

RETREAT SCHEDULE AND DETAILS: April 2011 Olympic Coast Shabbaton

Friday April 8 2011

- 3 – 5 pm: Welcome station, registration, & room check-in
5 – 6 pm: Pre-Shabbat Mikvah in Hobuck River / in the waves (6.1' high tide @ 5:10 pm)
6 – 7:30 pm: Kabbalat Shabbat Service (Sunset over ocean @ 7:59 pm)
7:45 – 9:30 pm: Shabbat dinner, Rabbi Louis Sutker teaching, & after-meal blessings
9:30 – 11 pm: Songs & Dancing

Saturday April 9

- 6:41 am: Sunrise over marshes & forests of Hobuck Valley
8 – 9 am: Morning Practices – yoga, meditation, or contemplative beach walk (0.6' low tide @ 10:38 am)
9 – 10 am: Breakfast - 2nd Meal of Shabbat
10:30 – 1 pm: Shabbat davvin' & Torah service with Reb Louis
1– 1:30 pm: Kiddush and Oneg nosh
1:30 – 4 pm: Sacred Time – rest (*sluff*), workshops, beach walk, playing in the waves
4 –5:30 pm: Rebbe's Tishe with Dr. Charlotte Sutker, & *Arvit* evening prayers
5:30 – 7pm: Dinner 3rd Meal of Shabbat
7 – 8:30 pm: Fire prepping & Sunset on the beach (8:01 pm)
8:30 pm: Havdalah, campfire, & storytelling

Sunday April 10

- 6:39 am: Sunrise over marshes & forests of Hobuck Valley
7-8 am: Packing & cleaning up
8 – 9am: Breakfast
9 – 9:30 am: Check-out
9:30am: Travel north to Cape Flattery via our vehicles
10 am: Boardwalk trail to Cape Flattery thru Sitka Spruce forest to Marine Sanctuary
Morning practices on platforms overlooking coastline, sea caves, & Tatoosh Island
Noon: Traveler's Blessing & Closing Ritual

Recommended pre-retreat options in the area:

Makah Culture & Research Center in Neah Bay – 10 min. east of Hobuck Beach – allow 2 - 4 hrs
8 mile hike to Point of Arches @ Shi Shi Beach 20 min. south of Hobuck Beach – allow 4 -6 hrs

Accommodation: Each contemporary cabin is fully furnished with all bedding for 4 to 6 people, living rm kitchen, & deck. Each couple will have a Queen bed, while individuals will have either a double or full beds. *Do-it-yourself tent camping* is in a nearby grassy campground and includes restrooms with free showers.

Meals: Group meals to be provided and will feature local / organic foods. You are encouraged to bring snacks for your traveling time and if you want to eat between prepared meals; cabins have refrigerators. If you have special dietary needs, please notify us via email: info@sacrednature.net

Suggestions for What to Bring:

Cloths – layers for variable weather during course of day, items appropriate for the beach
Footware – beach sandals, hiking boots, indoor slippers, warm socks
Outerware – windbreaker, rain shell, sweaters, hats, sunglasses, light gloves (night)
Sundries - toiletries, suntan lotion & personal care items
Binoculars, bougie boards, surf kayaks, beach chairs, and other fun-for-the-beach items