

# WELCOME

We welcome you among us, we thank you for having come here and wish for you peace and good luck. With these notes we would like to share with you the guiding principles of our life.

- ❖ We believe in living in this world with the respectful lightness of a **guest**, rather than the self assurance of an **owner**.
- ❖ Nature and faith provided us with this **privileged place**, which we intend to improve and preserve, with your help, for current and **future generations**.
- ❖ We consider ourselves as today's keepers of this **refuge of the soul**. We would like you to contribute with the mark of your own soul, This is the **commitment** we entrust you with,
- ❖ **Nonviolence** is the beginning of humanity and its only future. For us it extends to all living beings, including spiders
- ❖ We aim at establishing **harmony** through a balance between nature and culture, and a dynamic synthesis of different views about this world and life
  - Please, **respect** the environment of this place and the opinion of others; don't view diversity as a threat, but as a resource. Peace-building involves accepting the principle that winning together is better than just winning. When things go wrong, forgiving others and ourselves is a sublime rule of life.
  - Please, **respect** the furniture and objects in consideration of the work put into their production and the need of **preserving them for future guests**.
  - **Serenity** is not just a concept, but the result of specific behaviour and the sum of important details such as: speaking softly, respecting communal timetables, avoiding noises, trying to understand before answering, etc.
- ❖ **Conviviality** has its own limits and a sober approach is bound to strengthen it.
- ❖ **Silence** is just the opposite of emptiness. It represents an inner pause, which generates thoughts and adds depth to words.
- ❖ To avoid that the meeting of minds becomes an endless and aimless escape, we should meet ourselves first and sign a peace treaty with our **own inner self**.
- ❖ We are at your service within the constraints of our own commitments and timetables.
- ❖ By **improving yourself**, you improve the piece of world that is around you and contribute to the growth of the whole society.
- ❖ When many people have **the same dream** together, this dream has a good chance of becoming a reality. We invite you to **dream with us here**, but also beyond your stay in Gargnano.

*ENJOY YOUR STAY*

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## A few simple rules for living well in this convent

1. The hospitality we offer here with our guest-rooms is the same one traditionally made available by convents for travellers. As we are new to this task and also too few to carry out everything well, we are trying to establish our own approach, one which would put into practice the **spirit** described above. We ask you to play your part in this project. We are trying to promote the **responsibility and autonomy** of guests, because this place **is not supposed to be a holiday resort**. We would like to establish **our own special style** of hospitality, whereby inner rest, meditation, internalisation, and serenity would help you finding yourself. We Hope this is your aim as well.
2. The donation you are making is only your **contribution to the preservation of this building**. As we do not benefit of any form of institutional or private subsidy, we are simply proud of needing your collaboration, but this should not be an impediment to your presence.
3. You have received the key of your room together with that of the front door, which can be recognised by its coloured cap. Make take care of always **closing** this door behind you.
4. Please respect the rest of others and the spirituality of this place by keeping a **total silence after 11 p.m.** and appropriate dresses
5. **All lights** equipped with a luminous switch turn themselves off automatically. Please switch off all other lights manually.
6. **Spaces reserved to members of the convent** are not meant for the use of guests.
7. **Gli animali di compagnia** non sono ammessi in Convento
8. Shared **showers/bath** tubs can be found along the corridors and are marked by a sign. Please leave them tidy and clean.
9. You are in charge of **caring for your room**. If you need cleaning material please ask Maria. You have to protect any object of value in it, as the convent's management is not responsible for possible **thefts**.
9. If you need a **change of sheets or towels** or anything else, please ask Maria. Water is drinkable.
10. **Smoking is forbidden** indoors everywhere in the convent. When smoking in the cloister or in the garden, please use an ashtray.
11. Two **security doors** provide access to the back garden and can be open only from inside. Please **close them** after going back inside and keep them open with the stone while you are still outside.
12. You may use the tables and chairs located in the back garden, but please **put them back in their place** after moving them.
13. A **self-service breakfast** is available from 8.00 to 10 a.m. When making a hot drink (tea or coffee) outside breakfast time, please leave a contribution as indicated. Those who do not wish to go out for lunch or dinner can pay a small supplement for the use of the kitchen. Tools and surfaces should be **left tidy and clean**. We also ask you to dispose of your rubbish into the special drums located outside the kitchen by following **the recycling criteria** as indicated. Down hill our climbing street, where it joins the national road, you can empty the drums into the appropriate public containers.
14. **For any kind of needs you have**, please ring the bell of the convent. Somebody will come to help you.
15. Please inform us of any **malfunction** of the convent's fixtures.
16. If you wish to meet a member of our community or suggest **a friendly exchange** of ideas in the evening on fields of general interested, please let us know well in time.
17. You are **welcome to join us for morning prayers** at 8 a.m. and **evening meditation** at 7 p.m. Holy Mass is being held in the nearby church of St Thomas is being celebrated on Sunday at 9.15 am and on Wednesday at 5 pm.
18. Before leaving, you are invited to note, if you wish, your impressions and suggestions in the **Golden Book** located at the entry of the convent. This would leave a tangible memory of your visit and would help improving our hospitality.

**Thank you**