

Walk Guidelines

We ask for your cooperation in the following areas:

- 1) Please wear your nametag at all times.
- 2) The bell will be your watch! Please respond quickly. Nothing will begin until ALL are present.
- 3) Please dress comfortably. Please refrain from perfume use, some are allergic to many fragrances.
- 4) Did you forget something? Toilet articles are available on the Comfort Table. If something special is needed, the ALDs will be glad to help. If you are on any timed medication please let an ALD know. They will make certain your needs are met.
- 5) This is a NO SMOKING facility. No smoking is allowed in the building or on the grounds. Breaks will be offered and instructions given as to where you can smoke.
- 6) Please turn your cell phones and any other electronic devices off for the weekend! You need this "break" from the world. If you need to get a message to someone or from someone, please ask an ALD to assist you.
- 7) Thursday night is the only night we will observe a spirit of silence. Please remain silent until Friday morning chapel. This is a special time for you to meditate and pray. Please retire quickly. Rest is important.
- 8) The Spiritual Directors are here for you! Please feel free to talk to them about any concerns or issues, knowing that confidentiality is their calling.