



## East Coast Retreat General Information

- Location: St. Francis Center for Renewal, 395 Bridle Path Road, Bethlehem, PA.
- After you drive by the sign: School Sisters of St. Francis - Monacacy Manor, the St. Francis Center for Renewal is the second building on the left.
- Arrival time between 3:30-4:10 pm
- Drive to the main building drop off luggage and drive down to the parking lot.
- Check in at the registration desk.
- Saturday will be silent retreat day.
- Do not record any retreat proceedings. Cameras maybe used during breaks but please do not use them during meditations, lectures, or other spiritual activities. Please bring pen and notebook if you want to take lecture notes.
- Turn off your cell phone while in the meditation hall. Limit use of cell phone throughout the retreat.
- There will be an opportunity to meet privately with the teachers. Please sign-up at the registration desk.
- Books and miscellaneous will be available for purchase during breaks. Check and cash only.
- All facilities are located in the main building.
- Simple accommodation and vegetarian food.
- The Center provides linens, blankets, and a bath towel. No toiletries will be provided, bring your own (soap, toothpaste, shampoo...).
- Double room for women and men.
- Shared bathroom.
- Wear loose, comfortable, and descent clothing avoiding shorts, and any other revealing attire.
- Bring bug spray.
- Please bring your own meditation cushion and/or blankets for meditation. The floor is carpet over cement.
- Chairs will be available.
- The main building will close at 9:30 pm. Attendees are advised not to leave the building after that time for safety. It is a wooded area with wild animals and irregular terrain. If you need to leave the building after 9:30 pm, you must use the side door. An alarm will sound if the front door is used after 9:30 pm.

