



Day of Mindfulness Retreats Arriving at the retreat

Please plan to arrive around 8:30 a.m. to drop your food off in the Parish Hall before going upstairs to the Brunner Chapel for the retreat, starting promptly at 9:00 a.m.

Food set-up & reminders:

Please bring your dish to the Parish Hall Kitchen: If you've never been to the Parish Hall/kitchen, please enter the church from the rear, turn left at end of the hall way, then follow the hall way at your right to the end. Someone will greet you at back entrance of the church or at the kitchen.

What kind of dish should I bring?

- This is a vegetarian meal, so no meat, poultry or fish.
Also, with the large youth center in the church and the high prevalence of child food allergies, **no dishes with nuts please.**
- Milk and eggs are acceptable but please fill out an ingredient card when you drop off your luncheon contribution, so folks who are vegans can be aware.
- Please be sure that your dish is modest in size. We don't want to stuff ourselves and fall asleep during our afternoon sittings!!
- Very cold (ex, ice cream) or very hot (e.g., fondue) will be difficult to accommodate. Also after you arrive at the retreat, please don't plan to spend much time setting up your dish.