

General Information About Our Home Natural Health Retreat

Praise God that you are coming! We welcome the privilege of serving you and pray that our Heavenly Father will bless you in your quest for better physical and spiritual health. Here is some important information to prepare you for the trip and your stay.

Besides assisting with your physical challenges, our goal is to foster an environment that will provide you with an opportunity to relax. One way to do this is to refrain from using your tablet or laptop. The benefits of a media fast are underestimated. In addition, cell phone usage should be minimal and only when outside of Our Home. This is not just for your benefit but also for the safety of those whose health is challenged by high frequency electromagnetic waves. (EMF) **Cell phones are to be turned off or kept on airplane mode while indoors.**

WHAT TO BRING/WHAT NOT TO BRING

In preparing for your visit to Our Home Natural Health Retreat, the following list of items will help you in deciding what you should and should not bring.

To bring:

1. Personal toiletries, such as shampoo, toothpaste, soap, etc.
2. Sleepwear (include sleepwear you don't mind getting castor oil or charcoal on), long robe, slippers, and shower shoes (or flip flops)
3. Dry Skin Brush with natural hair and long handle (highly recommended) or loofah sponge.
4. Therapy gowns are available for therapy. Men can bring cotton boxers if they rather.
5. Modest, casual, and dress clothes suitable to the climate and according with Christian standards. No halter tops, tank tops, or tight-fitting clothing.
6. Walking shoes, indoor shoes, a hat to protect from the sun, rain gear, boots or waterproof shoes, especially in colder weather.
7. A recording device if you would like to record the health lectures.
8. A Journal.
9. A Bible (preferably the King James Version), if you own one.
10. A positive attitude.

Please Do Not bring:

1. Televisions, radios, secular or gospel rock music.
2. Secular readings, such as magazines, novels, etc.
3. Food, snacks, tobacco, alcohol or hard drugs.
4. Pets.
5. Your own health program or agenda.

Travel Arrangements

If you need to make contact with us during travel on Sunday, please call **731-358-5993**.

You will need to arrive at the Nashville airport Sunday (the first day of the session) **before 11:00 am**. (Please be mindful that other health guests may be arriving also and that there may be a minimal wait.) **You will be met outside of your terminal**. There will be someone there with a M.E.E.T. Ministry sign or the driver will call you.

You should **arrive** at M.E.E.T. MINISTRY at approximately **1:00 p.m. (after your flight arrival at BNA)**. For those traveling by automobile, please arrive no later than 1:30 p.m. You will be served a meal; lunch is served at 1:30 p.m. You can get settled with your belongings and enjoy nature.

Orientation begins at **4:00 p.m. at the Health Center**.

Please make your **return flight** arrangements for the last day of the session on **Thursday (18-day program) or Wednesday (10-day program)**. Flight times should be between **10:00 a.m. and Noon**. (Remember the airport is located two hours away from our facilities and requests arrival 2-3 hours prior to departure).

For those traveling that may need to arrive before Sunday, you may need to **make arrangements** at a local hotel in Nashville near the airport. Please call M.E.E.T. Ministry at (731)244-2140 or (731)358- 5993 with appropriate information to arrange for us to pick you up **on Sunday**. If no answer, please leave a message with your name and telephone number. **If travel arrangements are needed outside the proposal travel schedule for arrival and or leaving the session; an additional \$100.00 may be required to accommodate the additional trip.**

SUGGESTIONS FOR HOTELS NEAR NASHVILLE AIRPORT

Country Inn & Suites by Radisson
590 Donelson Pike
Nashville, TN 37214
(615) 434-6759

Super 8 Hotel
720 Royal Parkway
Nashville, TN 37214
(615) 889-8887

Marriott Hotel
600 Marriott Drive
Nashville, TN 37214
(615) 889-9300

Destination

OUR HOME NATURAL HEALTH RETREAT 145 Our Home Drive
Huntingdon, TN 38344
731-244-2140

FOR YOUR INFORMATION

Meal Service

Meals will be served at the following times:

Breakfast 7:30AM

Dinner 1:30PM

Supper 5:30PM Only if necessary and written on your program

All meals will be served "buffet style". Please let the Health Center manager know if you are expecting guest and if they will be having meals. Meals must be paid for in advance, \$15.00 each.

Telephone Calls

Cell phones usage is prohibited inside Our Home Health Center due to the nature of the illness of many of our guests. On another hand, they can be used on porches or during your outdoor walks. We still invite you to limit calls to ½ hour to limit your own exposure and help you focus on your program. Also keep in mind that we are going to bed early!

Business Office & Bookstore

Both are open 9:00 AM – 5:00 PM Monday through Thursday
The office is closed between the hours of 1:30 PM -3:00 PM for lunch.

Mail

Outgoing mail must be deposited in the office by 12:00 p.m. in order to be taken by the postman the same day. Incoming mail for health guests will be distributed by health center staff. Stamps may be purchased from the business office on a limited basis Monday – Thursday, 9 am – 5 pm

Visiting Hours

2:00 PM – 8:00 PM Sunday through Friday

9:15 AM – 8:00 PM Sabbath

Visitors are welcome with the understanding that there can be no interruption of the scheduled activities. They are also invited to join you for any of the lectures that are given during the time they are here. We do request that visitors not stay beyond the evening meeting. We further request that one guest not have more than 2 or 3 visitors at once - Other guests may wish to have visitors too or may just want to sit in the living room or lounge and relax.

Visiting Between Guests

For visiting with other guests, please feel free to use the lecture area or living room. After 8:30 PM most guests prefer quiet. Your cooperation is appreciated. Please remember lights out is at 9 PM, so all guests can rest.

Videos/DVDs

During your free time you may want to take advantage of the videos that are kept in the lecture room. Many health subjects are available for your further learning. There will be a list of required viewing.

Literature

You are welcome to read any of the books found in the lecture room. Copies of these books may be available for purchase.

Television, Radio & Recorders

We discourage TVs on the campus and in the Health Center. The television is for viewing videos only. It is not to be used for viewing movies, soaps, game shows, or any other programming. Health lectures, sermons, and music are a few of the different types of tapes available for your listening enjoyment.

Dress & Social Standards

Since this institution is a health retreat, and not a spa or a resort, it is only to be expected that both men and women be modestly attired at all times. The association between men and women must be on a high level to maintain the good name of the institution and its Christian principles. A dignified reserve should be maintained.

Laundry

Machines are provided for health guests in the hallway off the kitchen. Please plan your laundry time so that it is completed one hour before therapies begin (8:30 a.m.) or started after therapies and treatment laundry are completed for the day.

Town Trips

We discourage all but very **necessary** town trips through Health Center personnel, because of loaded schedules. Please see a health center staff member if a trip is necessary.

Off Health Center Grounds

Leaving MEET Ministry grounds is strongly discouraged while enrolled at Our Home. This allows you to maximize your stay. Should you need to leave the ministry ground, guest should secure permission and sign a release of Responsibility Form. Absolutely no leaving is permitted during the cleansing week.

DIRECTIONS TO M.E.E.T MINISTRY

From Interstate 40, take exit #108, which is Highway 22. Go North on Hwy 22 (toward Huntingdon), to the town of Clarksburg (about 5 miles). You will see:

- First Bank on right
- J&J's Gas Station on right
- Post Office on left

Turn left on street just before Post Office – Purdy Road.

Follow this road approximately 3 miles until you see a fork in the road – Purdy Road and Neely Road.

Bare left onto Neely Road.

Continue across the intersection. It is now Neely Lane. Notice a white house on the corner to the right.

Go about ½ a mile until you see the sign M.E.E.T. Ministry on your right. You are now on M.E.E.T. Ministry grounds. After you pass the 2 yellow buildings on the right, continue about ½ mile to 'Our Home Drive' and turn right. Continue onto **OUR HOME HEALTH CENTER** will be on the road to the left.

WELCOME TO M.E.E.T. MINISTRY!