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Dear 2017 Retreatant,

On behalf of the St. Mary's Assumption Parish, I would like to thank you for your interest in our Annual Midwest Retreat. We are excited to have you and look forward to seeing you in July. We have assembled this packet of information to help answer some questions. It is our hope that your retreat is both peaceful and spiritually rewarding.

Deposit

All that is needed to reserve your spot for the Retreat is a send a \$100.00 non-refundable deposit to the address listed below. First come – first reserved. Please ensure that your check is made payable to **St. Mary's Assumption**. Send your deposit to:

SMA 2017 Retreat
8035 Wynwood Drive.
St. Louis, Mo 63123

Things to bring

Bath Towels / Wash cloths, Personal toiletries (soap, shaving, etc, including Kleenex), Alarm clock, Rosary, Missal, Notebook & Pen, Chapel Veil. Also a foldable chair for your room if desired. Retreat Center will provide bed linens, pillows, and blankets.

Religious Items and Books to bring: Crucifix and/or Religious Items for Room, Douay-Rheims Bible, The Christian Warfare, The Imitation of Christ.

Additional Information

- All meals for the Retreat are included, however please note that with the Retreat commencing at 1pm, lunch is not offered on Monday only. There are plenty of lunch opportunities along Highway 30 as you travel south of I-270.
 - While the menu is somewhat limited, please advise if there are any special dietary requirements needed. Sojourn may not be able to accommodate these, but we will advise you on what may be possible.
 - There is a refrigerator in a common area, so if there is something you are bringing that needs to be refrigerator or frozen, this can be accommodated.
- Strict silence is maintained throughout the retreat. Therefore, please do not bring such items as laptop computers, radios, iThings, etc. that could be a source of distraction to you and to others. You may consider leaving your cell phones in your car also. You will appreciate the silence once you arrive!
- What to wear: Ladies are asked to dress modestly with skirts below the knees. Men are requested to wear collared shirts and long pants, and not blue jeans.
- For the sake of those who may have allergies, please keep the use of colognes and perfumes to a minimum. Your cooperation is greatly appreciated.
- The Retreat is scheduled to end around Noon on Saturday.

Location and Arrival

We have contracted with the Sojourn Retreat Center in Dittmer, MO for the use of their facility during this retreat. They are located at 8350 Hwy 30, Dittmer, Mo 63023, which is approximately 40 miles from Downtown St. Louis. For more information, their website is <http://sojournretreat.org/index.html>

We do not have a shuttle service from the airport.

Arrival time is 12:00pm on Monday, the first day of your retreat. **Please do not arrive before this time.**

Please be prompt in your arrival as the first conference of the retreat will begin at 1:00pm sharp.

Retreatants are not able to check into their rooms before 12:00pm. We will assign rooms between noon and the first conference. When you have your assignment, please bring luggage into your room but don't unpack since there most likely won't be time. If you do not get your assignment before the first conference, we will provide afterwards.

Final Payment

We are obligated by contract to remit to the Sojourn Retreat Center the full payment for the use of their facility prior to the beginning of the retreat. Accordingly, the remaining balance of \$400 for your retreat must be received no later than June 16, 2017. Please ensure that your check is made payable to St. Mary's Assumption. Please send your balance of payment to:

SMA 2017 Retreat
8035 Wynwood Drive.
St. Louis, Mo 63123

Note: Deposits are not refundable. In addition, if you cancel your reservation within a week of the start date of the Retreat, we will not be able to refund your final payment since we will have already paid Sojourn for the amount of Retreatants registered.

Registration Form

Please fill in the form below and submitted with your deposit. We will send an email confirming we have received your deposit and also your final payment. Thank you.

2017 Midwest Region Retreat Registration Form			
Name			
Address			
Phone Number		Email Address	
Registration for:	Women's Retreat	Men's Retreat	
Deposit Due:	\$100	Check No.	
Balance Due:	\$400	Check No.	
Any Physical Assistance Needed – If So Please Describe.			
Any Special Dietary Needs:			
The following information will be tabulated and sent to the Retreat Masters so they can better tailor the Retreat to participants.			
How many have you done		Age	
Marital Status			

Again, thank you for your participation in this retreat.

If you have any questions please contact me at retreatcoord@qhra.org