



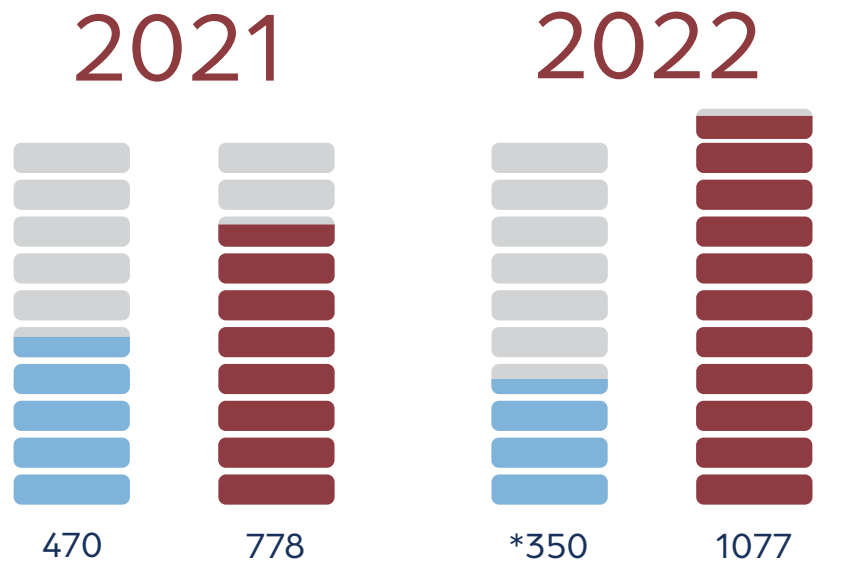
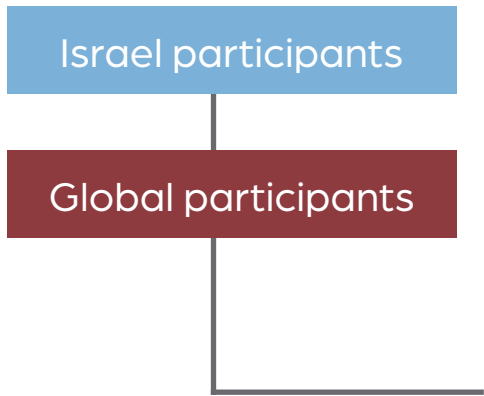
Annual Report



OR HALEV

אור הלב





Total participants
1248

Total participants
1427

Or HaLev grew our programming and number of participants in 2022. In North America, the number of participants increased 38%, driven by growth in both virtual and in-person attendance.



budget

\$479,377
2021

\$527,340
2022

* The overall number of participants in Israel decreased as people have moved out of the virtual space and are now meeting almost 100% in person. The number of in-person participants grew 30% and practiced in a deeper space, often for greater periods of time.



2021-



2022-

Key Program Accomplishments

Sacred Action Class (NEW) provided a space for activists, organizers, and other justice-seekers to explore how contemplative practice informs their work for social change. Each session integrated embodied practice — including mindfulness, blessing practice, and contemplative prayer — with learning and reflection. Participants were encouraged to bring the practice to their particular contexts to form a trusting community, a place of exploration and vulnerability to learn and grow together.

Urban Retreat in Jerusalem (NEW) launched in 2022, the urban retreat provided an accessible and unique format as a nonresidential retreat. This retreat appeals to many – from those who are hesitant to go on a longer retreat away from home to long time meditators who are unable to be away from their homes for an extended time period.



"I felt a deep connection to the group and really enjoyed practicing in community. The teachings were remarkably thoughtful, kind and so heartfelt. Our work together made a good deal of room for me to learn, and encouraged me to continue exploring how my Jewishness is a path into social justice work."
– David



Key Program Accomplishments

Hanukkah Retreat was a week-long virtual program utilizing a new format that included a daily meditation each day of Hanukkah and culminated with a six hour retreat. Highly accessible, this retreat reached people around the world with a stunning, unique practice that celebrated Hanukkah as a spiritual journey.



"The retreat helped me to stay connected to the spiritual underpinnings of Hanukkah- and also informs the general practice of working with our dualities (light and dark)." - Steve

2023 Program – Yesod

Yesod: Foundations for Deepening Jewish Mindfulness Meditation launched in conjunction with the Institute for Jewish Spirituality in January as a 10-month, online systematic program of study and practice. In the context of a supportive community of practice, 225 participants will acquire essential knowledge, texts, insights, skills, practices, and resources for deepening a personal practice of mindfulness meditation in a neo-Hasidic, Jewish spiritual framework. Additionally, a parallel Hebrew track in Israel began in January 2023.

[Learn more about the Yesod Program](#)



Thank you to

We celebrate 3 years of support from **The Natan Fund** with immense gratitude! Throughout COVID The Natan Fund supported our digital work which ensured that we were able to provide and strengthen our online classes.

Rise Up allowed us to experiment and create our new Sacred Action class (see key program accomplishments for more information).

Or HaLev's Digital Outreach Engagement was enhanced by support from **The Ravitz Foundation**. We are grateful for their help in allowing us to reach more participants with strong online programming.



THE RAVITZ FOUNDATION
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OR HALEV

What Our Students Say About Us



“This was my first silent retreat - the most meaningful aspect was to realize the gift of silence within a community. I never felt isolated, yet I treasured being able to focus on my inner thoughts.”

neshama



“The retreat uniquely integrated ancient Jewish wisdom using meditation tools that are applicable and relevant to the modern way of living. James and his team create a container of joy, love and acceptance.”

natalie



“Retreat enables connection to the transformative power of meditation practice - and allows you to practice and begin to unravel all of the narratives and stories that may be holding you back from your profound reality.”

sam



Thank you

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