

## Frequently Asked Questions about the 2024 Cornerstone Men's Retreat

Friday, February 9th at 6pm - Saturday, February 10th at 8pm

**Where is the Cornerstone Men's Retreat held?** The Retreat takes place on the campus of St. Monica's at 725 California Avenue, Santa Monica, CA 90403.

**How long has Saint Monica's been hosting Cornerstone Men's Retreats?** This is our 14<sup>th</sup> one at St. Monica's.

**Is there a cost to attend?** We ask all retreatants to contribute \$85 to cover costs of food and supplies for the entire Retreat; however, if for any reason you can't afford that amount, please just let us know.

**When should I arrive?** Please arrive by 5:30pm on Friday, February 9 to enjoy dinner with us.

**Is parking free?** Free overnight parking is provided in the underground garage.

**What about food & beverages?** Starting at 5:30pm on Friday, all meals with water/soft drinks/coffee, etc. are provided throughout the Retreat, including Saturday breakfast, lunch, and dinner.

**Do you accommodate special dietary considerations?** Yes. Please just let us know.

**What's the attire?** We recommend casual/comfortable clothing and shoes for the entire Retreat.

**Where do we sleep?** Staying overnight with the group is part of the bonding (and fun)! We supply an (already inflated) air mattress for you to sleep on, earplugs, and a bottle of water for overnight camping in the school auditorium. All you need is a sleeping bag.

**Can I shower on Saturday morning?** Yes, showers are available. Please bring a towel.

### What do I need to bring?

#### Clothes to bring

- Comfortable, warm clothes & shoes
- Sleeping clothes/pajamas
- Sweater/sweatshirt/hoodie/jacket
- Eye shades, earplugs & blanket if you need them

#### Personal Items to bring

- Pillow
- Bath towel
- Sleeping Bag
- Additional blanket if you get chilly
- Toiletries & medications

**What if I have additional questions?** Email us at [Mens.Cornerstone@StMonica.net](mailto:Mens.Cornerstone@StMonica.net)

**We hope you'll join us for this transformative event to help each of us to be better men!**