

Preparing for your retreat at Rivendell Lodge or Cottage on Cates Hill

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. This gives your hosts time to meet with departing guests, prepare rooms during change-over, making sure that common areas are cleaned, then being ready to welcome new guests.
2. The sacred space of Rivendell is held and nourished by a committed group of volunteer hosts, and you will be greeted by one of them on your arrival. If they are not in the office when you arrive, please be sure you check in with them. You will be provided with an orientation to Rivendell and will be escorted or directed to your room.
3. You may be sharing the space with a group and other individuals. We ask that you respect the quiet by being mindful of noise in the halls, common areas and inside your room.
4. Consider leaving technology behind, or while you are on retreat at Rivendell, removing yourself from its demands for a period of time. If it is necessary for you to use your cell phone, please do so outside well away from the building.
5. You will be bringing and preparing your own food. We encourage you to bring food that is simple to prepare, as you will be sharing kitchen facilities with others. There are two full service grocery stores on Bowen Island and options for pre-prepared, nourishing meals.
6. Rivendell is a Christian Contemplative Community offering retreat space for anyone wishing to deepen spiritually. Each day, the Rivendell community gathers for silent prayer at 8:00 each morning and for a facilitated sacred hour at 5:00 pm in the Sanctuary. Everyone is welcome and no one is obliged to attend. However, during the 5:00 pm period, we ask that those present at Rivendell honour this sacred hour in their own way.
7. Prior to leaving Rivendell, you are asked to clean your room, and prepare it for the next guest. As well, your help in maintaining common areas and cleaning the kitchen areas all help to support Rivendell and to be part of welcoming those coming after you.
8. What does it cost to stay at Rivendell? 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 Rivendell 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.

9. The terrain on Bowen Island, and around Rivendell is hilly and rugged. Trails are plentiful and the landscape is spectacular. Bring good walking/hiking shoes and rain gear. Hiking trails and beach information will be available to you at Rivendell. You can also check www.bowentrails.ca.
10. Bowen Island has a full-service pharmacy, a resident doctor, and Emergency Response services.
11. We ask that you take care of your own transportation to Rivendell. Click here for directions to Rivendell Lodge and Cottage on Cates Hill.

We look forward to welcoming you to Rivendell Retreat Lodge or Cottage.
Blessings on your journey here.