

Preparing for your retreat at Rivendell Hermitage

As you prepare to give yourself the gift of quiet, reflective retreat time at Rivendell, we want to provide you with some basic information about Rivendell and the Bowen Island community.

1. Our arrival time is 3:00 pm and departure time is noon. Please notify us of your arrival time in advance. Before you come, email us your estimated arrival time and mode of transport from the ferry terminal, so that the host knows when to expect you. As the location is quite isolated, we recommend you arrive during daylight hours.
2. The sacred space of Rivendell is held and nourished by a committed group of volunteer hosts. If this is your first time at the Hermitage we will ensure a host is there to greet you and orient you to the space.
3. You will need to bring your own food, and be aware there is limited fridge space. Easy to prepare, simple meals are recommended while on retreat. There are a few staples in the kitchen, like salt, pepper, oil, vinegar and sugar for your use. There are two full service grocery stores on Bowen Island and options for pre-prepared, nourishing meals. Please be advised that we do not permit fasting at the Hermitage. This is because the Hermitage is in a remote, isolated location, far from medical services, and our volunteer hosts are not in a position to supervise your physical well being.
4. Garbage and composting are available at the Hermitage, but you are responsible for taking your recycling items with you when you go. There is a recycling depot on Bowen Island located near Snug Cove.
5. You will need to bring your own towel and bedding appropriate for the season (see below for suggestions). If you are bringing sheets, please take note that the mattresses in the hermitages are twin width extra long. Double bed sheets will work or sleeping bags. A pillow is provided but you will want to bring your own pillowcase, or even your favourite pillow.

Additional Winter suggestions:

- Please bring warm clothes and warm bedding (such as a warm down sleeping bag) recognizing that the hermitages are non-serviced (i.e no plumbing or electricity) and heated with a small wood stove. When your fire dies down during the night or when you aren't tending it, it will be cold in your cabin. We suggest you bring a warm wool sweater, warm winter jacket, hat (also good for sleeping in), mittens, scarf, warm socks, long underwear, warm PJs. A hot water bottle and a thermos for warm drinks are also a good idea. You may also want to bring a pair of slippers since outdoor footwear should not be worn in the main house or cabins. There are trails nearby so bring your hiking boots and rain gear.

Additional Summer suggestions:

- Please bring clothing and bedding appropriate for the season (again recognizing that the evenings can be cooler). If you intend to explore the trails nearby, it is a good

idea to bring good walking shoes/hiking boots, a water bottle, and some sunscreen. There are beaches within walking distance, so you may also want to bring a bathing suit, water shoes (for rocky shore), a sun hat and an additional towel.

6. You will need a flashlight and/or headlamp. There is no lighting in the hermitages nor on the pathway. No need to bring candles, we provide them. Lit candles should not be left unattended and always kept in a safe container.
7. Rivendell is a Christian Contemplative Community offering retreat space for anyone wishing to deepen spiritually. Each day, we gather in the loft in the Forest House of Prayer for 8:00 am Centering Prayer and at 5:00 pm Centering Prayer with Lectio Divina. Everyone is welcome and no one is obliged to attend.
8. There is cell phone reception at the site, but it is limited. We encourage retreatants to use their retreat time to unplug from electronic devices. The host's room has a satellite phone for emergency use.
9. As a gift to the next person, you are asked to clean your hermitage cabin and leave it the way you found it ...or better. There is a cleaning checklist in your hermitage you can use on your last day before you leave. We are collectively responsible for the cleanliness of the Forest House of Prayer. There is a cleaning rota in the main house where you can sign up specific tasks during your stay, or if you see a space that needs cleaning, feel free to take the initiative. Cleaning supplies are in a cupboard in the kitchen, in each bathroom and in the laundry room in the basement.
10. What does it cost to stay at the Hermitage? The generosity of heart and spirit that created Rivendell continues in its policy that no one be excluded because of financial limitations. And so, in response, we invite you to consider this question as a spiritual practice. What has this time meant to me? What does the existence of the Rivendell Hermitage and the fact that I can be nourished in heart and spirit here mean to me? We invite you to reflect on these questions at the end of your stay, and to contribute as generously as you can, within your own means. You can receive an income tax receipt for any amount over \$100 a night. Payment can be received by cash, cheque or e-transfer.
11. For directions on how to get to the Hermitage, [click here](#).

We look forward to welcoming you to Rivendell Hermitage. Blessings on your journey here.