

PLEASE READ THIS PAGE BEFORE COMPLETING APPLICATION!

WEEKEND RETREAT GUIDELINES

ALL RETREATS AT DAYSPRING RETREAT CENTER ARE SILENT RETREATS

Please plan to arrive between 4 and 6:30 pm to settle in before dinner is served at 7. The typical format for a weekend retreat includes:

- dinner together the first evening at 7:00 p.m. After dinner the retreat leader sets the theme and guides the retreatants into the Great Silence;
- continuation of silence through the second day. A time of rest, contemplation, study, wandering, or journal writing as led; one or two meditations by the leader offer guidance;
- corporate worship and sharing the last day as retreatants leave the silence. Noon meal together; departure by 2:00 pm.

Our simple vegetarian menus consist of natural, fresh foods and are nutritionally balanced. Some retreatants may prefer to fast — a time-tested discipline for heightening spiritual awareness. If so, their choice will be respected. **If you have special dietary requirements, please plan to bring your own food, notifying us in advance.**

Our mission is to enable the finest retreat leaders to minister to full retreats (16 persons). Our fee has remained low because we recognize the importance of silent retreat in the life of all persons. Gifts from individuals and churches are needed and always welcome. **Both buildings are now wheelchair accessible.**

FEES, REGISTRATION

Mail applications with deposit (checks payable to Dayspring Retreat Center) to Dayspring Retreat Center. Please register as early as possible. We accept written applications, with deposits, in the order they are received (no phone reservations). **The fee for weekend retreats is \$180, which includes the \$90 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 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, warm casual clothes, walking shoes, a flashlight and writing materials. Please do not bring pets, alcohol, radios, electronic equipment, including cell phones, or unnecessary valuables. Simplicity is the aim. No smoking in the Lodge or Inn.

Sabbath Mondays, Ember Days, Day Retreats and Multifaith Days are available at no cost. Donations are welcome.

APPLICATION

DAYSPRING RETREAT CENTER
11301 NEELSVILLE CHURCH ROAD
GERMANTOWN, MD 20876
PHONE: (301) 428-9348
E-mail: dayspringretreat@verizon.net
Website: www.dayspringretreat.org

Name _____

Address _____

_____ Zip _____

Daytime Phone _____

Email address _____

Date of Application _____

I: Date _____

Leader _____

II: Date _____

Leader _____

Deposit enclosed \$ _____

I would like to make an additional donation of _____ to
to the retreat ministry.

Transportation from Shady Grove Metro to Dayspring on Fridays is available at \$7 per person and must be arranged by calling the Retreat Center in advance.