

2010 Silent Retreat

GENERAL INFORMATION FOR PARTICIPANTS AND GUESTS

Welcome! The following paragraphs will provide you with useful information about the operations and logistics of our Silent Retreat at the Mountain Camp. Daily updates will be given in the group circles prior to meals and on the message boards. The registration and information tent is staffed daily during posted hours. If there is anything we can do to assist you during your stay, please come to the tent during these times or contact one of the staff who will be wearing special name badges. *Your support and cooperation in understanding and respecting guidelines is greatly appreciated.*

Parking and Transportation up the Mountain

- Please read and respect the RULES of the ROAD so that we can all be as safe as possible. Parking on the Mountain is limited and we request that *if possible you park in one of the Abode Main Campus lower parking lots either by the farm or the Barn.*
- Parking permits are required for parking in the Mountain Upper Parking Lot (the one closest to the kitchen). This Parking Lot is reserved for staff and others with special needs. If you have a special need that requires a permit, please request one when you register.
- Please note all short term parking signs and be careful not to leave your car in the fire lane in front of Vakil at the Abode Main Campus. We also ask guests not to park in front of the Barn and next to the Mughni building.
- Shuttles will be running up and down the mountain at regular intervals from the short term parking area (adjacent to the flower/herb garden, across the road from Rezak) starting at 6:00 AM.

Meals

- All meals will be served on the Mountain in the Serving Pavilion. Meals times are listed on your schedule.

Fire, Safety and Medical Concerns

- Open flames of *any kind* including candles, and incense are not allowed on the mountain or inside any of the buildings.
- Smoking is permitted only in the parking lot of the Abode Main Campus, behind Vakil, in the designated area. On the Mountain, smoking is permitted in the designated area in the parking lot only. Candles used in the Meditation Hall during prayers and services must be extinguished before leaving the Meditation Hall.
- There is a First Aid Kit located at the kitchen if you are in need of first aid supplies. If you need medical assistance, please contact one of the staff.

- Please do not keep food in your tent or rooms on the mountain. There are many animals that live on the mountain that may be attracted by the scent of food.
- Please be aware that there are deer ticks on the mountain that may carry Lyme disease. Protect yourself by checking your body every night to make sure that you have not been exposed. Review the additional information provided in your Welcome Packet.

Information about the Abode Main Community & Facilities

The Community welcomes you and thanks you for enriching us with your presence. There are a few simple things that we ask you to remember to help us maintain harmony in the Abode Community.

- Quiet hours are between 10 PM and 8 AM.
- The huts on the hillside behind the Meditation Hall are reserved for silent retreats and we ask you not to walk in this area. However, you are invited to visit the raking & meditation garden at the back of the Meditation Hall.
- Restrooms are located on the second floor of Rezak above the Dining Room. There is also a library on the second floor which you are welcome to use for quiet reading or rest time.

On the Day of your Departure

- Please vacate your room and remove all personal belongings by **10 a.m.** on the day of your departure.
- Please strip your bed and put the sheets in the pillow case and leave outside your room if you are staying at the Main Campus or at the Registration Tent if you are staying on the Mountain.
- If staying on the Mountain, please also take any garbage bags to the Registration Tent.
- Baggage may be left in the Abode Main Campus Family Room or the Mughni Dining Room on the day of your departure.

Other Important Information

- Pets unfortunately cannot be accommodated at the Abode or on the Mountain.
- There is a Lost and Found box in the Serving Pavilion.

*Thank you and may you be enriched by your stay at the Abode
as you enrich our "heart center" here on earth.*