

# THE NESIYA WINTER RETREAT 2009

*Journey to Maryland this winter  
to celebrate, explore, sing, share, learn, create, strengthen, think, and connect  
with American and Israeli friends, educators, and artists.*

The Nesiya Winter Retreat will take place from **Monday, December 28, 2009 – Sunday, January 3, 2010** at Pearlstone Retreat Center in Reisterstown, MD. We will explore together through text study and arts workshops, afternoon programs that take advantage of our beautiful natural setting, and creative activities in the evening. Workshops culminate in a big arts happening on the last night of the program. We will also spend a wonderful Shabbat together, with lots of spirited singing, sharing, and celebrating.



## REGISTRATION

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**Cost:** The full cost of the retreat is \$1,185. This includes kosher food, program supplies, and lodging in a first-class retreat facility for the seven-day/six-night retreat. The fee does not include transportation (see Travel section).

**Early Registration and Scholarships:** Complete and postmark your registration forms by Monday, November 9, 2009, along with full payment, and you will receive a \$100 discount, for a total cost of \$1085. If you don't register by the early deadline, the final registration deadline is on December 1, 2009.

**Financial Assistance:** If finances are an issue, please submit your registration form with a \$50 deposit and a letter explaining both the reasons for your scholarship request, and how much you are able to pay for participation in the winter retreat. The \$50 deposit is refundable if you do not receive enough support to be able to participate. Scholarship resources are limited and will be awarded on a first-come first-serve basis. Applicants are encouraged to raise as much funding as possible from local and family sources.

**2009 Nesiya Media Award:** For an opportunity to win a \$150 award, Nesiya alumni who are planning to attend the retreat can enter the 2009 Nesiya Creative Media Contest (see below).

**Please remember: generous Nesiya Fellowship credit is granted for participation in the Winter Retreat.**

## CONTRIBUTE FUNDS TO SUPPORT PARTICIPATION OF '09 ALUMNI

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Over 70% of the North Americans and nearly all of the Israeli participants in this past summer's program received significant need-based scholarship funds to participate in Nesiya's '09 summer program. The number of North American and Israeli participants who will be able to participate in the Winter Retreat, therefore, will be dependent on Nesiya's ability to award scholarship funds. Anyone who can afford to make a tax-deductible contribution for Nesiya to provide scholarship funds for '09 American and Israeli alumni to participate in the Winter Retreat is kindly requested to do so. If parents and/or participants would like to make a tax deductible contribution for this purpose, please send your donation in a separate check. The earlier we know how much additional support is available for scholarships, the easier it will be to arrange for many of the Israeli participants to attend the retreat.

## **OPTIONAL DC/NY EXCURSION: LAND OF THE FREE AND HOME OF THE BRAVE**

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Following this year's Winter Retreat, there may be an opportunity to join the Israeli retreat participants for a one or two-day exploration of Washington DC and/or New York. If this program is offered, it will begin Sunday, January 3, immediately following the retreat, and end Monday afternoon, January 4, at a Washington, DC or New York area airport. Tuition for this excursion/extension program will be \$200. If you would like to attend the DC/NY Experience, please check off the appropriate line on the Registration Form, and mail the payment of \$200 along with your retreat tuition. (This payment will be fully refunded if the program does not take place. Scheduling of the program will depend on the number of Israeli participants in the Winter Retreat.)

## **TRAVEL**

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For information on travel by private car, bus, or train to the retreat site, please see the Pearlstone website, [www.pearlstonecenter.org](http://www.pearlstonecenter.org). Call the camp if you need help with directions (410-429-4400). Please plan to arrive at the site by 2:00 pm on Monday, Dec. 28, and to be picked up between 9:00-10:00 am on Sunday, Jan. 3.

We recommend that those traveling from the Midwest or West Coast try to arrive the day or night before the beginning of the winter retreat, and make plans to stay with friends in the Washington D.C./Baltimore area. We urge you to make your travel plans as soon as possible in order to obtain the lowest possible fares. For those hoping to attend the DC/NY Experience, more information about transportation will be published soon.

### **ROUND TRIP BUS FROM BWI AIRPORT AND AMTRAK TRAIN STATION IN BALTIMORE**

Nesiya will offer a chartered bus from the BWI (Baltimore) airport (accessible by train as well as plane) to the retreat site and back. The bus will cost \$50 round-trip, and \$25 one-way. The chartered bus will leave BWI on Monday, Dec. 28, at 1:00 pm. A Nesiya representative will wait to meet you beginning at 11:00 am, at the Southwest Airlines terminal (Terminal A&B), lower level next to baggage claim area 1-5, near the exit. If you would like to reserve a spot on the bus from BWI airport to Pearlstone and/or back to BWI airport from Pearlstone, please add the appropriate sum to your payment.

Please schedule incoming flights or train travel to BWI to arrive no later than 12:00 noon on Monday, Dec. 28. At the end of the retreat, on Sunday morning, January 3, the bus will arrive back at BWI by approximately 11:00 am. Please schedule your return flights from BWI to depart no earlier than 1:15 pm on Sunday, Jan. 3.

### **ONE-WAY BUS FROM NEW YORK**

Nesiya may also offer the opportunity to join the Israeli alumni group on a one-way chartered bus from New York to the retreat site, departing from a NY area airport early on the morning of Monday, December 28. The cost for this one-way bus will be finalized if and when this option is confirmed, based on the flight information for the Israeli alumni group.

## **OUR CULTURE AT THE WINTER RETREAT**

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The same rules and guidelines that govern Nesiya programs in Israel apply in full to the Winter Retreat. In brief, the use of alcohol or drugs (including hookahs), sexual intimacy, and inappropriate physical behavior are strictly prohibited during the Winter Retreat. Cigarette smoking, which is restricted to specific outdoor areas, is prohibited for participants under age 18 unless their parents submit a signed letter of permission. Participants who are perceived by staff to be participating in these or any other activities that are destructive to the program, other participants, themselves, or the facility may be expelled from the program, and no refund will be provided.

## **CONTACT INFORMATION**

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The main contact number during the retreat will be the Nesiya cell phone, (212) 920-1697. In case of emergency, call Pearlstone Camp and Retreat Center, at (410) 429-4400 (5425 Mt. Gilead Road, Reisterstown, Maryland 21136). If you can't reach us on the Nesiya phone, leave a message at the camp number and it will be forwarded to a Nesiya senior staff member. Be sure to leave a number if you would like to be called back.

## 2009 NESIYA ALUMNI CREATIVE MEDIA CONTEST

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Nesiya offers alumni an opportunity to win a \$150 award which is applicable toward the cost of attending the 2009 Winter Retreat. The award will be granted for writing, photography and/or video which explores any aspect of your Nesiya experiences. Writing entries are encouraged which focus on Nesiya experiences that have inspired you to change. They may include creative fiction, poetry, or expository writing, and should be no more than 1,500 words. Photography entries may include up to five photographs taken during the Nesiya program in Israel. Video submissions should be no longer than two minutes.

Send all submissions either to [info@nesiya.org](mailto:info@nesiya.org), with "WR 2009 Creative Media Submission" in the subject line, or via snail mail to Nesiya's New York office. Entries must be emailed or postmarked **by Monday November 30, 2009**.

Please note: Nesiya reserves the right to quote or publish any submissions in published materials, including Nesiya holiday cards and the Nesiya website.

## WINTER RETREAT PACKING LIST

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Please bring casual, comfortable items that will keep you warm and dry.

### Required Items

- 1 sleeping bag and/or sheets and blankets for a twin bed and 1 pillowcase (rooms are comfortably heated)
- 3 pairs of pants (jeans are not ideal because they stay wet and cold longer than Dockers, cords, sweatpants or fleece pants)
- 2 heavy shirts
- 5 t-shirts or rugby shirts
- 2 sweaters, sweatshirts or fleeces
- 7-9 changes of underwear
- 7-9 pairs heavy socks
- 1 waterproof winter jacket
- 1 warm hat
- 1-2 pairs gloves or mittens
- scarf
- 1-2 pairs pajamas
- 1 pair of sturdy, well-broken-in waterproof boots for moderate hiking outdoors in cold, snow and/or mud
- 1 pair of sneakers and/or slippers for indoor activities (everyone keeps shoes by the door in order to keep the floors dry)
- shabbat clothing
- bath towel
- toilet kit: soap, shampoo, toothpaste, toothbrush, hairbrush, lip balm
- 1 alarm clock

### Optional Items

- musical instruments (important!)
- your journal
- camera and film
- pictures from your summer in Israel
- long underwear (silk or polypropylene are best)
- rain/ski pants
- your favorite teas
- kippa, talit, tefillin
- hair dryer
- canteen or water bottle
- siddur/prayer book of your choice
- tanach (Bible)
- 1 plastic mug (to avoid wasting paper cups for hot drinks)

# NESIYA WINTER RETREAT 2009 REGISTRATION AND WAIVER FORM – P.1

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Current School: \_\_\_\_\_

Please check all that apply:

- Enclosed is my payment of \$1,085 and early registration form for the Winter Retreat, postmarked by November 9.
- Enclosed is my payment of \$1,185 and registration form for the Winter Retreat, postmarked after November 9.
- I want to participate in the Winter Retreat, but need financial assistance. Enclosed is a \$50 deposit and scholarship request letter to hold my spot, which specifies how much we can pay for participation in the winter retreat. (The deposit is refundable if you don't receive enough support to participate.)
- Enclosed is my payment of \$200 for the DC/NY Experience (fully refundable if the program is not offered).
- Enclosed is my payment of  \$50 for the round trip BWI bus       \$25 for the one way BWI bus.
- I'm also submitting an entry to the 2009 Nesiya Alumni Creative Media Contest. My entry:
  - is included with this application to the Winter Retreat
  - will be sent by November 30

## PROVIDE SCHOLARSHIPS FOR ISRAELI AND AMERICAN ALUMNI TO ATTEND THE WINTER RETREAT!

\_\_\_\_\_ My parents and/or I will contribute \$\_\_\_\_\_ to support the participation of 2009 alumni in the retreat. (The average cost of enabling an Israeli alum to attend the retreat is \$2,000). I understand that these funds will go toward scholarships for Israeli and/or American alumni who otherwise would not be able to participate. I also understand that Nesiya will send us an acknowledgment of this tax-deductible contribution, which is enclosed.

## WAIVER

**(All retreat participants MUST include a signed waiver, including those participants over the age of 18.)**

I, \_\_\_\_\_, (name of parent/guardian or participant over the age of 18), hereby grant permission for \_\_\_\_\_ (name of participant) to participate in the 2009 Winter Retreat, a seven-day/six-night winter retreat program for American and Israeli young people. I do hereby release and discharge The Nesiya Institute from any claims or demands resulting from any loss of property, injury, or damage incurred during my son's/daughter's/my own participation in the 2009 Winter Retreat. I understand that any participant who is perceived by staff to be participating in any activities that are destructive to the program, other participants, him/herself, or the facility, including all activities prohibited in the Our Culture document, may be expelled from the program, in which case no refund will be provided, and families will be responsible for the full costs of any travel expenses to return home.

Signature of parent/guardian, or, if over 18, signature of participant: \_\_\_\_\_ Date: \_\_\_\_\_

### Emergency Contact Information:

Parent(s) to contact in case of emergency: \_\_\_\_\_

Day Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_

If parent(s) cannot be reached, please contact: \_\_\_\_\_

Relationship to participant: \_\_\_\_\_ Day Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_

Please print out, complete, and mail **both pages of forms** to the Nesiya office in New York. Make check(s) payable to The Nesiya Institute, and mail along with your registration forms.

# NESIYA WINTER RETREAT 2009 REGISTRATION AND WAIVER FORM – P.2

## TRAVEL PLANS

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\_\_\_ I plan on taking the chartered bus from BWI to the retreat site:  round trip  one-way

\_\_\_ I would like additional information about the possibility of a chartered bus one-way from the New York area to the retreat site on Monday, Dec. 28

\_\_\_ I / \_\_\_ My parents will drive  to and/or  from the retreat site (please check one or both.) Students may not drive their cars during the retreat. Keys will be collected by staff at arrival and returned at departure.

\_\_\_ I will be flying to and from the Baltimore/DC area:

Airline and Flight Number to Baltimore: \_\_\_\_\_

Arrival Time, Date and Airport: \_\_\_\_\_

Airline and Flight Number from Baltimore: \_\_\_\_\_

Departure Time, Date and Airport: \_\_\_\_\_

## FOOD SERVICES

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Pearlstone Retreat Center is strictly kosher, and can accommodate a variety of dietary needs. Please indicate any that you may have:

\_\_\_ Vegetarian      \_\_\_ Lactose intolerant      \_\_\_ Allergies to: \_\_\_\_\_

\_\_\_ Other needs (Please describe): \_\_\_\_\_

## PARTICIPANT LEADERSHIP

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Are you interested in preparing and leading or co-leading any of the following during the retreat?

**SHA'AR/MORNING OPTIONS** – every day begins with various morning options led by students and staff. Some past options have included: a walk around the lake, creative writing, meditation, yoga, prayer options, etc.

\_\_\_ I would like to offer \_\_\_\_\_ as a sha'ar option.

**AFTERNOON OPTIONS** – there is time in the afternoon when students and staff offer various options such as drama games, a hike, a rhythm circle, a discussion, text learning, teaching songs, etc.

\_\_\_ I would like to offer \_\_\_\_\_ as an afternoon option.

**TEFILOT, TORAH AND HAFTARAH READING** – We would love to have participants read Torah or Haftarah, or lead tefilot (prayer services), both during the week and on Shabbat. If you are interested in leading any aspect of services, please indicate below and we will be in touch soon so that you will have enough time to prepare.

I would like to:

\_\_\_ Lead services (please indicate which one(s)): \_\_\_\_\_

\_\_\_ Read Torah (is there a particular aliyah(ot) you are interested in?): \_\_\_\_\_

\_\_\_ Read Haftarah on Shabbat

I am comfortable participating in the following prayer services (check all that apply):

\_\_\_ mechitza      \_\_\_ traditional egalitarian      \_\_\_ liberal      \_\_\_ other (please specify: \_\_\_\_\_)