

**Subject:** Important Information re: Insight Retreat

Dear friends,

We are so looking forward to seeing you and practicing together at the Way of Insight Retreat, July 24 - 28 at St. Mary's Abbey in Morristown.

We're writing to review our agreements regarding COVID safety in preparation for the retreat. Please make the time to read this document as it contains important information you will need.

As you surely know, the conditions we are living in require a collective commitment to the well-being of the whole. We are doing everything we can to support the health and safety of everyone on the retreat and to help reduce transmission of the COVID-19 virus.

There are a few things we ask you to do before and during your retreat to reduce risk for all.

**Before Arrival:**

1. Please take extra care in the ten days before our retreat to minimize your risk of exposure to the virus: avoid crowded events and please wear an effective mask (surgical or N95/KN95) any time you are indoors with others.
2. Please make sure to bring a COVID rapid test with you to the retreat.

**Arrival at Retreat: Rapid testing and masking**

1. We require that you take a COVID rapid test during check-in. Please bring your own test for the first day, and someone will be available to support you in using them properly.
2. Masking will be optional at the retreat. **If you would like to wear a mask at any time, please bring a few masks for the retreat; we will have some extra on hand as well.**

**In the event of COVID-19 illness**

1. If you test positive for COVID-19 on arrival, you will be unable to attend the retreat and will need to leave the premises and make your own arrangements to self-isolate elsewhere. Unfortunately, we do not have the ability, resources, or expertise to support you or to provide space for self-isolation. Accordingly, we ask that everyone planning to attend the retreat come prepared with a plan for self-isolation should you test positive on arrival or during the retreat –

this plan should include places you could stay and travel arrangements for how to get there (that minimizes exposure to anyone else). If you are traveling from a distance for the retreat, you may want to consider self-administering a COVID antigen test 24 hours prior to the retreat before traveling.

2. If you experience symptoms during the retreat, you will be required to notify the retreat manager and/or teachers and to take another rapid test. If you test positive for COVID-19, you will need to make arrangements to leave the retreat. The teachers would be notified, and other retreat participants would be informed that there was a positive test result. We would not cancel the retreat for the remaining participants, but would implement a fresh round of rapid tests and wellness monitoring.

We thank you in advance for your understanding and support as we navigate how to hold retreats in this new era in a way that is safe and balances the needs for health and safety of our entire community.

We look forward to seeing you in July.

Warmly,

DaRa, devon, and Kimberly