



JANUARY 15 & 16, 2021 24TH ANNUAL OSEH SHALOM RETREAT

Resilience: Exploring tools to navigate trying times together

The Oseh Shalom Annual Retreat will take place virtually. We will explore the topic of resilience and discover tools we can use to help us cope and grow. This year's retreat will include Friday evening services followed by a thematic program; Saturday morning services, afternoon workshops and will conclude with Havdallah and talent show. Everyone is welcome to attend; however, we would appreciate registration ahead of time. REGISTER HERE: [OSEH SHALOM RETREAT REGISTRATION](#)

Event Highlights!

Ruach Services

A new look at the
Story of Ruth.

Workshops featuring:

- Resilient Humor and Survival Exercises with MaryBeth Leidman
- Reflections on Lessons of Resilience with Deborah Waxman
 - Writing an Ethical Will with Eric Metzman
- Cultivating Community with Dan Glaser and Nikki Lincoln
- Envisioning Relationships with Heidi Rhodes and Karen Meckler
 - Rabbi led Meditation

Schmooze at the
virtual snack table

And don't miss The Oseh
Shalom Talent Show!

Although there is no cost this year, we are asking for donations to the retreat scholarship fund so more can join us next year in Cacapon.