

CBST Community Retreat: 2026 Frequently Asked Questions

When is the Retreat? Friday, May 15 / 28 Iyyar, 4:00 pm to Sunday, May 17 / 1 Sivan, 2:00 pm

Who is invited? Our entire community is invited, including staff! The Retreat is a wonderful, relaxing community builder!

Where is the Retreat? Berkshire Hills Eisenberg Camp (BHEC): 159 Empire Road, Copake, New York 12516; approx. 100 miles from NYC. You can take a virtual tour of the camp here:
<http://www.bhecamp.org/group-rentals/virtual-tour/>

What is the Theme of the Retreat this year? “New Adventures!”

How do we get there? There are three different ways to travel to the Retreat:

Option A: A chartered coach bus will leave CBST on Friday, May 15, at 1:00 pm, returning from BHEC on Sunday at 1:30 pm, stopping at Zoe’s Ice Cream Barn (1181 Route 55, Lagrangeville, NY 12540) on the way!

Option B: If you wish to drive, just plug 159 Empire Road, Copake, New York, NY 12516 into your GPS. The drive takes approximately two and a half hours from Manhattan.

Option C: You can take a Metro-North train to Wassaic or Copake and then take a taxi to the camp. Taxi availability is limited; it’s important to call ahead. A few can be found [here](#).

We strongly encourage you to take the bus, as the more people on the bus, the more fun it is!

What are the rooms like? BHEC has clean, simple SUMMER CAMP accommodations. Every room has a bathroom, closet, and AC / heater. The rooms do not have a TV. Rooms have two twin beds, and mattresses can be added to provide 2 additional sleeping spaces. Families larger than 4 can share two adjacent rooms if needed. Rooms are grouped in strips of 12-16 connected by a long porch with a lounge area in the middle of each grouping.



How do we sign up? Register here: [Register](#)

Financial aid is available; you can request assistance on the registration page. All requests are confidential.

What will we do at the retreat?

Retreat programs and activities are designed to provide a mix of stimulating discussion, spiritual connection, fun and relaxation, and intergenerational interaction. Programming includes communal sessions and a choice of learning workshops on theme-related topics. Along with some new adventures (see what we did there!), we’ll also have some retreat favorites, including **Yoga, Mending, arts & crafts, nature walks, a scavenger hunt, and more!** There are sports and water activities, a library, a ping-pong table, and card tables. We encourage you to bring outdoor toys or board games

to share, too.

Are meals included? Yes, all meals and snacks are included in the registration fee. All of the food is Kosher, and there is a mashgiach hired for the weekend. Some folks find it useful to bring additional snacks for times when the dining hall is closed. Just make sure that anything you bring to eat in a public space has a hechsher. (Kosher symbol)

Parental Supervision: Parents are responsible for their children at all times. While parental supervision is required, children older than 12 have space to roam around the camp, allowing for a bit more flexibility and independence.



We will also hold a campfire (*Kumzitz*) on Saturday night, complete with s'mores! All who play instruments are encouraged to bring them along, as there's much singing!

What kind of religious experience should I expect? We recognize that our community is diverse in its religious observance, and we are committed to helping everyone feel comfortable. We encourage seeing the Retreat as a learning and community-building opportunity. No matter how you choose to celebrate Shabbat, there are options for you!

I don't keep the laws of Shabbat at home - do I have to do so here? One of the highlights of the Retreat is having the opportunity to power down. We ask you to refrain from using electronic devices in 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, whether singing, learning, playing, hanging out, or enjoying the magical gift of downtime, which we so rarely get amid the daily hustle and bustle of NYC.

I would really like to go to the Retreat, but I am concerned about the cost. What should I do? We want the entire CBST community to share in this very special weekend. If you are concerned about the cost, please request Retreat financial aid when you register. Requests are confidential. If you have additional financial questions, you may contact: Elle Nelson, enelson@cbst.org.

Well, I'm just not sure.... Talk to others who have come on the Retreat – ask them if they had a good time; ask them what they thought of their weekend together. We're sure you'll hear good reports.

So, nu? What are you waiting for?! Sign up NOW! [Register](#) If you have any questions, email the Retreat Planning Team: programs@cbst.org.

Thank you, and we look forward to seeing you at this year's Retreat - Feel free to keep an eye on the CBST Retreat page for more info.: <https://cbst.org/community/retreat/>