

FREQUENTLY ASKED QUESTIONS



WHAT IS THE COST TO ATTEND MAXIMIZE?

Early-bird pricing for this all-inclusive retreat course is only \$800 for single occupancy / \$750 per person for double occupancy. On May 1, the price jumps to \$900 (single) / \$850 (double). {These prices are significantly less than average for a similar course/retreat experience!}

A non-refundable deposit of \$100 will reserve your spot! {If paid before May 1, the deposit will lock in the early-bird price.}

WHAT IS INCLUDED?

In addition to the course, the following will be included: overnight accommodations [5 nights], adoration, confession & daily Mass, study guide, daily meals {Tuesday dinner through Sunday lunch}, coffee & water available during scheduled retreat hours, and plenty of time for fellowship, relaxation, as well as communal and personal prayer & reflection.

ARE OTHER AMENITIES AVAILABLE AT THE RETREAT CENTER?

Yes, as the course schedule permits, all guests are welcome to explore, pray and meditate throughout the beautiful grounds which include:

- Wooded outdoor Stations of the Cross
- Chapel
- Walking trails through 400 acres of woods and fields
- Walking Pilgrimage, over 20 shrines and statues to prayerfully walk Bookstore and Giftshop

* Retreatants may arrive early on Tuesday or remain later on Sunday. Trails, etc are accessible from dawn to dusk.

* Click [HERE](#) to view/download the Trail Map

WHAT ARE BEDROOM / SHOWER / BATHROOM ACCOMMODATIONS?

Bedrooms have either 1 or 2 twin beds OR 1 full bed. Married couples will be placed in a room with a full bed, so those requesting double occupancy, but aren't married can have the rooms with 2 twin beds.

- Bed linens, pillows & pillowcases are provided
- Showers and toilets are located at the end of each hall [the bathrooms were remodeled in 2020, they are very clean and nice]
- Bath towel, handtowel, & washcloth are provided [a fresh supply will be provided if/when necessary to refresh towels in your room]
 - Each floor has specific men & women's bathrooms and a shared handicap accessible one.
- Each bedroom has: bed(s), a sink, mirror, chair, small writing desk with chair and small hanging rack on the wall.
- A vending machine (with sodas) is available {coffee & water will be available during retreat hours}
- Refrigeration is available for medical or dietary needs {all items should be labeled}.
- The building is equipped with an elevator and is handicap accessible

WHAT SHOULD I BRING WITH ME?

- Toiletries (soap, shampoo, etc). Hair dryer & other personal necessities. Comfortable shoes for walking outside
- Pen
- Personal water bottle with screw lid

OPTIONAL:

- Bible
- Journal
- Bug Spray
- Flashlight
- Clothes hangers (if you need these, none are provided)
- A Sweet &/or Savory Snack to Share (during fellowship time) Money for vending machine (soda only)

*Retreatants can bring sodas/other beverages to be consumed with meals, but these cannot be consumed in the bedrooms. {Meals include tea & water, juice is available with breakfast}

**DOES THE RETREAT CENTER HAVE DEPENDABLE CELL SERVICE?
IS WI-FI AVAILABLE?**

Yes and yes. WiFi login will be given upon check-in.

NOTE: Phones & computers can be an extreme distraction. Committing to no (or very limited) use will assure that you get the most out of your retreat experience. The old saying is true, "you get out of something what you put into it."

**IF THERE IS AN URGENT MATTER AND SOMEONE NEEDS TO REACH
ME, WHAT NUMBER SHOULD THEY CALL?**

The FRP phone # is: 502.303.1996 (call or text)

or email: info@familyrenewalproject.com

WHAT IS THE REFUND POLICY?

Cancellations must be submitted in writing via email to info@familyrenewalproject.com

Notifications submitted before May 30, 2026 (60 days before the course) will be refunded 100% of amount already paid, less the \$100 deposit. Notifications submitted between May 31 - July 14 (2 weeks before the course) will be refunded 50% of amount already paid, less the \$100 deposit. Refunds for notifications submitted after July 15, 2026 will be subject to the retreat center releasing funds to FRP. If no funds are released, then no refund will be made. Maximum refund amount will be 50% of amount already paid, less the \$100 deposit; but we cannot guarantee any amount of refund.

WHAT IS THE DAILY SCHEDULE?

Tuesday, July 28, 2026

4-5:00pm = arrive/check-in prior to the first day schedule that will include dinner, initial welcome & announcements, (hopefully) Holy Mass, a lecture, and conclude with Night Prayer

Wednesday - Saturday, July 29 - August 1, 2026

The days will begin early with optional Morning Prayer / Rosary, Evening & Night Prayer will be included, as well as three meals, lectures, (hopefully) daily Adoration, Confession, & Holy Mass

Sunday, August 2, 2026

The day will conclude by 1:00pm and will definitely include Holy Mass, a final lecture, checkout procedures, breakfast & lunch; we hope it will work out for attendees to invite your family (spouse/children/grandchildren) to attend Holy Mass and lunch with you, then enjoy the beautiful grounds at the retreat center

* We will publish the complete schedule ASAP

WILL MASS BE AVAILABLE ON SUNDAY AND DAILY?

Mass on Sunday will definitely be available. It is our hope to make Mass available every day of the course. Once the schedule is finalized, we will update this information.

WHAT IS THE MINIMUM / MAXIMUM NUMBER OF PARTICIPANTS?

To meet the requirements of the retreat center, a minimum of 12 registrants is necessary before January 14, 2026. Our goal is a wonderful retreat for 50 participants.

CAN I ATTEND THE COURSE EACH DAY, BUT NOT SPEND THE NIGHT?

Commuting will greatly detract from the enrichment of a retreat. Giving yourself the gift of time away from your usual routine and responsibilities and allowing yourself to be immersed in the teachings, prayer, fellowship and God's creation will greatly enhance your overall experience. If there are extenuating circumstances that prohibit you from remaining onsite at night, please let us know so we can plan accordingly.

ARE PARTICIPANTS REQUIRED TO BE CATHOLIC?

No. If you have a body, Theology of the Body is for you!

WHO CAN ATTEND? ARE THERE AGE RESTRICTIONS?

The course is designed for adults 18 and up. Youth accompanied by parents must be at least 13 years of age.

WHAT IS THEOLOGY OF THE BODY?

Read more here: <https://www.familyrenewalproject.com/about/>

I'VE PREVIOUSLY ATTENDED A TOB COURSE, WHY SHOULD I ATTEND THIS COURSE?

Every TOB course is different and most are just lecture without the opportunity for sacraments, fellowship, and processing spiritually throughout the experience. MAXIMIZE is 30 hours of lecture, but the total experience includes so much more. There is nothing like an immersive experience that gives you the time and space to ask questions, pray, and let the depth of Christ's Love sink into your heart while others are sharing the same experience. This builds community and strengthens marriages and friendships as well. Regardless of what you've previously attended or read or listened to, this will be different. This retreat course has been created with our Archdiocese of Louisville in mind ... you don't want to miss this!

WHAT IS THE RETREAT CENTER ADDRESS & DIRECTIONS?

Mount St. Francis Retreat Center

101 St. Anthony Drive

Mt. St. Francis, IN 47146

(812) 923-8817

(For Directions click [HERE](#))

If you have a question(s) that isn't addressed here, please contact us at:
info@familyrenewalproject.com | 502.303.1996 (call or text)