

Frequently Asked Questions about the Mishkan Shalom Weekend in the Woods

What is the Mishkan retreat?

The retreat is a 2-day summer camp experience for the Mishkan community. If you haven't been to summer camp: cabins, community, activities, Judaism, food, friendship, and fun.

Who goes to the retreat?

The same people who join Mishkan: single adults, couples, and families of all forms.

Where will the retreat take place?

At Camp Havaya: <http://www.camphavaya.org/>.

(The camp formerly known as **Camp JRF**)

1 Pine Grove Road, South Sterling, PA 18445

For a map of camp, follow this link:

<https://camphavaya.org/our-campus/>

Directions from Philadelphia:

-Follow the PA Turnpike Northeast Extension to the Pocono Exit, # 95.

-Take I-80 east to I-380 north (toward Scranton) to exit #8 (Tobyhanna – Route 423).

-Follow Route 423 north for 9 miles until it ends at Route 191.

-Bear left onto Route 191 north.

-Go approximately 1 mile to Pine Grove Road.

-Turn right onto Pine Grove Road and left into camp.

-We will greet you and show you to your cabin!

What are the sleeping and bathroom facilities like?

We'll be sleeping in twin beds (mostly bunk beds) in rustic cabins. Each cabin has indoor bathroom and shower facilities with hot water. There are also some private rooms available for an additional fee.

Who will I bunk with?

Let us know specific requests on your registration form, and we will do our best. If you have a general preference such as bunking with certain families or with adults only, we will do our best to accommodate you. Also, if you tend to snore, you can let us know confidentially so we can take this into account when assigning rooms.

Are meals provided?

Yes, all meals and snacks are provided from Friday dinner through Sunday lunch. All meals have vegetarian options. We have satisfied even very picky eaters in the past.

When does the retreat start and end?

The retreat begins with dinner on Friday and ends on Sunday afternoon. You are welcome to start arriving around 5:00 pm on Friday.

What will we do all weekend?

We have many fun activities planned for the weekend. They are all optional; the point is to enjoy the time, connect with your community, and get some R&R. **A schedule follows on the next page.**

What should I bring?

-Sleeping bag or blankets; sheets, pillow; towels; toiletries and soap; swimsuit; sunscreen; flashlight; insect repellent; warm layers for cold nights; raingear (depending on forecast).

-A donation for the adult happy hour—an alcoholic or non-alcoholic beverage and some munchies to share. Note: the camp is NUT FREE.

-If you have kids coming with you, a donation for the kids happy hour. Note: the camp is NUT FREE.

-Chairs (if you prefer not to sit on a bench or on the ground) or blankets to sit by the fire

-Your bike and helmet (although there is not a formal biking activity scheduled, feel free to ride at any time).

For Scheduled activities bring:

-Props for talent show, if you need them. *FYI: Acts are limited to 4 minutes.*

-Broken jewelry for repair or to donate for others to use in the beading workshop.

-Cotton things to tie dye (in case there is dye remaining after our project!)

Optional items: Camera, picnic blanket, an instrument to play, a songbook for our sing-along. Consider bringing books, games, and puzzles, especially if inclement weather is likely.

Can I bring my pet(s)?

No, pets are not allowed at the retreat.

What if I can't make it for the whole weekend?

Even if you can only stay one night, just register for one night – it's worth it!



Mishkan Shalom Weekend in the Woods 2018 Schedule

From	Until	Activity	Where	Led by
Friday				
5:30	6:45	Arrival: self-guided camp tours, basketball	Entrance, cabins	Lisagail, Camp staff
7:00	7:15	<i>Kabbalat Shabbat</i>	Dining Hall lawn	Rabbi Shawn
7:15	8:15	DINNER--matzi and Birkat , songs with R. Shaw	Dining Hall	Lisagail and Lisa Moss
8:15	8:45	Ice breaker	Dining Hall	Liv and Lisagail
8:45	10:00	Campfire/S'mores	outside Dining Hall	—
Saturday				
7:45	8:45	Yoga/Morning Stretch	Haifa Pavilion	Karen Singer
8:30	9:15	BREAKFAST--individual matzi; Birkat	Dining Hall	—
9:00	10:00	<i>Torah Study</i>	Dining room	Rabbi Shawn
9:30	10:30	<i>Kid's Shabbat Service</i>	Dining Hall porch	Ali and Meredith
10:15	12:00	<i>Service and Nature Walk</i>	Haifa Pavilion	Rabbi Shawn and Steve
12:00	1:00	LUNCH--matzi; Birkat	Dining Hall	—
1:00	1:30	Ice Cream Social	Dining Hall	—
1:15	2:00	Rummycub or Backgammon - Adults only	Dining Hall or porch	Lisagail
1:30	2:30	Tie Dye Challah Covers and Backpacks	Tel Aviv Pavilion	Mindy F-S
2:00	4:00	Swim and boat at lake	Lake	Odamis
2:00	4:00	Swim in pool	Pool	Andrea
3:00	5:00	Beading/Bring your broken jewelry	Dining Hall porch	Karen, Beth, Liv, Marie, Deb
4:00	5:00	Gaga	Gaga pit	Mea
5:30	6:30	Adult Happy Hour - Adults only	Haifa Pavilion	—
5:30	6:30	Children's Happy Hour/Activity	Dining Hall	JRF Staff and teens
6:30	7:30	DINNER--matzi and Birkat	Dining Hall	—
7:30	9:00	Talent Show for All; <i>Havdallah</i>	Theater	David, R. Shawn, teens
9:15	10:30	Night Hike - Adults only	Leave from Dining Hall	Steve Jones
9:00	9:30	Kids night walk	Leave from Dining Hall	Lisa and Odamis
9:15	10:00	Campfire	outside Dining Hall	—
Sunday				
7:45	8:45	Yoga/Morning Stretch	Haifa Pavilion	Karen Singer
7:45	8:45	Arts and crafts for early rising kids	Dining Hall	Lisagail
8:30	9:30	BREAKFAST--individual matzi; Birkat	Dining Hall	—
10:00	11:30	Softball	Baseball field	Mea and Andrea
10:30	11:15	Baseball Stories	Dining Hall	Michael S.
9:30	11:30	Jewelry redux	Dining Hall porch	Karen and friends
11:00	12:00	Spiritual Direction/Sharing circle - Adults only	Dining room (or outside)	Meredith
12:30	1:15	LUNCH--matzi; Birkat	Dining Hall	—
1:30	2:30	Hike to waterfall/Tobyhanna (group to decide)	Meet at Dining Hall	Odamis / Steve
1:15	4:00	Free time, clean cabins, pack up	—	—
	by 4:00	Departures	Drive home safely!	—

Notes: Schedule subject to change. We try to roll with the changes!

Parents must supervise their children at water activities.

Young children will need parental supervision at most activities.

Swimming is only allowed when supervised by lifeguards. No lifeguard = no swimming!

Adult-only activities are marked on the schedule. No kids, please.

Equipment will be available for basketball and other sports throughout the weekend.

In case of inclement weather, the rec hall, theater, and dining hall will be available for indoor activities including gaga, arts and crafts, puzzles, and board games.