

Congregation Beth Am First Annual Women's Retreat

Sponsored by Beth Am Women
Sequoia Retreat Center, Ben Lomond

Women—You are invited to spend the weekend relaxing, studying, and worshipping with Rabbi Janet Marder.



Our theme is:

Finding Hope and Peace in Stressful Times

Retreat Reservation Form – March 5-7, 2010

Please print clearly and return with your check made out to Beth Am Women to: Ilene Hertz, 699 Morse Street, San Jose, CA 95126: Attn: Retreat.

If you have questions, please contact Louise Stirpe-Gill (stirpe-gill@earthlink.net), or Ilene Hertz (ilenehertz@comcast.net)

Name(s): _____

Address: _____ City, State Zip: _____

Phone: _____ E-mail: _____

All rooms are triple occupancy. If you have sharing requests: I need a ride

*Fees: Beth Am Affiliated Women (i.e. – Member of Beth Am and/or Beth Am Women)

Early Bird, postmarked by February 12, 2010 - \$325

Regular, postmarked by February 20, 2010 - \$350

Non-Beth Am Affiliated women

Registration accepted *after* February 5, 2010 at the regular rate of \$350

***Registration fees are nonrefundable**

For more information on the Sequoia Retreat Center, including directions:
<http://www.sequoiaretreatcenter.com/index.htm>

Beth Am's first EVER Women's Retreat...

... will be March 5-7. The weekend's theme is: "Finding Hope and Peace in Stressful Times" -- a time away in a beautiful setting to relax and share with other women in our community – women you would like to get to know better and women who would like to know you, women with experience and thoughts to share.

It's going to be a kick-back and casual couple of days --- warm jackets and layers, jeans and hiking boots or sneakers, and perhaps a walking stick are recommended.

Visit the Sequoia Center website to get a sense of this stunning mountain retreat center just an hour away from home. (<http://sequoiaretreatcenter.com/About.htm>)

Below is the basic schedule for the weekend.

Please spread the word about the Retreat to women who may not know about it. Early bird registration ends Friday, February 12; regular registration ends February 20. For more information contact: Ilene Hertz at ilenehertz@comcast.net or Louise Stirpe-Gill at stirpegill@earthlink.net

Women's Retreat Proposed Program:

Friday, March 5 - arrival/check in begins 4:00

6:00 Group welcome, welcoming Shabbat, dinner, getting to know you activities, Israeli dancing

Saturday, March 6 – Early morning activities for those who choose (e.g. exercise, yoga, walk)

- Breakfast
- Shabbat Service and Discussion with Rabbi Janet Marder
- Lunch
- Breakout Sessions – choice of activities (e.g. art, journaling, music, yoga, movement, nature walk, personal quiet time)
- Rest
- Dinner
- Havdallah
- Evening games, crafts, maybe a movie, schmoozing and noshing

Sunday, March 7 – Early morning activities for those who choose (e.g. exercise, yoga, walk)

- Breakfast
- Study and Discussion with Rabbi Janet Marder
- Lunch
- Closing