

Dear Retreat Community,

Welcome to the 2024 CBST Retreat, our theme this year is *Looking Forward while Looking Behind!*

We are so excited to spend Shabbat together, and just wanted to share a few ground-rules set out by Isabella Freedman in conjunction with CBST, to ensure a safe and fun time for everyone:

- **Children 10 and under** either must be in visual sight of a parent or designated adult or must be participating in supervised programming. During scheduled “free time,” **children who are currently in 4<sup>th</sup> grade or above** may be unsupervised as long as they check in with an adult. **Everyone of all ages** is invited to participate in our music-filled Friday night Kabbalat Shabbat service, and if your child would like to bring a book or a quiet, non-electronic toy, you are very much invited to bring one for them. There will be teen and tween programming Shabbat morning.
- **Goats and Animals** Everyone is welcome to visit the goats and chickens but must bring a designated adult (18+) and stay outside the fence. Entering the goat barnyard and animal areas can only be done under the supervision of Isabella Freedman staff. Please do not feed the goats or other animals, as they are on a special diet.
- **Dock/Lake** The Lake will be open for boating, canoeing, and kayaking ONLY during free time on Shabbat. **Isabella Freedman policy states that everyone, regardless of age, must wear a lifejacket when in the water and when on the dock.** No one 13 and under may be on the dock unless supervised by an adult. Please take this seriously. We encourage you to bring your own lifejackets if you own them.
- **Screens** One of the highlights of the retreat is having the ability to power down. With the combined relaxing nature of Shabbat and our camp location, we ask you to refrain from using any and all electronic devices in any of our public spaces over the weekend—especially on Shabbat. We hope that you’ll take advantage of every moment to spend time with friends, family, and yourself in the wonderful, once-a-year community space that we create together.

We look forward to a safe, fun, and spiritually renewing retreat for everyone. Please feel free to speak with any of us should you have any questions or concerns.

*Bivracha,*

Rabbi Yael Werber (RYW)

Shelli Aderman, Naomi Blakeman, Gerry Goldhaber, Hanna Kessler-Karp (Retreat Committee)