

Ansche Chesed Shabbaton 2026 FAQ

- **What is a Shabbaton?**
 - A time for our Ansche Chesed community to celebrate all of Shabbat together. We will play and pray, eat and explore, sing and study, relax and reconnect from Friday evening through Sunday morning. It will be a nourishing time for you and your family.
- **What is Isabella Freedman?**
 - Isabella Freedman Jewish Retreat Center is located on 400 acres in the Connecticut Berkshires, about 2.5 hours from Manhattan. The campus includes a 7-acre certified organic farm, a composting center, a chicken coop, and a goat barn. There is a freshwater lake, a fire pit, an eruv, and sports fields and equipment.
 - You can find more information on their [website](#) and you can take a virtual tour [here](#).
- **When will this be?**
 - Our Shabbaton will be Friday, April 24th, through Sunday, April 26th. Check-in on Friday opens at 3pm and check-out on Sunday is at 10am.
- **What will we do there?**
 - We'll have parallel programming for adults and kids, like sports, games, meditation and learning opportunities. We'll have hiking, pickling, a bonfire with s'mores, and more! We're still finalizing our weekend but here is a sample you can take a look at.

<p>Friday</p> <ul style="list-style-type: none"> ● Check in and get settled ● Pre-Shabbat community bonding ● Shabbat services ● Shabbat dinner ● Evening activities 	<p>Saturday:</p> <ul style="list-style-type: none"> ● Breakfast ● Shabbat service options (traditional, alternative & for kids) ● Morning activities ● Lunch ● Afternoon activities and free time ● Dinner ● Havdalah ● Campfire with S'mores 	<p>Sunday:</p> <ul style="list-style-type: none"> ● Brunch ● Morning activity ● Check out
---	---	--

- **What will the Shabbat experience be like?**
 - We'll celebrate Shabbat together, with meals, services, singing and learning.

- Our observance of Shabbat rules will depend on whether we are in communal or private spaces. In public spaces we ask that you do not use electronics or do any writing, drawing or crafts.
- **What will the food be?**
 - We're excited to work with the chef at Isabella Freedman to provide delicious meals, accommodating everyone's needs (so be sure to include them on your registration). Plus there are snacks available throughout the day. And the dining hall is located in a lakeside building with gorgeous views of the mountains.
 - The best part of this Shabbaton is that the food we'll eat reflects seasonal availability and what's harvested from Isabella Freedman's farm!
- **Where will I sleep?**
 - There are many different types of rooms available, including beds of various sizes and combinations. Most rooms have private bathrooms and some have shared bathrooms (1 per 2 rooms).
 - Handicap accessible rooms are available.
- **How do we get there?**
 - We'll have a bus leaving from Ansche Chesed in the mid-afternoon. Or you can drive; don't worry, there is parking available at the retreat center. If you may have extra space in your car, please let Aliza Sebert (asebert@anschechesed.org) know.
- **What about the weather?**
 - Of course, we can't predict the weather, but in late April it will hopefully start to get warm. It will probably be a bit chilly and you should prepare layers but hopefully we'll get some sunshine too. However, all buildings are heated!
- **What do I need to bring with me?**
 - We'll provide a sample packing list as we get closer to the Shabbaton
 - Sheets, towels, and pillows are provided by the retreat center.
- **Is this appropriate for seniors?**
 - Yes! Isabella Freedman is built to accommodate people of all ages, with centralized activity spaces with ramps, and some fully accessible housing accommodations close to the main area.
- **Is this appropriate for young professionals?**
 - Absolutely. Recruit some friends!
- **Is this appropriate for my little kids?**
 - Definitely. We'll have programming geared toward people of all ages, including services specifically for kids.
- **What will the teens do?**
 - Again, we'll have programming for everyone and some special activities for older kids and teens. There will be lots of sports, learning, and hiking activities. Also, teens will have a chance to flex their leadership muscles and work with the younger kids. Bring a friend and sign up!

- **Should I expect to be hanging out with my kids?**
 - Yes and no! You and your kids will have your own activities to do separately and together so it's up to you!
- **How much free time vs. organized?**
 - As you can see in the above sample schedule, there's a good balance between free time and organized activities and you'll be able to choose what you need and want to do.
- **The cost seems really high - is there any way I can get financial aid?**
 - While the cost of the Shabbaton is subsidized (thanks to generous donors) we know that this is still a big financial commitment. If the cost is a concern, please reach out to Rabbi Yael or Aliza for more information.
- **What if I only know a few people at Ansche Chesed, will this be weird?**
 - Of course not! This is a great opportunity to meet new people and get to know people you see at the synagogue all the time that you've never gotten a chance to chat with.
- **Is there anything I can do to help make this special weekend happen?**
 - Invite/convince your friends to join you for this adventure!
 - Volunteer to lead activities or services, teach or read Torah.
- **This sounds fantastic! How do I sign up?**
 - Register here: <https://anschechesed.shulcloud.com/form/shabbaton-2026.html>
 - There's an early bird special ending on February 1st, so make sure to sign up soon! Save at least \$50 per person (see the full pricing below).

Pricing	Early Bird Price (Feb 1st)	Regular Price (Mar 15)
Adults	\$300	\$360
Children age 5-12	\$150	\$200
Children 4 and under	\$0	\$0
Single Occupancy Supplement	\$150	