

**Spring Retreat 2010**  
**Holding On, Letting Go, Making Peace**  
**First Mennonite Church of Denver**  
**April 9-11, 2010**

**Location:** St. Benedict's Monastery Retreat House  
1012 Monastery Road – Snowmass CO 81654  
Telephone: 970-927-1162 e-mail: retreat@rof.net  
<http://www.stbenedictsretreat.com>

**Lodging:** Retreatants will be accommodated in the Gate House and 3 Hermitages. All of the rooms in the Gate House and all of the hermitages were designed and built for double occupancy. Three people can be accommodated in the Gate House. Each Hermitage can accommodate two people. The housing donation to cover the cost for a group retreat is recommended at \$40 per person/night. Each room/hermitage has its own kitchen, single beds and a private bathroom.

**Facilities:** Our group will have the use of individual kitchens and some limited use of the main retreat house's commercial kitchen. We need to bring our own food and drink and prepare our own meals. Ordinary regular and decaf coffee is provided in the kitchen. Each kitchen is fully equipped for meal preparation and cleanup. A list of guidelines for cleaning is posted in the kitchen. Once the retreatants attending are confirmed, the group will decide how to plan meals.

To help foster the atmosphere of contemplation and prayer the following items are not readily available at the retreat center.

- Cell phone reception is not dependable
- Internet
- Wireless access
- Laundry facilities
- Phones (there are two phones in the retreat house for us to use, but please bring your own calling card if you wish to use them)

**Time:** We may arrive anytime after 2pm on arrival day, April 9. On departure day, April 11, we need to be completely checked out of all rooms and hermitages by 10 am. Once the retreatants attending are confirmed, the group will decide together the exact time of departure from FMC and time of return from Snowmass. We can work around those who have commitments that require them to leave or arrive at certain times, but we plan to leave Denver for Snowmass on Friday in the late afternoon, and depart for Denver from Snowmass early on Monday morning.

**Retreat Theme and Schedule:** The theme and schedule of the retreat is Holding On, Letting Go, Making Peace. This will be a semi-private retreat with scheduled times for group interaction and reflection. It is helpful to bring your own retreat materials with you for your personal retreat time, like books, journals, music, etc...

**St Benedict's Schedule:** The monks who live at St. Benedict's are from the Trappist order and observe their own prayer and work schedule. Retreat groups are invited to attend the liturgies at the monastery as part of their retreat experience. The schedule of their services is as follows:

- 4:30 AM Vigils (every day including Sunday)
- 7:30 AM Lauds & Mass (On Thursdays only Lauds)
- 7:00 PM Vespers (On Thursdays, Vespers & Mass)

There is no public Sunday Vespers. Sunday Mass is at 8:15 AM all year.

**Other Opportunities:** During our time at Snowmass, a “Day of Reflection” Centering Prayer gathering will be held at the retreat center on Saturday, April 10<sup>th</sup> from 8am until 3pm. Our group is welcome to participate in this gathering as well.

**If you are interested in attending this Spring Retreat, please fill out the form below and return it to Annie via her mailbox, email or in person.**

### Spring Retreat Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact and Phone Number: \_\_\_\_\_

Any special medical or personal needs we need to be aware of in relation to the accommodations, schedule, meals, etc...?

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Would you be willing to drive to the retreat and transport people with you? \_\_\_\_\_