



Welcome to Mepkin Abbey!

Upon entering the grounds, follow the 3rd sign on the right to the Retreat Center. *We ask that you arrive between 2 and 4 pm*, unless otherwise noted for some retreats. **The gate is open between 6 am and 6pm.** A group orientation with the latest information will be held at 4:30 pm. No shorts or tank tops are permitted in the church or dining room. They can be worn in other areas of the monastery.

The Monastery Grounds

We wish to share with you the beauty of our property. Devoted volunteers spend many hours maintaining the gardens and beds. We hope you enjoy the natural beauty and the hard work it takes to provide this experience to you. Be aware and careful of alligators in the ponds and embankments. We ask that you respect areas marked "private." This is where the monks spend their lives in prayer and solitude. Also, please avoid going into the woods as there could be snakes and other hazards.

The Retreat Center Building

The retreat center building is adjacent to the rooms and is open at all times. The following amenities are available:

- WiFi
- Full-size refrigerator & freezer, microwave, and toaster
- Keurig, hot water dispenser, water cooler, and coffee/tea supplies
- Books, CDs, and coloring pencils
- Ice machine
- Fruit, yogurt, and breakfast items
- Although we have cups and glasses available in the kitchenette, you may wish to bring a water bottle or travel coffee cup for your personal use.
- First aid kit, hand sanitizer, & bug repellent (Cutter, Off, etc.)
- Quiet prayer chapel open 24 hours a day

Your Room

- Your room and the walkway leading up to it are designated as a silent area to foster a quiet atmosphere for everyone's retreat.
- Your cell phone will not work in your room. You should get a good signal in the parking lot but may also want to minimize its use while on retreat.
- There is extra soap, toilet paper and Kleenex in the cabinet in your bathroom. All linens are provided.
- There is a flashlight in the desk drawer for safety walking after dark. Please let us know if you do not have one so that we may provide you with a replacement.
- You will need to bring your own hair dryer, but if you forget it, retreat center staff can loan you one.
- When you check out of your room, please put your sheets and towels in your pillowcase and leave them outside your door.
- Check out time is by 9:00 AM on Monday/Friday. It is perfectly fine if you need to leave early; there is no set check-out time for guests leaving before the scheduled departure day.