

FREQUENTLY ASKED QUESTIONS



WHAT IS THE COST TO ATTEND MAXIMIZE?

Early-bird pricing for this all-inclusive retreat course is only \$550 per person. On July 1, the price jumps to \$650. {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 July 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 {Sunday dinner through Friday 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?

The grounds of Gasper River offer many accommodations and opportunities. There is a Pavilion overlooking the river. There are several recreation opportunities including Volleyball courts, a mini golf course, several large fields great for group games, basketball courts, 4-square, 9-square, disc golf, 9-square in the air, and the ever popular Gaga Ball. There are also many prayer spaces on the grounds including a Rosary Walk by the river, a Marian grotto, a Stations of the Cross hiking trail, and a Stations of the Cross walk along the river. There are several hiking trails, including a trail that leads up to the Frassati Overlook, a deck overlooking nearby farms all the way to Jackson Bridge Rd.

WHAT ARE BEDROOM / SHOWER / BATHROOM ACCOMMODATIONS?

Accommodations at Gasper River Retreat Center are dorm style twin-size bunk beds with comfortable, Tempur-pedic style mattresses. Women will stay in one building and men in another. Each bedroom area is accommodated with a bathroom with showers and changing areas.

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
- Water shoes or flip flops for the showers
- Your own bedding (favorite sheet and blanket or sleeping bag, and a pillow
- A towel and washcloth

OPTIONAL:

- Bible
- Journal
- Bug Spray
- Flashlight
- A Sweet &/or Savory Snack to Share (during fellowship time)

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

The retreat center does have wifi and cell service. 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?

Gaspar River Office: 270-781-2466

WHAT IS THE REFUND POLICY?

Cancellations must be submitted in writing via email to sara.lewis@pastoral.org

- Notifications submitted before September 3, 2025 (60 days before the course) will be refunded 100% of amount already paid, less the \$100 deposit.
- Notifications submitted between September 4 - October 19, 2025 (2 weeks before the course) will be refunded 50% of amount already paid, less the \$100 deposit.
- Refunds for notifications submitted after October 19, 2025 will be subject to the retreat center releasing funds. 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?

Sunday, November 2, 2025

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

Monday - Thursday, November 3-6, 2025

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

Friday, November 7, 2025

The day will conclude by 1:00pm and will include a final lecture, checkout procedures, breakfast & lunch.

* We will publish the complete schedule ASAP

WILL MASS BE AVAILABLE DAILY?

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 July 1, 2025 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?

Gaspar River Catholic Youth Camp and Retreat Center
2695 Jackson Bridge Rd.,
Bowling Green, KY, 42101
(270) 781-2466

From the North/West: Take Western Kentucky Parkway to the Natcher Parkway. Take Natcher South to Exit 26 (Morgantown). Turn right onto Hwy 231. Travel approximately 12 miles and turn right on Hwy 626. Travel 2.5 miles on 626 and camp entrance will be on the right, about half a mile after crossing the bridge.

From Bowling Green: Take Hwy 231 for six miles past the Natcher Parkway. Turn left on Hwy 626, travel 2.5 miles and camp entrance will be on the right.

From the South: Take I 65 to Exit 20B-Natcher Parkway. Take Natcher Parkway North to Exit 7 (US-231). Turn right onto Hwy 231 and travel 6 miles. Turn left onto Hwy 626, travel 2.5 miles and camp entrance will be on the right, about half a mile after crossing the bridge.

From the North: Take I 65 south to exit 20B-Natcher Parkway. Take Natcher Parkway North to Exit 7 (US-231). Turn right onto Hwy 231 and travel 6 miles. Turn left onto Hwy 626, travel 2.5 miles and camp entrance will be on the right, about half a mile after crossing the bridge.

From the West: Take Hwy 68/80 to Natcher Parkway. Take Natcher Parkway north to Exit 7 (US-231). Turn right onto Hwy 231 and drive 6 miles. Turn left onto Hwy 626, travel 2.5 miles and camp entrance will be on the right, about half a mile after crossing the bridge.

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