

Benedictine Sisters Retreat Center

Private Retreat Information and Application

Thank you for your interest in making an individual retreat at our Retreat Center. This document contains information regarding our safety practices during this time of the COVID-19 pandemic (and perhaps for a time beyond). Because safety is a shared endeavor, this document also lists requirements for guests in order to maintain the safest environment possible for guests, staff, the resident monastic community and the community to which you will return after your time here. On page 3 you will find an application to make an individual retreat at the Benedictine Sisters Retreat Center.

What to expect from us:

- The same hospitable environment and staff for which we have long been known. We will keep our distance, but we are readily available if needed.
- The same tranquil grounds, an oasis of peace.
- Our exceptional cleaning standards have been enhanced by additional disinfecting procedures for guest rooms and common areas.
- At least 72 hours will have passed between guests in any given room.
- There will be a maximum of 3 private retreat guests per guest house at any one time.
- Our staff will wear face coverings when interacting with guests and when in Retreat Center common areas.
- Hand sanitizer and disinfecting wipes will be available in common areas.
- The Retreat Center chapel to be open during the day through the courtyard entrance. The monastic chapel, all monastery areas, and public areas of the Retreat Center – including the Dining Room porch – remain closed at this time.

What we require of guests:

- Guests must wear face coverings indoors except when in their room. Additionally, we require face coverings in outdoor areas when you are six feet or less from another person, or if you are on a Guest House porch and another person is also present on the porch.
- If a scheduled guest feels ill prior to coming, or has been exposed to COVID-19, the Retreat Center staff must be notified by phone or email prior to arrival. We will reschedule the guest's retreat for another time.
- While here, we require that each guest complete a simple, non-intrusive daily health check by way of a survey accessed on your cell phone.
- In order to minimize time spent by individuals in common areas, the Guest House living room may not be used. The guest rooms are spacious and contain a comfortable recliner.
- Because we have removed most books from the guest houses and the library is not available, we ask that guests bring their own reading material. We also ask that guests bring their own facial tissues to avoid the use of shared boxes.

Meals:

Because we are unable to provide meals in the Retreat Center at this time, guests are responsible for providing their own meals. Guests may bring their food, go out to eat, or use a combination of these for their meals. The kitchenette may be used for meal preparation and storage, but dining must be in each guest's room in order to minimize the time spent in a common space. Each guest will find:

- A coffee maker in each room with coffee-related condiments individually packaged for the guest's specific use. An electric hot water kettle will be available upon request.
- A small table in each guest's room for in-room dining.
- Sections of the Guest House kitchenette refrigerator and freezer designated for each guest's use.
- A plastic bin with dishware, utensils, a dish towel and cloth, a cutting board and paring knife, a dish drying mat, and dish detergent for each guest's individual use.
- A section of counter space or tabletop designated for each guest to prepare their meal.
- A shared microwave, toaster, sink, and refrigerator, with instructions to wash hands before and after use. Disinfectant wipes will also be available for use on handles and kitchenette light switches.

Benedictine Sisters Retreat Center

916 Convent Rd., NE Cullman, AL 35055
retreats@shmon.org / (256) 734-4622

Private Retreat Rates

(Effective 10/19/2020; subject to change.)

\$75 for first night

\$60 / night for each additional night

Private Retreat Application

Name

Address (street, city, state, zip)

Email address

Phone

Emergency contact

(name, relationship, and phone number)

Dates for your retreat will be discussed and confirmed by email and/or phone.

I request the opportunity to make a private individual retreat at the Benedictine Sisters Retreat Center in Cullman, Alabama. I am aware of the present COVID-19 pandemic. While I acknowledge precautions taken by the Benedictine Sisters, I freely assume the COVID-19 infection risks inherent in sharing a building, including shared spaces within the building, with others whom I do not know. I have read the information and guests requirements on pages 1 and 2 and agree to abide by the guest requirements. I will also follow any additional safety and health instructions that may be implemented. I acknowledge that the Benedictine Sisters cannot guarantee or fully monitor the behavior or compliance of other guests.

If I have any signs of illness within a week prior to my retreat, or if I have been exposed to someone with COVID-19 within 14 days prior my retreat, I will inform the Retreat Center staff and my retreat will be rescheduled. Under no circumstances will I arrive ill, or with known COVID-19 exposure. If I develop any signs of illness during my retreat, I will notify Retreat Center staff immediately and I will make arrangements to return home as soon as possible.

Signature

Date