



COPTIC MONASTERY OF ST. SHENOUDA ROCHESTER-NEW YORK

GENERAL RULES AND GUIDELINES

St. Shenouda Monastery is a place dedicated to the worship and service of God, the Holy Trinity. It is a place of repentance and redemption for those leading a monastic life and those visiting on spiritual retreats. All visitors are welcome. In order to provide the proper atmosphere and respect of the monastery, it would be most appreciated if you follow the following guidelines:

1. We kindly ask all visitors to be modestly dressed since St. Shenouda Monastery is a sacred place. (No shorts, mini-skirts, sleeveless blouses, tight or transparent clothes, etc.)
2. If a monk is not immediately available when you arrive, we kindly ask that you wait until he returns.
3. Smoking, drugs, and alcohol are strictly forbidden everywhere on the monastery's grounds.
4. Pets are not allowed on the monastery premises.
5. Children must be supervised at all times and not roaming freely on the grounds.
6. We kindly ask that you respect the quiet and solitude of the monastery while on the grounds all the time.
7. Please refrain from loud talking and laughing.
8. We ask that you do not use the telephones during the service hours.
9. Please do not visit non-public areas of the grounds.
10. All visitors should observe the order of the monastery.
11. Non-Oriental Orthodox visitors are also welcome to attend the services, but must abide by the rules of the Coptic Orthodox Church.
12. During the Divine Liturgy:
 - a. Men should stand on the left side of the church and women on the right side of the church.
 - b. All women are required to cover their heads with a veil upon entering the chapel or the church.
 - c. All cell phones and pagers must be turned off.
 - d. We kindly ask you to please avoid any unnecessary movement.
13. Meals are eaten together in the assigned places and times.
14. The work, rest periods and services are conducted according to the monastery's schedule.
15. We ask all Coptic Orthodox Christians, before partaking in the Holy Communion, to:
 - a. prepare with **confession**;
 - b. obtain absolution **from your Father of Confession**; and
 - c. **abstain from all food and drink** from midnight or for nine hours if the time from midnight till communion is shorter than nine hours.
16. **Only** the Oriental Orthodox Christians, who are in full communion with the Coptic Orthodox Church, are allowed to partake of the Holy Communion.
17. Married couples, partaking of the Holy Communion, must be married in one of the Oriental Orthodox Churches.
18. Photographs (including videos):
 - a. may be taken of the buildings, the grounds and inside the Church;
 - b. should **not** be taken of the monks or guests without their permission; and
 - c. are not allowed during the services unless it has the blessing from the abbot or the monk in charge.

✠ WE PRAY THAT YOU HAVE A BLESSED VISIT TO ST. SHENOUDA MONASTERY. ✠

PLEASE REMEMBER US IN YOUR PRAYERS.

OVERNIGHT RETREATS (EITHER INDIVIDUAL, FAMILY, OR GROUP)

In addition to the following rules and guidelines specific for overnight retreats, please also respect and follow the GENERAL RULES AND GUIDELINES.

Registration

Please download, fill out, and send the appropriate forms at least 3 weeks prior to your planned retreat. For registration to be complete, you must:

- 1) download and complete the appropriate registration form (individual, family, or group).
- 2) download a permission letter for your church priest to fill out.

Please send these to Br_Antonious@frontiernet.net or mail to the monastery mailing address. Please wait until you are contacted with confirmation from the monastery before making final arrangements to visit the monastery.

Permission Letter

A permission letter is required for anyone who intends on taking an overnight retreat to the monastery, whether an individual, family or a group. Please note that the registration **will not** be complete unless you have a permission letter from the church priest sponsoring this overnight retreat at the monastery. For church retreats, one (1) permission letter must be submitted on behalf of all the individuals that will attend the retreat at the monastery.

Supervision

For GROUP RETREATS, there must be one adult servant for every five (5) youth under age 18 of the same gender. One of the servants is to be the designated Retreat Coordinator that communicates with the monastery for coordination and any issues. Servants are required to stay in each building used. Servants are expected to maintain discipline of their group to ensure a blessed retreat experience for everyone.

Safety Rules

Church groups or anyone spending an overnight retreat at the monastery must make safety a priority. Retreatants are responsible for their own insurance, and, by signing the agreement on the registration form, waive all right of action against St. Shenouda Monastery. A certificate of insurance is required to be presented to the monastery once the church group arrives.

Curfew

There is a curfew in the monastery at 9:00 PM that lasts until 8:00 AM (in particular, the Coptic Mission Center). During this time, no one is to be outside of assigned areas without an adult. Please respect the experience of others on the property. Also, the City of Rochester has implemented a city-wide curfew at 11:00 PM. If any youth is found on the street after this time, they may be picked up by the city police and returned to the monastery.

Cleaning

Retreatants are responsible for leaving the facilities in the same condition (or better!) in which they were found. This includes the grounds, the rooms, including thoroughly cleaning the bathroom area and removing all trash. All materials that can be recycled, including cans, glass, plastic bottles and newsprint, must be cleaned and disposed of.

Female Retreatants

Female retreatants are allowed to visit the monastery. However, if they stay overnight, they will be asked to spend the night at a monastery site that is separate from the main monastery grounds.