***

**ECE ED WL STC**

**Cantor Ellen Dreskin, Rabbi David Ingber and Rabbi Joe Black**

A round-robin sharing of some of our favorite pieces of liturgy, through stories and iyyunim that help the words resonate with today's worshippers.

**1:45 PM-2:55 PM**

## **Soul Sisters: A Feminist Beit Midrash**

***Beit Midrash***

**ED SL STC WL**

**Hazzan Joanna Dulkan**

Many of us have heard, told and retold the tales of our fearless matriarchs - Sara, Rebecca, Rachel and Leah, Miriam and Esther, but what about Serach, Zelophad's Daughters, Hannah and Lillith? These women, while briefly mentioned in the Bible, hold significant rabbinic fascination and have inspired some impactful and interesting midrashic literature. We will explore the meaning behind the stories, and discover both ancient and modern midrashim that pull even more Biblical women out of the shadows of the text, to help us to more fully understand them, and ourselves.

**1:45 PM-2:55 PM**

## **Praying from the Inside Out: Religious School Tefillah**

***JCC Adult Day Center***

**ED SL WL**

**Abbie Strauss**

Your Kids CAN pray! We will explore a range of tools that help all ages connect to prayer during religious school or Hebrew school tefillah. You will leave with clear goals and steps to transform your tefillah experience and perspective on prayer leading.

**1:45 PM-2:55 PM**

## **Branding 101**

***Meeting Room A/B***

**SL**

**Joe Buchanan**

Who are you as an artist? What are you about? Your brand is extremely important. Your brand will help you connect to fans in more meaningful ways while giving you constant direction. We'll discuss ways to define your brand and methods for tying everything together, from your social media presence to your website and beyond. You know who you are. This class will help you tell that story.

**1:45 PM-2:55 PM**

## **Bridging Divides — Using Music to Heal Divisions Within Ourselves, Families, Communities, and the World**

***JCC Family Center***

**ED SL STC WL**

**Billy Jonas**



Billy Jonas has dedicated 2020 to writing and co-creating songs that will serve as musical guideposts into and through the new decade. Come hear about his process and learn repertoire and skills towards the musical mending of social, cultural, racial, and religious divides.

**1:45 PM-2:55 PM**

## **The Thriving Artist Counsel and Incubator: Part 1**

(Limited to 10 participants. [Click here to sign up!](#)

to secure a spot in this session)

**Visual Arts Studio**

**SL**

**Mikey Pauker**

With all the hustle and bustle of life as Jewish artists and musicians, how much time do you take to deepen your relationship with your colleagues? How does your work affect change? Join us for this two-part workshop where we will join together as an artist community to share our personal stories and study inspiring spiritual text. You must attend *both* Monday sessions.

**1:45 PM-2:55 PM**

## **Israeli Dancing**

**Gym**

**Rachel Dobbs Schwartz**

Are you ready to dance? This workshop will explore a variety of popular Israeli dances, new and old, that will leave you looking for ways to create and/or enhance the Israeli dance scene in your community.

**3:10 PM-4:20 PM**

## **The Thriving Artist Counsel and Incubator: Part 2**

(Limited to 10 participants. [Click here to sign up!](#)

to secure a spot in this session)

**Visual Arts Studio**

**SL**

**Mikey Pauker**

With all the hustle and bustle of life as Jewish artists and musicians, how much time do you take to deepen your relationship with your colleagues? How does your work affect change? Join us for this two-part workshop where we will join together as an artist community to share our personal stories and study inspiring spiritual text. You must attend *both* Monday sessions.

**3:10 PM-4:20 PM**

## **Taste of Romemu Yeshiva: A Neo-Hasidic Practice Center**

**Board Room**

**ED SL WL STC**

**Rabbi David Ingber**

For many years Rabbi David struggled to find a home for his seeking soul. He felt at home in so many different places but always felt that parts of his spiritual self, paths of his spiritual journey were asked to remain outside whenever he entered Jewish space. Rabbi David felt called to begin an experiment in imagining a new kind of learning center where meditation, prayer, embodied wisdom and Jewish texts focused on the inner life were at the center of our daily practice. Romemu Yeshiva had its inaugural summer last summer (2019) as a 6-week course of study at Romemu, NYC. This session will offer a taste of a day at the Yeshiva.

**3:10 PM-4:20 PM**

## **General Repertoire**

**Mirowitz Performing Arts Center**

**ECE ED SL WL DSC RC SCC STC**

**Marcia Weinstein and Karen Pincus**

In this workshop, we will visit some old and new melodies. Please bring your instruments, singing voice, and ruach (spirit)!

**3:10 PM-4:20 PM**

## **What About G!D? Wrestling with the Divine in Prayer and in our Lives**

**Meeting Room A/B**

**ED WL**

**Eliana Light and Cantor Ellen Dreskin**

The way we do (and don't) talk about G!D can have a profound impact on the lives of our community members. While singing can lift our spirits, the words of the siddur are still there. How do we start the conversation? Together, we'll explore melodies, kavanot, and Jewish texts that can be used within t'fillot to expand our understandings of the Divine. We are B'nei Yisrael - the children of G!D wrestlers. It's time to step into the ring.

**3:10 PM-4:20 PM**

## **Songwriting Intensive – Finding Your Inner Muse**

**Gathering Place**

**SL WL ED STC**

**Rabbi Joe Black**

This workshop will explore the songwriting process. All songwriters are unique and have their own style, methodology and techniques. We will explore the essential elements of songs that work - and why some songs don't. We will look at lyricism, groove, chord progressions and the other "intangibles" that are all part of the creative process.

**3:10 PM-4:20 PM**

## **Play as a Spiritual Practice**

**JCC Family Center**

**SL WL ED STC**

**Shira Kline**

Remember play? From the sandbox to the sanctuary, the power of our imagination at all ages is integral to a life filled with curiosity and wonder. Come together for a deep dive into the trending formats of play and the ways in which they may illuminate our participant's Jewish spiritual practice. Addressing the essential question, "Is play the bridge between mind, body, and spirit?" We'll investigate the profound impact of spiritual play as well as identify the tools of play, in our work.

**3:10 PM-4:20 PM**

## **The Art of the Niggun**

**Black Box Theater**

**DSC ED RC SL TC WL**

**Rabbi Josh Warshawsky, Rabbi Yosef Goldman, Chava Mirel, Jackson Mercer and Hazzan Joanna Dulkan**

"Judaism today is the least known religion. It's rare splendor has been so frequently adjusted to the trivialities of changing opinions that what is left is commonplace. There are only few who still perceive the vanishing niggun of its perennial yearning." - Abraham Joshua Heschel, *The Earth is the Lord's*. Heschel's words resonate like a melody in our ears. Join together in song as we reach higher and higher, and seek out the vanishing niggun (wordless melody) reflected in our souls.

**3:10 PM-4:20 PM**

## **Tot Tefillah: The Magic Of Tot Shabbat**

**Beit Midrash**

**ECE ED SL WL**

**Ellen Allard and Carla Friend**

Join Ellen Allard and Carla Friend for a magical Tot Shabbat workshop. Learn how to craft a worship experience that kids and grownups in your community will eagerly return to again and again. Dancing, singing, and moments of quiet all woven together with puppets and scarves and rhythm instruments will infuse this workshop experience. Come with an open heart, a singing voice, dancing feet, and a desire to rock your Tot Shabbat. If you have a tallit, please bring it with you.

**3:10 PM-4:20 PM**

## **Angela Gold Jam Room**

**Gym**

**Elective**

Ready to rock out? Grab your voice, your instruments, some fellow SLBCniks and JAM!

**4:35 PM-5:45 PM**

## **Shared Leadership**

***Mirowitz Performing Arts Center***

**ECE ED SL WL RC SCC STC**

**Rick Recht**

The greatest leaders are leaders of leaders and teachers of teachers. In this seminar, we will explore a framework leaders can utilize to implement *shared leadership*, a strategy for creating opportunities for individuals in the community to serve, side-by-side or in place of the leader during communal gatherings such as Shabbat services, staff and board meetings, religious school tefillot, community concerts, and song sessions. When employed intentionally and strategically, shared leadership increases the relevance of the leader as well as community risk tolerance, partnership, and philanthropy.

**4:35 PM-5:45 PM**

## **Recording Production**

***Visual Arts Studio***

**SL WL**

**Josh Goldberg**

If you want to go from being a songleader to a recording artist, you'll need two things: great original songs and great recordings. Recording a single, EP, or full-length album can seem like a daunting process, especially if you have never done it before, but this class will give you a bird's eye view of what to expect during the recording process including pre-production, production, post-production, and what to do after your recording is done. Your recordings are your calling card as an artist, so you want to make sure that the time, money, and energy you put into creating them will give you a product that you will be proud of for many years to come.

**4:35 PM-5:45 PM**

## **Making Services Spiritual: Crafting Prayer for Adults**

***Meeting Room A/B***

**ED SL WL**

**Eliana Light and Chava Mirel**

What if synagogues were places of deep spirit? By intentionally crafting prayer experiences, we can help people access our tradition and spark something meaningful. In this session, we'll explore what choices, questions, and skills can elevate our prayer services, share tools to bring back to our communities, and maybe even tap into spirit ourselves.

**4:35 PM-5:45 PM**

## **Jewish Mindfulness in Camps and Schools**

***JCC Family Center***

**ECE ED MM SL WL DSC RC SCC STC**

**Billy Jonas**

Jewish mindfulness practice can offer accessible and effective tools for helping us thrive as human beings. In this session, we will explore foundational principles of this practice specifically for application in day school or summer camp settings. Participants will leave with a better understanding and experience of Jewish mindfulness practice as well as concrete ways to bring this powerful orientation into the life of day schools and summer camps.

**4:35 PM-5:45 PM**

## **Full Body Songleading**

***ECC Open Space***

**ECE SL DSC RC SCC STC**

**Shira Kline**

Ever find yourself just kind of standing there when you song lead? Lots going on in your mind and your heart, but your body is not exactly telling the same story? Today, sing like no one is watching. Discover how you conduct music with your body. Tap into the ancient wisdom of body energy points and how it may help you release inhibition as you dance the song you sing. No experience necessary.

**4:35 PM-5:45 PM**

## **The 10 Commandments of Writing an Effective and Powerful D'var Torah**

**Board Room**

**ED SL WL RC STC**

**Rabbi Joe Black**

For some, the prospect of writing a D'var Torah can be daunting. The concept of sharing the inner meaning of a portion of Torah to a group of people can seem chutzpadik. "Who am I to teach Torah? I'm not a rabbi or a cantor!" is a common refrain. This workshop will unpack the essentials of what makes a D'var Torah both meaningful and relevant. We will explore both creative and common sense ways to bring out your inner "drash."

**4:35 PM-5:45 PM**

## **Prayer Lab – A Mindful Worship Experience**

(Limited to 20 participants. [Click here to sign up!](#))

in advance of SLBC to request a spot in this session)

**Beit Midrash**

**MM ED WL**

**Rabbi Andrea Goldstein and Lucy Greenbaum**

Join us for a creative afternoon worship experience combining contemporary readings, music, interactive teachings and mindfulness practice. Following the service participants will workshop incorporating elements of Jewish mindfulness into a variety of worship experiences.

**4:35 PM-5:45 PM**

## **Using Visuals as a Tool for Inclusivity: How to Support Diverse Members of Your Community**

**JCC Adult Day Center**

**ECE ED MM SL WL RC SCC STC**

**Elana Naftalin Kelman**

What can you see? Come learn about how to use visuals for all types of classrooms and all types of activities to support all types of learners. Visuals are a powerful and often misused tool that can make a big difference in the learning of students with varied abilities. Come learn how to use this tool to support your students!

**4:35 PM-5:45 PM**

## **Angela Gold Jam Room**

**Gym**

**Elective**

Ready to rock out? Grab your voice, your instruments, some fellow SLBCniks and JAM!

**5:45 PM-7:15 PM**

## **Dinner and Song Session**

**Gym**

**7:30 PM-8:45 PM**

## **SLBC Community Speaker Series: 'Won't You Be My Neighbor' - The Torah of Mr. Rogers**

**Mirowitz Performing Arts Center**

**DSC ECE ED SCC RC SL STC WL**

**Rabbi David Ingber and Rabbi Rebecca Dubowe**

**9:00 PM-10:30 PM**

## **Evening Program**

**Black Box Theater**

**DSC ECE ED SCC RC SL STC WL**

**10:30 PM-12:30 AM**

## **SLBC Late Night**

*Mirowitz Performing Arts Center*

**DSC ECE ED SCC RC SL STC WL**

**Rob Aronson and Joe Buchanan**

Get ready to discover the amazingly talented folks attending SLBC in the SLBC Late Night talent extravaganza. Buses will continue running to the hotel every 10-15 minutes, so stay, sing, and rock 'til you drop!

**10:30 PM-12:30 AM**

## **Transportation to Hotel**

Buses will begin running to the hotel every 10-15 minutes from 10:30 PM-12:30 AM

# Tuesday, February 18, 2020

**\* 7:45 AM**

## **Transportation to JCC**

Meet in hotel lobby with luggage and load busses to the JCC

**8:45 AM-10:30 AM**

## **Tefillah and Opening Program**

*Black Box Theater*

**DSC ECE ED SCC RC SL STC WL**

Tefillah, music, and more! Feel free to bring tallit, tefillin, and other worship items.

**10:40 AM-11:50 AM**

## **Strategic Road Mapping**

*Mirowitz Performing Arts Center*

**Master Course \*recommended for new SLBC participants**

**MC ECE ED MM SL WL**

**Rick Recht**

Never leave the site of inspiration without making a commitment. Create a personal strategic road map that identifies anticipated goals, milestones, challenges, resources and partners for achieving successful results after Songleader Boot Camp.

**10:40 AM-11:50 AM**

## **DIY Communal Worship thru Calendar and Commentary: Where Do I Begin?**

*Visual Arts Studio*

**WL ED SL**

**Cantor Ellen Dreskin**

Planning relevant and moving communal prayer, from A to Z. What do we need in order to begin? What tools do we need to have in our toolkits? How can we think about flow, language, music, and engaging the One(s) before whom we stand.

**10:40 AM-11:50 AM**

## **Contemplative Prayer and the Jewish Mantra**

*Black Box Theater*

**ED MM SL WL**

**Shira Kline and Rabbi Yosef Goldman**

We will explore a series of sacred music practices including chant, call and response, niggun, and toning. With this expanded Jewish liturgical vocabulary, we will take a look through the prayer book to understand how we can integrate these practices into our sanctuary service. A mix of inspired contemporary and ancient repertoire will guide the way. We will play with medicinal tools like the sruti box, singing bowls, and tuning forks to vibrate in the medium of the musical soul.

**10:40 AM-11:50 AM**

## **Mindfulness for the Very Young**

*Beit Midrash*

**ECE MM ED WL**

**Rabbi Andrea Goldstein**

Participants will learn how to incorporate mindfulness practices into classes and programs designed for preschool-age children and their families.

**10:40 AM-11:50 AM**

## **Intergenerational Music**

**JCC Adult Day Center**

**ECE SL ED**

**Shelley Dean**

Studies have shown the undeniable benefits of intergenerational programming. Join as we observe Rhythm 'n' Ruach music class combined with the participants of the JCC Adult Day Care program. Watch as the magic unfolds and gain tools to enrich your community with intergenerational Jewish music activities using song, instruments, dance and meditation.

**10:40 AM-11:50 AM**

## **Debbie Friedman: The Music and the Myriad Paths She Paved**

**Meeting Room A/B**

**ECE ED SL WL**

**Elective**

**Hazzan Joanna Dulkin**

Join in singing and reflecting on some of Debbie's older and/or lesser-known pieces, choral and otherwise, that broke ground for so many of today's contemporary Jewish composers.

**12:00 PM-1:10 PM**

## **So, You Think You're Inclusive? Writing an Inclusion Statement for Your Institution**

**Board Room**

**ECE ED WL**

**Elana Naftalin Kelman**

How to write a powerful and meaningful institutional inclusion statement that will tell your constituents why and how you do what you do. If you already have an institutional inclusion statement, we will analyze and edit it to increase impact and meaning. If your institution doesn't have an inclusion statement, we will create one based on your institution's strengths and personality. Let's come together to talk and write about inclusion!

**12:00 PM-1:10 PM**

## **Creation, Revelation, Redemption, and Beyond: Elevating the Architecture of Worship**

**Black Box Theater**

**ED SL WL**

**Billy Jonas and Shira Kline**

Why does Bar'chu happen where it does in services? Or the Amidah? Can you "feel" that reason? What if the order of the prayers in a service is meant to facilitate a transcendent journey? It is! Let's understand it, elevate it, and then innovate with it so that our congregants feel it too.

**12:00 PM-1:10 PM**

## **It's A Beautiful Day in Our Neighborhood: The Torah of Mr. Rogers – what now?**

**Mirowitz Performing Arts Center**

**ECE ED SL WL**

**Rabbi David Ingber**

This year's SLBC focuses on a few of the core characteristics that defined the personality of a great human being and skilled educator. Fred Rogers, aka 'Mr. Rogers' taught and lived a life worth emulating and so we will look at his Torah or teaching through the lens of the Jewish canon, our Torah, deepening as we dive into the similarities between the two 'Torot.' Participants will leave with a toolkit of texts and teachings on what constitutes a holy life, as well as a renewed charge to being a good neighbor. No cardigan required.

**12:00 PM-1:10 PM**

## **How To Create An Alternative & Embodied Prayer Experience**

**Visual Arts Studio**

**SL WL ED**

**Mikey Pauker**

Join Mikey Pauker for an embodied and ecstatic session where we will explore sacred and devotional prayer practices and discuss methods for integrating these experiences in Jewish worship.

**12:00 PM-1:10 PM**

**Moses, Miriam and the Lessons of Mindful Leadership**

***Beit Midrash***

**MM ED WL**

**Rabbi Andrea Goldstein**

Through text study, mindful listening and attention-building exercises, participants will explore the basic principles of mindful leadership.

**1:15 PM-2:20 PM**

**Lunch and Songsession**

***Gym***

**2:30 PM-3:30 PM**

**SLBC Concluding Program**

***Mirowitz Performing Arts Center***

**3:00 PM – 4:30 PM**

**Transportation to Airport**