

Register at  
[www.orshalom.ca](http://www.orshalom.ca)  
Early bird discount  
ends April 30!



#### WHAT DO WE DO?

First and foremost we have fun and connect with our community. We daven, walk in the woods, rest, attend workshops and play with our friends and families. There is something for everyone at the retreat!

#### HIGHLIGHTS

**Friday:** Traditional spiritual Kabbalat Shabbat

**Saturday:** Daven Shabbat morning, afternoon activities and close with Havdalah and a joyful and participatory kumsitz (sing-a-long).

**Sunday:** Learn, discuss, explore, play, hike, play ball, and an evening community improv!

**Monday:** Daven and a peaceful morning program.

#### STILL HAVE QUESTIONS?

Check out last year's program at [orshalom.ca](http://orshalom.ca) to learn more.

*"The retreat gives me such a break ...  
I feel re-energized."*

*"The retreat is an opportunity for me  
to really connect with other  
Or Shalom members."*

*"The retreat is a blast for  
the kids – they would  
not miss it!"*

# Renewing Torah Our Covenant with the Earth

## 21st Annual Or Shalom Retreat

Victoria Day Weekend May 20 - 23, 2011

Mountain View Conference Centre  
(Camp Hope) in Hope, BC

With Special Guest

**Rabbi David Seidenberg**

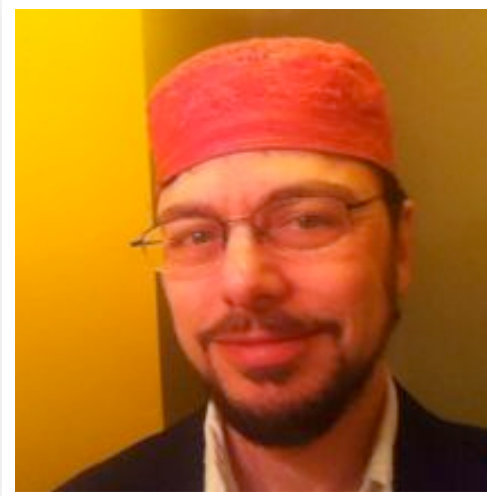


#### Don't even think about it. Be there!

The retreat warmly welcomes families, singles, seniors, teens, 20-30s, couples, everyone! You can expect to develop a deeper feeling of what it means to be in a spiritual community, and to share your sense of Jewish fellowship. You will also have a lot of fun! Give yourself a break and enjoy three days of no cooking and cleaning!

#### Rabbi David Seidenberg

Rabbi David Seidenberg is the creator of [NeoHasid.org](http://NeoHasid.org). He teaches text and music, Jewish thought and spirituality both in their own right and in relation to ecology and the environment. R' David has smikhah (ordination) from the Jewish Theological Seminary and from Rabbi Zalman Schachter-Shalomi; his doctorate focused on Kabbalah and ecotheology. He has taught at over 100 synagogues and communities across North America and Israel. R' David's teaching empowers learners to become



creators of Judaism through deep study and communion with texts and tradition. He brings not only expertise in science (ecology and cosmology) and texts (midrash, Talmud, philosophy, Kabbalah and Chasidus), but also engagement with spirit (meditation, davening and nigunim), embodiment and ritual.



### More about Reb David

Reb David will lead a workshop on Kabbalah, the Body and Ecology. We'll learn about the doors Kabbalah opened to living an embodied Judaism and how that can affect our choices today: how we experience Nature and the Earth, what environmental choices we make, how we interact with animals, even how we celebrate by dancing.

In his Saturday Mincha Workshop, Genesis and Jubilee: The Ultimate Tikkun Olam, we'll study Genesis texts that detail the history of the decline of humanity's relationship with the Earth and with God. Reb David will show how the commandments about the years of rest for the land directly respond to this history -- and fix it.

### What else?

A marvelous, joyful Kumsitz on Saturday night will be led by Charles Kaplan and Martin Gotfrit. A wide range of workshops – from Kabbalah, to music, to art, to movement – will offer something for everyone! There will be hiking, biking, late-night noshes, stimulating conversation, games and fellowship...and the list goes on!



### What do our children do?

Our amazing camp counselors cater to children age 3 and up with activities from arts and crafts to sports and so much more.

### YAC Program

This program brings together 20-30 somethings for hiking, davening, workshops, eating, bonding and plenty of mingling with the rest of the retreaters. For more info email Valerie Lev Dolgin: [valerieevelevitt@gmail.com](mailto:valerieevelevitt@gmail.com).

### Want to minimize costs?

- ☛ Register on or before April 30 to take advantage of early bird pricing.
- ☛ Camp: bring your tent – showers and washrooms are close by!
- ☛ Stay for two nights rather than the full three nights.

### Accommodation and food?

Rooms with private baths in the lodge sleep up to 4 people. Or camp outside with access to showers and washrooms. The food is vegetarian, with lots of choices. Please supplement with your own food if you have dietary restrictions or like to nosh between meals.

### Got questions? Want to help?

Contact Laura Rosenthal, Retreat Director, at 604-224-6658, [lauramenthal@hotmail.com](mailto:lauramenthal@hotmail.com) or Tilly Schalkwyk at 604-872-2580, [tilly.schalkwyk@gmail.com](mailto:tilly.schalkwyk@gmail.com).



### DIRECTIONS

From Vancouver, take Hwy 1 east. Take Exit 135 north "To Hope, Harrison, Agassiz, Hwy 9." After crossing the Fraser River, stay to the right on Hwy 7 east. After about 26 km, look for the Mountain View Conference Centre sign on the left (north) side of the road. If you get to a gas pipeline over the road, you have gone 1.5 km too far!

**Camp Hope phone:**  
**(604) 869-2615.**

### WHAT SHOULD I BRING?

**Rooms have:** a single bed, a double bed, bathroom with bathtub/shower, linens, towels, soap. (No shampoo, or alarm/clock radio.)

**Schlep if you'd like:** Kippah, talit, tefillin, baseball glove, shampoo, clock radio, light hiking boots, outdoor clothing, musical instruments, bikes, costumes, snacks if you need a nosh between meals, a small daypack if you plan to hike, board games, cards, flashlight ...

**Please don't schlep:** Alcohol, tobacco, or pets. Camp Hope is a 7th Day Adventist centre; please respect their no-alcohol tradition.

**Register at [www.orphalom.ca](http://www.orphalom.ca)**

**Pay by mailing a cheque or calling in your credit card.**

**Early Bird Discount Deadline is April 30!**

**If you cannot register online, call Tilly at (604) 872-2580.**



## FEE GUIDE - Register at [www.orshalom.ca](http://www.orshalom.ca)

### A. PROGRAM FEES

**\*early bird applies if payment received on or before April 30.**

Category	Fee
Adult Or Shalom Members	\$110 regular or \$85 early bird*
Adult Non-Members	\$135 regular or \$110 early bird*
1 <sup>st</sup> child (age 3 and up, living at home)	\$75 regular or \$50 early bird*
2 <sup>nd</sup> child (age 3 and up, living at home)	\$30 regular or \$25 early bird*
Additional children	no charge!

**(no program fees for children under age 3)**

### B. ACCOMMODATION

THESE FEES ARE WHAT CAMP HOPE CHARGES US. NO MARK-UP.	Lodge		\$11/Tent/Night	
	3 nights	2 nights	3 nights	2 nights
1 Person (aged 3+)	\$150	\$100	\$33	\$22
2 People (aged 3+)	\$180	\$120	\$33	\$22
3 People (aged 3+)	\$207	\$138	\$33	\$22
4 People (aged 3+)	\$216	\$147	\$33	\$22

**We will do the math for you when you register online!**

### C. MEALS

THESE FEES ARE WHAT CAMP HOPE CHARGES US. NO MARK-UP.	FRIDAY Dinner	SATURDAY Breakfast, Lunch and Dinner	SUNDAY Breakfast, Lunch and Dinner	MONDAY Breakfast and Lunch
1 Adult (aged 10+)	\$8.75	\$27.50	\$27.50	\$17.75
1 Child (2-9 years)	\$4.75	\$14.50	\$14.50	\$9.75

**EXTRA MEALS ARE CHARGED AT \$10 EACH. PREPLANNING PAYS OFF - MISSED MEALS ARE NOT REFUNDED.**

### NOTES

- 🕒 To create a community atmosphere, we have a two-night minimum.
- 🕒 Campers have access to washrooms and showers (bring soap and towels).
- 🕒 Each lodge room accommodates 3 people with a double and a single bed. A cot or mattress is added for an additional person (reduced charge).
- 🕒 Are you and your room-mates staying for different lengths of time?  
Please contact Tilly at [tilly.schalkwyk@gmail.com](mailto:tilly.schalkwyk@gmail.com) and she will adjust your fees.

### D. TOTAL PAYMENT

Program fee (A)

Accommodation (B)

Meals (C)

HST 12%

Donation to Or Shalom (thank you!)

- \$10    \$18  
 \$36    other

**TOTAL PAYMENT TO BE CALCULATED ONLINE**

