



ROOMS

- Please turn off the lights when not in use.
- The burning of candles or incense in individual rooms is not permitted.
- Before departing, please remake your bed with clean linen, which can be found in a drawer in your room. The housekeeper will put out fresh towels. Put used sheets and towels in the hampers provided, located under the stairs by the back door. Shut all windows.

Please offer a prayer for the next person who will occupy the room.

COSTS

Suggested donation: \$120 per night, mid-week; \$250 for weekend (Fri/Sat). Clergy rate \$90 per night. Student rate \$85 per night. There is a \$50 non-refundable deposit per person. Meals and linens are included. Group rates: Tuesday-Thursdays \$120 per person; Friday-Sunday for 1-12 guests, \$250 per person for the weekend; 13-24 guests, \$240 per person for the weekend. Non-refundable deposits are \$50 per person.

Day use of the retreat house is determined by type of use and number of meals.

Please call or email for reservations and more information. Payment may be made by credit card, by check or cash.

CHECK-OUT TIME

Guests are asked to leave their rooms by 2:00 p.m. on their departure day. Guests departing on Fridays are asked to vacate their rooms by 12:00 noon for cleaning but are encouraged to stay for lunch. If you would like to stay later, please consult the Guesthouse Director. *Please let us know if you will not be attending a meal so we may plan accordingly.*

WELCOME

To

MOUNT CALVARY MONASTERY

ORDER OF THE HOLY CROSS

A MINISTRY OF BENEDICTINE HOSPITALITY

We wish to make your stay with us as pleasant and refreshing as possible. It is our hope that you relax and enjoy the house and care for it as if it was the home of a good friend! The guesthouse staff is available to answer questions and to ensure everything is in order. Please feel free to let them know your needs while you are here

505 E. Los Olivos St., Santa Barbara, CA 93105

www.mount-calvary.org

Email: mtcalvary1@aol.com

805-682-4117 or 805-962-9855

Wireless Password: Calvary505 (case sensitive, no space)

CHAPEL SERVICES

The monastic offices of prayer are VIGILS 6:00 a.m., LAUDS 7:30 a.m. (morning praise), VESPERE 5:00 p.m. (evening prayer), and COMPLINE 7:00 p.m. (night prayer). We also gather daily to celebrate the HOLY EUCHARIST Tuesday-Thursday at 11:30 a.m., Fridays at 7:30 a.m.

A warning bell by the chapel is rung five minutes before each service, and we ask that you proceed to the chapel promptly if you wish to attend. All necessary texts and music for your use will be available by the chapel door. We welcome your participation.

All guests who wish to partake of the Holy Communion during the Eucharist are welcome to do so.

Singing the Divine Office: The aim of monastic chanting is for everyone to blend into a single voice, following the pitch and cadence of the Cantor. It is not necessary to prolong notes, even if they are quite lovely.

THE FACILITY

The buildings are St. Joseph's House (check-in, dining room, and the monks' personal quarters), St. Mary's House (the main guesthouse), and the Chapel. There are also Visitation House and The Cottage; if you are not assigned to a room in these, please do not go into them. You are welcome to use any of the common areas in St. Mary's House, as well as the back terrace and all of the gardens. There is a labyrinth below the back terrace. A hospitality area stocked with a refrigerator, microwave, sink, and supplies for making coffee and tea is located in St. Mary's House. Please select a mug for use during your retreat and afterwards place it on the tray to be washed.

DOORS

There are keypad security locks on the guesthouse doors. Upon arrival, you will be given the entry code. Please do not give this code to anyone other than your fellow retreatants. The code is changed

after each retreat. A key to the chapel is on a cord hanging from the bulletin board in St. Mary's House; the chapel will be unlocked for services, but you may use the key to go in by yourself at any time.

EMERGENCIES

Please ring the front doorbell in case of an emergency outside of normal business hours. A brother will assist you.

PRIVACY

Please respect the privacy of our neighbors by not trespassing on the adjoining properties. Cell phones are not allowed in the guesthouse, on the back terrace, or in the gardens. You may use cell phones in the parking lot only. The telephone in St. Mary's House is only for local calls; you may use calling cards.

MEALS

A bell rings to announce that a meal is served. We request that you be on time, as grace is said in common before dinner and supper. We cannot alter the menu to meet individual dietary needs. Cooking facilities are not available to guests, although there is a microwave in the hospitality area of St. Mary's House. Food should not be taken into the bedrooms.

Breakfast 8:00 a.m. (Fridays following the 7:30 a.m. Holy Eucharist)

Lunch NOON: Main meal of the day. Follows the Eucharist.

Supper 6:00 p.m. following Vespers. Light meal.

SMOKING

Smoking is not permitted in any of the buildings. Smoking is allowed only in the lower parking lots, well-away from any doors or windows. Ash trays are provided and you are asked to use them. Please be mindful of the potential fire hazard.