

<p style="text-align: center;">Peace Is Every Step</p> <p style="text-align: center;">A Mindfulness Retreat</p> <p style="text-align: center;">In the Tradition of Thich Nhat Hanh with Dharma Teacher Chan Huy</p> <p style="text-align: center;">February 19 and 20, 2000</p> <p style="text-align: center;">Camp New Hope, Chapel Hill, NC</p> <p style="text-align: center;">Registration form</p>	<p>Conditions for true happiness are always around us, but often we are wrapped in our anger, sorrow, or despair and unable to touch them. During this retreat, we learn to enjoy the happiness in this moment. We will sit in meditation together, walk mindfully outdoors, enjoy tea, and discuss the art of mindful living in daily life. We will reduce our talking by 90 percent and enjoy silent meals to help us be aware of the elements of true happiness present in us, in our loved ones, and in our surroundings. Those who have studied and practiced the Five Mindfulness Trainings will have an opportunity to receive them from Chan Huy in a Mindfulness Trainings Transmission Ceremony on Sunday.</p> <p style="text-align: center;">Retreat information</p>
--	---

Other area events with Dharma Teacher Chan Huy:

- *February 17, 2000, 7:30 p.m.* Evening Dharma Talk, Eno River Unitarian Universalist Fellowship, 4907 Garrett Road, Durham, NC 27707, contact: Kim Warren at 919-220-0321
- *February 18, 2000, 7:30 p.m.* Evening Dharma Talk, Exploris Museum, 201 East Hargett St., Raleigh, NC 27601, tel: 919.834.4040

Retreat and area events supported by the Eno River Buddhist Community and the Raleigh Mindfulness Meditation Group.

For more information on these events, please contact Kimmy Le, 919-870-9057; KLE@Dot.State.nc.us.



Chan Huy comes from a family with four generations of Thich Nhat Hanh's students - from his grandmother to his children. Thich Nhat Hanh ordained Chan Huy as a Dharma teacher in 1994. He lives in Montréal, and is a leader in nearby Maple Village. Chan Huy is a member of the Elder Council of the Order of Interbeing, coordinator of the Order's Education and Training Committee, a member of the Interfaith Council of Montréal, and Director of the Maple Buddhist Society. He teaches mindfulness meditation and leads retreats throughout North America. He is a professional engineer with two children.

Peace Is Every Step

Retreat Registration Form

Registration Information

Name: _____

Address: _____

Hm Phone: _____ Wk Phone: _____

E-mail: _____

Retreat information and directions to Camp New Hope will be mailed to you after we receive your registration and payment. Do you want this information sent to you via e-mail instead? (circle one) yes no

In case of emergency, please contact: Name: _____ Phone: _____

Check here if you would like information regarding transmission of the Five Mindfulness Trainings.

[back to Peace is Every Step](#)

Retreat Information

Cost and Registration: \$70. This fee includes two meals on Saturday and one on Sunday, and covers the cost of the facility for meditation. Since this is a non-residential retreat, housing is not included.

The deadline for us to receive your registration form and check is February 5, 2000. Please mail to Kim Warren, 826 Cartman Drive, Durham, NC 27704-2318. Checks should be made out to *ERUUF* (Eno River Universalist Unitarian Fellowship) with *Mindfulness Retreat* on the memo line. Please plan to attend the entire retreat.

Some partial scholarships may be available. Contact Kim Warren at (919) 220-0321 or warre016@mc.duke.edu.

Retreat Facilities: The retreat will be held at Camp New Hope near Chapel Hill, North Carolina. Camp New Hope is located in a peaceful, wooded setting, making it ideal for quiet weekend retreats. Note: Camp buildings are handicapped accessible.

Housing: This is a non-residential retreat. For information about nearby housing options, please contact Kerry Mead at 919 468-0835 or kmead@iname.com.

Meals: Meals provided during the retreat are lunch and dinner on Saturday, and lunch on Sunday. All meals served will be vegetarian.

What to Bring: Warm, comfortable, loose clothing for sitting meditation and exercises; gloves, hats, walking shoes for outdoor walking in nature. If you prefer to sit on the floor, be sure to bring a cushion and a zabuton or blanket. Chairs will also be available. Please bring your own cup or mug; plates and utensils will be provided for meals.

Schedule:

Saturday, February 19, 2000

8:30 a.m. Check-in

9:30 a.m. Program begins

Sunday, February 20, 2000

9:00 a.m. Program begins

8:30 p.m. Program ends
(Vegetarian lunch and dinner included)

3:00 p.m. Program ends
(Vegetarian lunch included)

[back to Peace is Every Step](#)