

PLEASE READ THIS PAGE BEFORE COMPLETING APPLICATION!

WEEKEND RETREAT GUIDELINES

ALL RETREATS AT DAYSPRING RETREAT CENTER ARE SILENT RETREATS

Please plan to arrive between 3:30 and 6:30 pm to settle in before **dinner is served at 7**. The typical format for a weekend retreat includes:

- dinner together Friday evening at 7:00 p.m. After dinner the retreat leader introduces the theme and guides the retreatants into silence;
- continuation of silence through Saturday. A time of rest, reflection, walking, prayer, etc. as you are led; one or two meditations may be offered by the leader;
- on Sunday sharing out of the silence and worship, followed by lunch, conclude the retreat; **departure by 2**.

Our meals are vegetarian and are served family style. Each retreatant helps serve and clean up for one or two meals. We make every effort to accommodate food allergies and restrictions. We can't accommodate specific diet preferences or plans. **Please let us know at least one week in advance of your dietary needs.** We will let you know how we can accommodate your needs.

All rooms are single rooms with centrally located shared bathrooms. We are not able to accommodate visitors who are unable to stay in a room independently.

Both buildings are wheelchair accessible. Please notify us in advance if you use a wheelchair.

FEES, REGISTRATION

Mail applications with deposit (checks payable to Dayspring Retreat Center) to Dayspring Retreat Center or email your application and pay online through our website. Please register as early as possible. We accept written applications, with deposits, in the order they are received. **The fee for weekend retreats is \$220, which includes the \$110 deposit.** In the event you cancel at least 10 days prior to the retreat we will refund your deposit minus a \$10 fee. If a retreat is cancelled, your entire deposit will be refunded or transferred to another retreat at your request. If you must cancel, please let us know at the earliest possible date so that we can notify others if there is a waiting list.

Retreatants are expected to remain for the entire retreat. Please bring toilet articles, casual clothes, walking shoes and a flashlight. Do not bring pets, alcohol, or unnecessary valuables. During the retreat we ask you to turn off any electronic equipment (cell phones, computers, etc.) **Simplicity is the aim.** In respect for others' sensitivities, please do not wear perfume or cologne on retreat. No smoking in the buildings.

Ember Days, Meditation and Quiet Days are available at no cost. Donations are welcome.

APPLICATION

DAYSPRING RETREAT CENTER
11301 NEELSVILLE CHURCH ROAD
GERMANTOWN, MD 20876
PHONE: (301) 916-1131
E-mail: office@dayspringretreat.org
Website: www.dayspringretreat.org

Name _____

Address _____

_____ Zip _____

Daytime Phone _____

Email address _____

Check here if you do not want to receive e-mail updates.

Date of Application _____

Please indicate the retreat or retreats you would like to register for.

I: Date _____

Leader _____

II: Date _____

Leader _____

Deposit enclosed \$ _____

I would also like to make a donation of \$ _____

Food restrictions:

- gluten free-celiac gluten free – non-celiac dairy free
 peanut allergy tree nut allergy other _____

Transportation from Shady Grove Metro on Fridays is sometimes available for \$20 and must be arranged by contacting the Retreat Center in advance.