



Refresh, ReJEWenate, Renew:
Spiritual Retreat for the Women of Beth El
NINE MOUNTAIN RETREAT CENTER, PLAINFIELD, MA
SEPTEMBER 19-21, 2008

Last Name _____ First Name _____

Home Phone _____ Work Phone _____ Cell Phone _____

Home Address _____ City _____ State _____ Zip _____

E-mail Address _____

Dietary Needs: Diabetic Lactose Intolerant Vegan (no meat, poultry, fish, eggs or dairy) Gluten Free

Allergies (Please list) _____ Other: _____

In case of emergency, please contact (must have at least one):

Name _____ (home) _____
(cell) _____ Relation: _____

Name _____ (home) _____
(cell) _____ Relation: _____

Medical Insurance Company _____

Policy# _____

Current medication(s) or medical needs of which we should be aware _____

Activity restriction or modification _____

Rooming Information:

Are you willing to share a queen size bed with another participant? Yes No

Would you like your own room (\$75 extra, pending availability)? Yes No

Would you like to sleep on the floor (\$30 less, pending space)? Yes No

Would you be willing to sleep on a top bunk? Yes No

Everyone has something to share...

Please tell us about any hidden talents of yours that you would be willing to share with the group.

- Play an instrument Teach a song Tell a story Facilitate a meditation
 Deliver a D'var Torah Lead Israeli Dancing Teach Yoga Other: _____

Religious Participation:

I would like to lead the following:

- Kabbalat Shabbat Weekday Shacharit Shabbat Shacharit Weekday Ma'ariv
 Shabbat Ma'ariv Kiddush Birkat HaMotzi Birkat HaMazon (full version)

Please note, we will not read Torah at the Retreat.

A space will only be reserved on a first-come first-serve basis upon receiving application & payment. A full refund will be available if we can fill your space from our waiting list. A 25% refund will be granted if we cannot fill your space. If we do not have floor space or a private room available, we will adjust payment due upon receipt.

Please make checks payable to Beth El Temple Women's Retreat and send it to: Rabbi Garber, Beth El Temple, 2626 Albany Ave., West Hartford, CT 06117.