



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 don't worry as once you enter the church from the rear, we will have ➡ signs posted on the wall that will direct you there.

What kind of dish should I bring?

- Very cold (ex, ice cream) or very hot (e.g., fondue) will be difficult to accommodate—we have very limited refrigerator space available and limited electric outlets for crockpots, hotplates. We will have plenty of time before lunch to get everything ready, so please don't plan to spend much time setting up your dish in the morning.
- 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 have thrown away much too much food in the past. And we also don't want to stuff ourselves and fall asleep during our afternoon sittings!!