



**MERCY BY THE SEA**  
RETREAT AND CONFERENCE CENTER

**Sabbath by the Sea**  
**Exploring the Spiritual Invitations of the Second Half of Life**  
**Friday, January 3 – Friday, January 17, 2020**

*Your responses to the questions below will help us to tailor this sacred time to participants' needs. We appreciate your taking the time to thoughtfully respond.*

Name: \_\_\_\_\_

**Contact Information**

E-mail: \_\_\_\_\_

Best way to reach you by phone: \_\_\_\_\_

Other phones number(s): \_\_\_\_\_

Mailing Address: \_\_\_\_\_

\_\_\_\_\_

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**What are your hopes for participation in Sabbath by the Sea?**

**Have you participated in other programming about the Second Half of Life? What was your experience like?**

**Are you comfortable with periods of solitude and quiet? What has your experience with both been like?**

**Are you comfortable with exploring and reflecting on topics in a small group? What has your experience been like?**

What contemplative practices, if any, are you currently engaged in (e.g., meditation, prayer, mindfulness, yoga, tai chi, meditation, bodywork)?

Is there anything else you feel would be important for us to know about you?

In order to ensure your comfort and safety, please check all the accommodations options that apply to you:

- A first-floor room
- An accessible bathroom is required
- Assistance in walking
- A medical reason for not being able to share a bathroom

Mercy by the Sea welcomes all, and toward that end, we offer scholarships when possible.

Do you have a need for scholarship to Sabbath by the Sea? \_\_\_\_\_

If so, how much are you able to pay toward the full fee? \_\_\_\_\_

Please send your application, with a non-refundable application fee of \$50 (which will count toward your tuition) by **November 30, 2019** to: [Rosemary@mercybythesea.org](mailto:Rosemary@mercybythesea.org) or Mail to Rosemary Jones, Guest Services, Mercy by the Sea, 167 Neck Rd., Madison CT 06433. You can reach Rosemary by phone: 203.245.0401, ext. 114.

Credit Card Information for \$100 non-refundable deposit:

Credit Card #: \_\_\_\_\_ Security Code: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Name on Card: \_\_\_\_\_

Billing Address if not the same as mailing address on page 1 of application:

\_\_\_\_\_

\_\_\_\_\_  
Signature of Applicant

\_\_\_\_\_  
Date

*Please be sure to read our dietary, cancellation and smoking policies on the following page...*

**Please review carefully...**

**Dietary policy:** Mercy by the Sea makes every effort to ensure that all who dine with us experience the best in Mercy hospitality. Dietary needs can be addressed with our Chef. We can provide vegetarian, dairy-free and gluten-free options at meals with notification prior to arrival. MBTS does not have the ability to provide for medically necessary diets, allergy-free diets, personal preferences or diets designed for individual weight loss. Please note that our kitchen is not dietary specific or allergy free. Those allergic to nuts, gluten or other foods, especially those with severe allergies or with specific dietary restrictions, are advised to disclose all food allergies and restrictions prior to arrival. Persons with severe allergies are invited to bring prepared foods if deemed necessary.

**Our cancellation policy:** We understand that there are many legitimate reasons to have to cancel a reservation, some personal, some tragic and some are just unavoidable. Please understand, however, we are not able to sustain our operations unless we can count on your confirmed reservation.

Confirmed reservations are considered as commitments for the full cost of your retreat. If you cancel your retreat more than 3 weeks in advance of your retreat date, we will refund your payment **minus the non-refundable deposit**.

If you should cancel 3 or fewer weeks in advance of your retreat, we will refund your payment minus the non-refundable deposit only if we are able to fill the place you vacated.

We are not able to transfer your registration fee to another program. A full refund would, of course, be given in the unlikely event that Mercy by the Sea would need to cancel retreat/ program. Out of consideration for anyone who might be on a waiting list, please make a commitment to attend the entire retreat/program. No refund can be given if you arrive late or leave early during your retreat dates.

**Our non-smoking policy:** Mercy by the Sea is a smoke-free campus.