

MEAL OFFERING INFORMATION

Thank you for offering a meal! Here's some information that you might find helpful.



Please arrive at the Hermitage by 10:30 am to reheat or finish preparing your meal. It should be ready to be **offered no later than 11 am**. The monks must finish their meal by mid-day, and they return to their monastic schedule at 1:00 PM, so we ask that you plan on leaving by then.

Wondering what and how much to bring?

The monks eat one meal a day, so we try to meet their daily nutritional needs through this single meal. A good rule of thumb is to bring a balanced meal with about the amount of food you'd bring for *both* lunch and dinner. Remember to bring enough for yourself too! Please plan to take home any leftovers. If you have questions, feel free to contact me (contact information below).

Never offered a meal before?

If you're unfamiliar with how meals are offered (there's a bit of ritual), please feel comfortable asking one of the monks or me for guidance.

Directions to the Pacific Hermitage -- 65 Barnedt Rd, White Salmon, WA, 98672

From **Washington Hwy. 14**, in Bingen, Washington:

- Turn **North on WA 141 / Oak St** (just west of the Texaco station) to White Salmon (Note: Oak Street turns into Jewett Blvd as you near White Salmon)
- Turn **Right on Estes Ave** (after Riverview Bank and Feast; across from Ace Hardware)
- Turn **Right on Spring St** (one street north of Cherry; look for brown Gaddis Park sign)
- Continue down Spring St (which becomes Barnedt Rd) past a mobile home park on the right. The road soon becomes unpaved and travels through forest, past a "no dumping" sign, and then past a wide area with a wooden corral on your left. Continue up a hill for a short way and turn **left** onto the Hermitage driveway at the **65 Barnedt Road** sign. You made it!

Can't offer the meal?

If you find that you won't be able to offer the meal, please contact me **as soon as possible**, so I can make other arrangements.

Thank you again for your generosity! Please contact me if you have questions or need assistance.

Colleen Regalbuto, Meal Dana Coordinator 🙏

Email: dana@pacifichermitage.org

Call or Text*: 503 560 6402 *If texting, please write "Meal Dana", and then include your name.