

A.M.D.G. MOUNT MELLERAY BRIEFING PAPER 2019

Mount Mellerary, Cistercian Abbey, Cappoquin, Co. Waterford.

Tel: 058-54404

The Logistics:

Because of the Interconnections, PUNCTUALITY IS OF THE ABSOLUTE ESSENCE, for this retreat.

Wednesday, 27th November 2019:

Meet Busaras, Central Bus Station: 08h30 **sharp** [Find Bus]

Route 4 [Busaras/Gorey/Enniscorthy/New Ross/Waterford][The Quay]

***Depart Busaras, Dublin 09h30**

Arrive The Quay, Waterford 12h00

Short lunch (sandwiches and a drink) in Waterford City before departing to Mount Melleray.

Depart The Quay, Waterford 13h00

[John Hallahan Coaches, Private Hire to Mount Melleray, Cappoquin]

Arrive Mount Melleray Abbey 14h15 (70 min)

Friday, 29th November 2019:

Depart Mount Melleray Abbey 13h00

Arrive Waterford 14h15

Depart The Quay, Waterford 15h00

Arrive Busaras, Dublin 17h30

As soon as you arrive at Busaras at 08h30, please check with the accompanying Teacher, Ms McNamara, where the pick up point is. Then, you may visit the shop and toilet [there will be no toilet stop], then immediately return to your correct Line 4 bus queue. **Start queuing a.s.a.p., as places are allocated on a first come, first serve basis!*

The bus, departs on schedule and WILL NOT WAIT for you.

The Requirements:

Please bring:

01. Pyjamas, large towel, washbag, four sets of underwear and hankies, socks, **indoor and outdoor shoes**, shirts, trousers, pullovers, hoodie, full set of rain gear and cap (suitable for wet weather hiking).
02. You may bring a water-bottle, books, sketch pad, journal and a pen. **Please bring a watch but not a mobile phone.**
03. Money: Bus/Dart/Luas fare from home Busaras and fare home from Busaras also. Bring a small amount of money to purchase snacks and drinks in transit.

Please do not bring:

01. Mobile phone or ipod, personal stereo. But do bring a watch.
- 02. The normal school Code of Behaviour applies!**
No excuse or explanation will be entertained for breaches of this code.

Special dietary requirements: Please inform Ms McNamara a.s.a.p.

This is a fantastic opportunity to live the life of the monks for three days, in a setting of solitude. The setting, atmosphere and periods of silence will also offer you invaluable insights into yourself, your view of your own life and the world at large. It is also a real opportunity to develop a genuine intimacy with God. So really throw yourself wholeheartedly into this unique and wonderful experience. Enjoy!