

LAY SPIRITUAL RETREAT

Praying the Lord's Prayer Anew.

Spiritual Direction:

Bishop Susan Johnson

Mount Carmel Spiritual Centre, Niagara Falls, Ontario

April 1-3, 2022

www.easternsynod.org

January 3, 2022

Grace be yours and peace!

This letter is written to invite laypersons of the Eastern Synod, ELCIC, and the Diocese of Niagara, Anglican Church of Canada to attend a spiritual retreat.



Join our National Bishop Susan Johnson as together we re-examine and renew our appreciation of the Lord's Prayer. We will use the revised and expanded version of Praying the Catechism (a copy of the book will be provided as part of your registration) and a variety of individual, small and large group activities as we meet. This retreat will complement the ELCIC emphasis on Living Our Faith, where this year we are focusing on Worship, both corporate worship and daily devotions.

Worship Leader: Rev. Adam Snook
Director of Music: Jamie Courtney

Register soon, for space is limited!

The retreat will be held from Friday April 1st – Sunday April 3rd, at Mount Carmel Spiritual Centre, 7020 Stanley Ave, Niagara Falls, Ontario. The all-inclusive registration rate is \$275.00

Please note that this is a fragrance free event.

If you have any questions about the retreat, you are invited to contact the Retreat Director, Dorothy Frook (dbfrook@wightman.ca), or the registrar, Prijna Gingrich (anp.gingrich@rogers.com).

Registration will be available at: <https://form.jotform.com/220055263853250>
Or on the Eastern Synod website at www.easternsynod.org

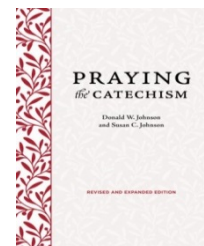
All Attendees must complete an online registration.

Contact the registrar if you require additional assistance with the registration process.

***IMPORTANT* PLEASE BE SURE TO READ THE POLICY ISSUED BY MOUNT CARMEL SPIRITUAL CENTRE IN REGARDS TO COVID-19 PROTOCOLS. PROOF OF DOUBLE VACCINATION IS REQUIRED.**

We look forward to welcoming you!

Bishop Michael Pryse



Mount Carmel Spiritual Centre COVID-19 Policy

Welcome to Mount Carmel Spiritual Centre. We take the health and safety of our guests, staff and Community very seriously. Following the COVID-19 guidelines issued by the Canadian Ministry of Health, as well as our own provincial governing bodies, we continue to do our best to provide a safe and healthy environment for everyone. Therefore, the Monastery has a new policy that **anyone entering the Spiritual Centre must be fully vaccinated and be able to show documentary proof from the Ministry of Health certifying that they have received 2 doses of an approved vaccine.**

How are we preparing?

1. Enhanced cleanliness procedures have been implemented with disinfectants for all areas on the property including public areas and guest rooms. High touch areas will receive special attention. Housekeeping staff will follow a new vigorous cleaning and disinfecting process, paying special attention to high-touch areas such as light switches and door handles. Staff members will wear protective face masks while on duty.
2. Sanitizing stations have been installed throughout the property, as well as enhanced signage as reminders to maintain physical distancing and personal hygiene. Social distancing markers placed wherever lines may form.
3. Ensuring our meeting and dining areas allow for sufficient space to position participants a minimum of 2 metres (6 ft.) apart.
4. Installation of plexi-glass shield over buffet table. Provision of both plated meal service and buffet service in the dining rooms. Desserts presented in single use plastic containers. Individual condiments. Wrapped cutlery. Self-serve beverages.
5. Guests will be monitored for symptoms and possible exposure upon arrival. If they show any symptoms, they will be asked to leave the premises and seek medical advice immediately.
6. **Guests will be required to check-in one at a time, take a temperature check, complete and sign a COVID questionnaire, and pick up envelope containing sanitized guest room key. Anyone with a temperature of 37.8 or higher will be asked to leave the premises and contact public health.**
7. Physical distancing must always be practiced. Guests will be required to wear a face mask upon entry and when 2 metres social distancing cannot be maintained.

Steps we ask that you take:

1. Bring your own face masks when you visit the Centre and wear them when social distancing is difficult to maintain.
2. Upon entering the building please sanitize your hands. We encourage you to follow sound hygiene practices, including
 - Frequent hand washing with soap and use of hand sanitizer.
 - Cover your mouth and/or nose when you cough or sneeze (with a tissue or your inner elbow, not your hand).
3. Honour social distancing protocols throughout the facility.
4. Avoid physical contact that may transmit germs—refrain from shaking hands, hugging, etc.
5. At the end of your retreat, we ask that you strip the bed of all linens and place them inside the clear bag provided, as well as all towels. Remove duvets from both beds and place on desk. Our housekeeping staff will enter guest rooms only after checkout.
6. Return room key to office counter and drop into key return slot before departure.