



44 Moore Avenue • Worcester • MA 01602 • USA
phone: 1-508-234-6540
web: www.fcs-bilotta.com
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It is important for you to review the following information.

Travel & Arrival

If you are flying, you can choose to fly in and out of the Boston Massachusetts airport or the Providence Rhode Island airport:

- **Boston Logan International Airport**
- **T.F. Greene International Airport** outside of Providence RI

Worcester Massachusetts is about 40 miles southwest of Boston and about 35 miles northwest of Providence.

If you arrive at Boston's Logan Airport or at Providence's T.F. Greene Airport you would arrange ahead of time for the **Knight's Airport Limousine Service** to transport you by shared van service to our residence: Sabbath House, 915 Pleasant Street, Worcester, MA 01602.

Knight's telephone number is: **1-800-822-5456**.

Their web site address is: **www.knightsairportlimo.com** .

You can book your reservation with Knight's via their web site as well as via telephone.

You pay Knight's fee directly either via a credit card or cash in US currency.

It would be customary to give the van driver a small gratuity, e.g. \$5-\$10 if you desire. You would give the gratuity to the driver that brings you to the residence. (Sometimes there is a transfer in Framingham coming from Boston.)

**** Once you have made your travel arrangements,** please e-mail to us your travel arrival schedule, (**date, airline, flight #, airport arrival time**) so that we can track and anticipate your arrival at the residence in Worcester. If we do not know when you are arriving, we might not be there to greet you and settle you into the house.

Also, let us know your departure plans, i.e., date and travel arrangements.

**** If on the day of arrival you are delayed** for any reason –

please telephone Francis (our innkeeper) on his mobile phone **1-617-605-4169** to update him concerning your anticipated arrival details.

Francis will greet you at Sabbath House and settle you into the house.

Knight's Airport Limo Service automatically tracks arriving flights. They will be at the airport when you eventually arrive. If there is a **change in airline or flight number** it would be helpful to telephone them, **1-800-822-5456**, so they will know your revised arrival schedule.

If there is no response from Francis,
call Vinnie at 1-508-887-1062,

or George at 1-508-835-6054.

Residential Facility in Worcester – Sabbath House

The address and post address for the residence is:

**915 Pleasant Street
Worcester, MA 01602, USA**

Telephone: 1-508-459-9466

Please only use the Sabbath House address for your personal mail while you are residing with us. All payments and official correspondence between you and FCS should be sent directly to our administrative office at:

FORMATION CONSULTATION SERVICES
44 Moore Avenue
Worcester, MA, 01602
USA

To reach the **office voice mail**, telephone: 1-508-234-6540

To communicate with Vinnie or George Bilotta via telephone or email:

E-Mail: formation@fcs-bilotta.com

George's direct number: 1-508-835-6054

Vinnie's direct number: 1-508-887-1062

A Home Away from Home

Sabbath House is your home away from home. The house, as home, was planned and renovated with the conscious intent to support and to enhance your sabbatical with us. Experiencing a secure gut feel for being at home is comforting and reassuring. You will be undertaking some important ongoing human formation work during your stay with us. So we invite you by saying – *Welcome! Make yourself at home! This is your home away from home. You are more than a guest. You will be treated like welcomed family.*

The house has been designed to massage your senses. Through colors and textures you will experience a gracious and pleasing environment. The visuals will indulge your eyes. The furnishings will comfort and help your body to relax. You will experience that your home away from home will invite you to slow down, unwind, linger, and take up the interests of the day with renewed adventure and energy. The interior of the house is calming. It will help you to dislodge any stress that you may have brought with you. Most participants come to us tired (some exhausted) with some feel of wear and tear deep within their being. A restful, ease-filled, and enjoyable home can be a restorative antidote to the endless demands of ministry. A sense of home will add softness to the harshness that life sometimes imposes. Home represents that external and internal experience that rhythmically nurtures and soothes the body, mind, heart, and soul.

Much thought, experience, and effort went into the renovation and goes into the ongoing maintenance of Sabbath House. Your comfort is a priority for us. You should experience an exceptional quality of hospitality, harmony, and serenity throughout the physical environment of

the house. Externally, you will be caressed through calming and restful colors, textures, lighting and furnishings. Each room will greet you with a tender eye-massage. The structural aspects of Sabbath House will embrace you with softness, delight, interest, and generosity. Your home away from home will support and enliven your sabbatical experience with us. Internally, Sabbath House will feel like a warm embrace, like a parent gently and substantively supporting your exploration and growth.

Unlike a larger institutional type setting, Sabbath House surrounds you with intimate graciousness. You are not a number. You do not need permission to go anywhere or to do anything within the house. It is your home away from home. Open the cabinets. Take what you need from the refrigerator. Making a favorite cup of tea is a signature of our hospitality. Sabbath House will often host a small international community. We accommodate a maximum of five guests. Our innkeeper lives on the premises.

As a large 16-room refurbished house situated in an older established residential neighborhood, it was built in 1907. It has a turn of the century shingle style architectural design. FCS updated, remodeled, and refurbished the house from top to bottom in 2008-2009. The first floor hosts a handsome entryway, large formal living room with fireplace, formal dining room, walk through butler's pantry, kitchen with eating counter, a half-bathroom, and a family style sitting room with television. Adjoining the family room and overlooking the spacious backyard is a 4-season sunroom that is windowed for the cool seasons and screened for the warm seasons.

The second floor contains four bedrooms. One bedroom has a private bathroom. The other three bedrooms share a large bathroom. The third floor contains two bedrooms and a shared bathroom. Our innkeeper has a bedroom on the third floor. The ground floor holds the library that contains books, DVDs, videotapes, CDs and audiotapes for your use. The library is an excellent resource center that contains helpful and valuable materials on likely subjects and issues that you will be discussing with your primary facilitator. There is also a laundry, computer room, and half-bathroom on the ground floor.

The house has central heating with individual air conditioning units for each bedroom. If you require your private space to be a little warmer or a little cooler we may be able to assist you with an additional heater or adjusting the air conditioning unit in your bedroom. Outside the house is a large and generous backyard with cultivated gardens.

Worcester, Massachusetts, is the second/third largest city in the New England area (Worcester and Providence compete on any given day for this title). It thus offers the amenities that accompany a small city. It is about 1-hour's ride southwest of Boston and about a 3.5 hour's ride east of New York City. Worcester is easily accessed via air from Boston or Providence, or locally by train, bus or car.

A short walk from the residence is Christ the King Parish. Further on is Tatnuck Square with coffee shops and a few interesting stores for browsing. In the other direction is another small area of shops and further on Elm Park. And still in another area, about a mile away is Assumption College. In the opposite direction is Worcester State College. Sabbath House is on a major bus route that will transport you to downtown.

The guideline for Sabbath House is basically to be tidy, to pick up after yourself, and to respect others with whom you are living. We ask our guests to keep the bathrooms in order after use. If you warm up food, we expect you to cleanup after yourself. The house is nonsmoking. Smoking is only permitted outside the house.

Guest Bedrooms

Each guest at Sabbath House has a private bedroom with bed, chest of drawers, desk, lounge chair, etc. The room furnishings are first class, comfortable and pleasing. Each guest is responsible for cleaning and maintaining his/her own bedroom throughout their stay with us. Within the bedrooms and throughout the house we do not permit open flames like candles of any type, the burning of incense or oils, nor any small electrical element meant to heat a cup of water, coffee, etc.

There is a vacuum cleaner and standard cleaning supplies for your use. All other areas of the house are maintained professionally.

There is a **laundry** on the ground floor with standard laundering equipment and supplies, along with an iron and ironing board for your use. Guests are responsible for laundering their own bed linen and towels during their stay. Upon arrival your bedroom will be clean with fresh linens already on your bed, etc. Upon departure, we will take care of cleaning your room, etc.

Meals and Snacks

As previously mentioned, Sabbath House is a small community residence which at any given time may have from one to a maximum of five guests along with the innkeeper. We try to accommodate everyone's food requirements and desires as reasonably as possible. Being a small community whose numbers can fluctuate quickly, and who come from various areas of the world, we have developed through experience a flexible and leisurely approach to meals and snacks. Again, Sabbath House is your home away from home. So within reason, we will attempt to stock in the refrigerator and in the pantry what you like, just as you would at home.

Breakfast and the noon meal are always self-catering. There are standard breakfast foods available e.g. coffee and breads, teas and juices, fruits, hot and cold cereals, and for the more adventurous bacon and eggs, etc. Our guests enjoy the flexibility of having their noon meal whenever their schedule and mood coincide. For the evening community meal Francis prepares dinner Monday through Thursday for everyone in the house. He is a very fine cook. Upon your arrival he will discuss your food requirements. So if you have an allergy, e.g. allergic to fish like I am, he will provide you with an alternative. The evening meal is for everyone to come together to break bread, to relax, enjoy nourishing tasty food, to share stories, to enjoy the company and small community spirit.

Throughout the day as in any home there are refreshments, tea, coffee, soda, juices, fruit, cookies, crackers, leftovers, pastries, etc. If you have a hunger attack during the day or night, you might heat-up a can of soup, a prepared frozen pizza, light frozen entrée, or select from leftovers

in the refrigerator, etc. We try to be somewhat health conscious in the foods purchased for the house. We do not supply alcoholic beverages, but sometimes we will serve wine at a meal for a special occasion. We also try to be ecologically minded. We recycle paper, plastics, glass, etc. Also, we do not purchase bottled water. The water in Worcester is excellent. Drink and enjoy from the tap.

As many of our participants have become increasingly conscious of health and diet as well as personal health restriction, upon your arrival we will discuss with you your dietary needs. We do our best to accommodate requests. If you require a special diet, this can usually be accommodated in some manner. It would be most helpful if you could inform us in advance if you require a special diet for your stay with us.

However, Sabbath House is not a diet center, and is not a restaurant. We provide wholesome, delicious, and balanced foods and meals for a small group of guests. Some requests are simple. Other requests are more complicated due to allergies. We will do our best to accommodate your needs within reason. Depending upon the request there may be an additional fee.

Food can sometimes become the object through which some might air personal frustration, stress, agitation with life, etc. At Sabbath House we are gracious, generous, hospitable and welcoming. If you are ever displeased or a situation remains unresolved, please communicate your situation directly to me, George. Your situation will be attended to promptly. However, if you do not inform me, then the situation may go unresolved for you.

Daytrips

Occasionally, Francis will organize a weekend daytrip for anyone interested. There is much diversity and points of interest within a 50-mile radius.

Internet Access

Sabbath House is fed with a high-speed Internet cable connection. The residence has also been equipped with wireless conductivity. Through your laptop you will be able to access the Internet and your email anywhere within the house and in the backyard. On the ground floor of the house there is a computer area with a house computer and printer. Most participants bring a laptop computer with them. We highly recommend that you bring a laptop computer with you, not only for emailing but also for your work with us at FCS. However, it is not absolutely necessary for you to have a laptop. It is for your personal convenience.

You need to make sure that your laptop has wireless connectivity in order to utilize the wireless capacity in our residence. If it does not, you might want to consider having the laptop outfitted with this capability. Most new laptops of the past few years have this capacity as standard equipment.

If you do not have wireless connectivity, and you want to drag for example your email directly into your computer, you can accomplish this by bringing your laptop to the computer room. You would simply plug your laptop directly into the wireless cable modem via an Ethernet

cable that would connect your laptop directly into the high-speed Internet cable service at the residence. There is an Ethernet cable available for this purpose already connected to the wireless modem in the computer area.

Telephone

Participants are encouraged to bring a mobile phone. If you need the occasional use of a telephone, there is a portable phone on each floor of the residence that you can bring to your bedroom for privacy. The house phone has voice mail capacity for messages if you do not have a cell phone.

In an emergency, if someone needs to contact you, they should not only leave a voice mail message on the residence phone, 1-508-459-9466, but they should also call our office telephone at 1-508-234-6540.

Dress, What to Wear

Dress is casual. However, you might want to bring something special if you plan to go to the theatre, symphony, etc. Anticipate March to be a bit cool as winter ends, and April through May to be spring-like with the end of May and beginning of June to be more like summer. Fall begins to cool in mid-September with the winter chill starting in December. The heart of winter is in January through mid-February. Again, the residence has central heat throughout the house and air conditioning in the bedrooms. So the temperature within the house is pleasing year round.

Health Insurance

On occasion a participant has had a healthcare situation requiring medical attention. Prior to coming to Sabbath House, we recommend that you check with your health insurance provider to make arrangements for additional and comprehensive health insurance coverage while you are with us in the US. Some non-US policies cover only a fraction of actual costs incurred. You need to be specific in requesting adequate coverage. If you have a health situation, and have not arranged for sufficient health coverage, you may be surprised with an expensive invoice from the hospital, emergency room, and/or doctor. Medical attention, especially in the emergency room of a hospital is expensive in the US.

If you do become ill, please inform your primary facilitator, our innkeeper, and the main office immediately, so that we can assist you.

Visa

If you are a non-U.S. citizen, once you are officially registered for a specific program with us, if you need we will post to you a Visa support letter for your Visa application with the U.S. Embassy. We encourage attention to the Visa process since the U.S. Embassy in some countries can be rather slow in processing applications. Also, if you anticipate that you might possibly extend your stay in the US with us or touring about, we recommend that you request a 1-year Visa.

Program

From time to time we make adjustments to our programming. We reserve the right to make changes to the program at anytime. If you would like to add extra sections to your program, this can usually be accommodated, again at an additional fee.

Your Guests

Sometimes a guest of yours would like to stay at our facility. First check with me to arrange for space. A standard room and board fee will be added to your account.

Sometimes a Provincial, Bishop or Superior would like to visit or consult with you and us. You should inform such a person that he/she should first go through you to make arrangements prior to contacting us.

We look forward to meeting you and working along with you.

If I can be of further assistance in anyway whatsoever please contact me.

George

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