



The July 24th tornado in Northampton County elicited an outpouring of compassion from local residents. But we do not need a disaster in order to cultivate compassion in our everyday lives. On this retreat we will practice mindfulness in order to water wholesome seeds in our consciousness. One of our beautiful seeds is compassion. An integral part of the path to happiness and well being, compassion arises when we are in touch with suffering. Compassion is an expression of love.



DEEPENING COMPASSION

SEPT 25-28 2014



“To love our enemy is impossible. The moment we understand our enemy, we feel compassion towards him or her and he or she is no longer our enemy.” — Thich Nhat Hanh

❖ MINDFULNESS RETREAT ❖

The Salt Marsh Sangha invites you to a mindfulness retreat in the tradition of Thich Nhat Hanh. The retreat is residential with silent sitting meditation, indoor and outdoor walking meditation and daily Dharma talks by our teacher, Dharma discussions, and Sutra services. The retreat is suitable for beginning and experienced meditation practitioners.



Retreat Logistics

Date and Time: Please arrive between 5:00 and 6:00pm on Friday, Sept 25th. The retreat ends at 3:00pm Sunday, Sept 28th.

Registration: Registration opens Aug 1st, 2014 and closes Sept 18th, 2014. Space is limited so please register early. Registering early greatly supports retreat planning efforts.

Setting: Our retreat will be on a historic property and former plantation on the Eastern Shore of Virginia, a few miles northwest of Eastville. After you have registered, you will receive detailed driving instructions.

Lodging: A variety of accommodations are available. You may bring a tent or camper. Indoor accommodations include beds or a mattress or pad on the floor. **Please bring your own bedding and towels.**

Retreat Costs: Early registration (before Sept 5th) costs \$85.00. After Sept 5th, the cost is \$100.00. This amount covers food for retreat participants and transportation for Leslie. No one is turned away due to inability to pay.

Scholarships: Scholarships and payment plans are available from the Salt Marsh Sangha. Contact the Retreat Director.

Retreat Director: Rudi Whitmore, 330-883-6307 rudiwhitmore@gmail.com

Dana Donations: The teachings of the Buddha are considered priceless. By tradition, Dharma teachers do not charge for their teachings. At the retreat there will be an opportunity to make a donation to Leslie to support her living and teaching. For normally employed people, \$75 is suggested, but not required.



Our teacher **Leslie Rawls** is a Dharmacharya (Dharma Teacher) in the Order of Interbeing. She received Lamp Transmission from the Venerable Thich Nhat Hanh during the 2008-2009 Winter Retreat in Plum Village, France. In 1995 Thich Nhat Hanh ordained Leslie as a lay Buddhist minister in the core community of the Order of Interbeing with the Dharma name, True Realm of Enlightenment.

Leslie has studied Buddhism since 1970, but her study did not become a living practice until she encountered Thich Nhat Hanh. Leslie has a husband and 2 adult children. She teaches mindfulness meditation weekly in a prison. One Dharma Teacher describes her as "articulate, insightful, and extremely kind."

Registration

To register, complete the form, cut on seam and return.

Name _____

Mailing Address _____

City/State/Zip _____

Cell Phone _____

Home/Work Phone _____

Email _____

Please order sleeping preferences, 1-3, 1 being your first choice.

- I'd prefer to camp
- Indoors, on a mattress or pad on floor
- Indoors on a bed, I can share with _____

Please describe any physical limitations you have, so we may plan with your comfort and safety in mind.

All meals are vegetarian. Please list any dietary restrictions, although we may not be able to meet them:

Food planning and prep is an area that benefits from having one or two primary people. Would you be willing to be one of those? Yes! _____

I can come early Friday to help with setup and preparation, arriving between: 12 - 2 2 - 4

I can stay after 3 on Sunday to help with clean up.

I'm enclosing \$ _____ for my registration. I'd like to offer scholarship money. Here is an additional \$ _____

Please return form and payment to:

Salt Marsh Sangha C/O AJ Johnston
PO Box 473
Eastville, VA 23347

Checks are payable to Salt Marsh Sangha