

## **“It all happens in Awareness”**

### **“let your sangha be your teacher” – Ajahn Viradhammo**

The Buddhist Place is hosting our annual 3-day Sangha retreat this year on November 8<sup>th</sup> – 11<sup>th</sup>, 2018. It is a non-residential retreat which will combine mindfulness in daily life practice with gathering together for silent group meditation as well as mindful walking amongst the fall leaves. We will practice presence on our own and also gather to eat hearty soup and breakfast together and practice as a community with members taking roles to share teachings with each other. The theme is “it all happens in awareness”.

The retreat will begin Thursday evening with our own practice. An email will be sent at 6 pm on Thursday initiating the retreat with reminder of the theme, guidelines and encouragement of sitting and quiet that evening. Another email will be sent out at 6 am on Friday morning with a short morning reflection and reminder of morning sitting and taking our practice into daily life through our day. We then gather for group practice on the Friday evening for meditation, talk and loving kindness chanting from 7-9. On Saturday, we will have a day of formal silent practice with guidance and reflection beginning with a 7 am sitting. Practice on Saturday will include breakfast and lunch and continue to 4:30. On Sunday morning we will gather for sitting and walking meditation, loving kindness and brunch to close off.

The retreat is being offered freely with invitation for donations. To support our practice and various community works, we are hoping to raise funds through the generosity of donations. Suggested donation of \$100 or what one is able to offer when we gather. All donations are tax deductible.

We are hoping most people will be able to participate in the full retreat. However, in the spirit of community and mindfulness in daily life, we are also inviting the practice of meeting life as it happens. Thus, anyone is welcome and may attend and join whatever portions of the retreat they are able. Please register as soon as possible. If you are only able to attend portions, let us know again if able. You may contact Jessica Dyck at [jessicadyck@hotmail.com](mailto:jessicadyck@hotmail.com) to register or to send inquiries.

The non-residential retreat is being hosted this year at 291 Burnham St. in the studio at don and David’s place.

with metta, The Buddhist Place

Yes, I \_\_\_\_\_ am attending email: \_\_\_\_\_

I am attending the whole retreat \_\_\_\_\_

Because of life commitments, I can only attend \_\_\_\_\_

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## **Sangha Retreat Schedule**

### **Thursday evening**

6:00 – email initiating the retreat with guidance will be sent to participants  
Evening practice on one’s own

### **Friday**

6:00 a.m. – email with reflection and guidance

Friday day – practicing Mindfulness in Daily Life

7- 9 p.m. – gather for meditation, talk and loving kindness

### **Saturday**

7:00 a.m. – sitting

8:00 a.m. – breakfast

9:00 a.m. – reflection and sitting

10:00 a.m. – walking

10:45 a.m. – sitting

11:30 a.m. – walking

12:30 p.m. – lunch

2:00 p.m. – sitting with reflection

3:00 p.m. – walking

3:45 p.m. – sitting

4:30 p.m. – we break to practice mindfulness in daily life for evening

### **Sunday Morning**

10:00 a.m. – reflection and sitting

11:00 a.m. – walking

11:45 a.m. – sitting with loving kindness meditation

12:30 p.m. – brunch

