



Second Annual TBZ Family Retreat: Making Shabbat Happen

March 12 - 14, 2010

After the usual frantic week, does Shabbat seem like just one more item on your to-do list? TBZ Family Retreat to the rescue! This coming March 12 – 14, join us for a restful, restorative Shabbaton, complete with delicious kosher meals, lovely scenery, comfortable housing, and fun activities for kids, teens and adults. We'll study, celebrate and play, schmooze, sing and nap. You'll return home refreshed and ready for the week ahead.

Our site this year is the Prindle Pond conference center in Charlton, MA. Nestled on 500 wooded acres, just off the Mass Turnpike and 75 minutes from Brookline, Prindle Pond makes natural beauty easily accessible.

The conference center features heated, modern private rooms for 2 – 4 occupants, each with their own bathrooms & showers. ***Just bring your own bedding and towels.*** There are also communal lounges in each dorm. See <http://www.naturesclassroom.org/Charlton.htm> for more photos.

Fees for this all-inclusive weekend are \$155 for adults and \$55 for children who are TBZ members. The charge for non-members is \$175 per adult and \$75 per child. Some scholarships are available. Babysitting will be provided. All are welcome.

Make your reservations early, spaces fill quickly! ***Deadline is March 1st.***



For more information about the Retreat or to get involved in the planning, contact Retreat co-chairs Jane Daniels at 617-731-5953 or Amy Voorhes at 617-734-0665, or by email at janemdaniels@yahoo.com or amy@voorhes.net.

Second Annual TBZ Family Retreat Agenda** (** - Agenda may be subject to some changes)

Friday March 12, 2010

- 4:00 - 5:30pm: Arrival, Sign-in, Bring bags to rooms
- Snack (available 4:00 – 5:45)
- 5:30 PM: Start gathering, songs, welcomes
- 6:00 PM: Kabbalat Shabbat Service
- 6:45 PM: Dinner
- 8:00 PM: Oneg Shabbat: Snacks/Games/Schmoozing/Singing
 - *Bring along your favorite board games to play!*

Saturday March 13, 2010

- 7:30 AM: Yoga/Meditation for Adults
- 8:00 – 9:45 AM: Breakfast
- 9:00 – 10:00 – Adult Torah Study
- 10:00 AM: Shacharit Services for Different Groups
- 11:00 AM: Torah Service – Everyone All Together
- 12:15 – 1:30 PM Lunch
- 1:30 – 2:30 PM: Free Time/Family Time/Rest Time
- Snacks available 2:15 to 4:45
- 2:30 – 5:00 PM: Workshops/Activities for Different Groups
 - various opportunities for indoor/outdoor recreational activities, adult study, and more!
- 5:30 PM: Seudah Shlishit (“The 3rd Meal”) – Dinner & Singing
- 6:45 – 7:30 PM: Fun Activity for All led by Rav Claudia & TBZ staff
- 7:30 PM: Havdalah
- 8:15 PM: Snacks/Games/Schmoozing/Singing

Sunday March 14, 2010

- 7:30 – 8:00 AM: Morning Yoga for Adults
- 8:00 – 9:15 AM: Breakfast
- 9:15 – 9:45 Evaluation of Retreat & Discussion of Next Steps
for Continuing Building Community at TBZ
- 10:00 – 10:30 AM: Closing Activity and Goodbyes
- 10:30 AM – 11:00 AM: Families Pack- Up and Depart
 - All rooms must be vacated by 11:15 AM
- 10:45 AM – Snack Available (*Leftovers available for those who want to eat a little something before the drive home- no lunch meal served*)

Refund Policy: All cancellations made before March 5th will receive a 90% refund. Cancellations received from March 6 - 10 will receive a 75% refund. Refunds for cancellations after 3/11/10 will be determined at the discretion of the Retreat Committee.

Retreat Guidelines: All TBZ Retreat participants must abide by the rules, regulations, and guidelines set down by Prindle Pond facilities representatives and the TBZ Retreat Committee. Prindle Pond has designated certain areas of the camp off-limits, and no TBZ participant shall enter an off-limit area. A parent must be aware where his/her child (including teenagers) is at all times. A parent agrees to be accessible and come immediately and help with his or her child if TBZ staff member or volunteer leader sends for that parent’s assistance.

TBZ Family Retreat Registration Form

COMPLETE REGISTRATION FORM AND MAIL IN WITH YOUR CHECK TO:

**Temple Beth Zion
1566 Beacon Street,
Brookline, MA 02446**

(or mail in the form & call in your credit card payment to 617-566-8171, ext. 14)

1. Participant(s) Information:

A. Adult Family Member Full Names:

Adult #1 _____

Adult #2 _____

B. Child Family Members Age(s) & Full Names:

Child #1: Age _____ Full Name: _____

Child #2: Age _____ Full Name: _____

Child #3: Age _____ Full Name: _____

C. Contact Information:

EMAIL ADDRESS: _____

Street Address: _____

City _____ State _____ Zip _____

Home Phone: _____

Cell Phone: Adult #1 _____ Adult #2 _____

**IF YOU HAVE SPECIAL DIETARY REQUIREMENTS (Vegetarian, Allergies, etc.)
Please specify:**

(Note: Meals will be provided by a kosher caterer.)

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SCHOLARSHIP FUND: (All are encouraged to donate what you are able to the scholarship fund so that this program can be accessible to the whole TBZ community.)

___ I would like to donate \$ _____ to the TBZ Retreat Scholarship Fund.

___ I am in need of a scholarship. (Please complete form & mail in without payment and call Jane Daniels, Retreat Chair, at 617-731-5953 as soon as possible for more information about scholarships.)

TOTAL RETREAT PAYMENT:

Retreat Fee:

of Adults _____ X \$155 = _____

of Children _____ X \$55 = _____

Non-member Charges:

(\$20 per person): + _____

Donation to Scholarship: + _____

TOTAL: _____

PAYMENT METHOD: (Payment must be made in full.)

___ Check enclosed.

___ Credit card payment will be phoned in to the TBZ Office at 617-566-8171 ext. 14.

WAYS TO HELP: *Please check one:*

___ I would like to help to plan or lead retreat activities or programming . I have interests/abilities in _____

___ I'd like to help out with children's activities.
Children's age group I'd like to work with: _____

___ I am willing to help with other tasks at the Retreat (i.e. room set-up/clean-up for snacks, meals or activities times, helping out with Shabbat service, etc.)

POLICIES SIGN-OFF: (Refund Policy & Retreat Guidelines can be found at the bottom of Retreat Agenda Page)

___ I have read and understand the Refund Policy. Please initial HERE: _____

___ I have read the Retreat Guidelines and agree to follow these rules and regulations. Please initial HERE: _____