

# Welcoming Home Our Ancestors A Mindfulness Retreat

Offered by BEGINNER'S MIND SANGHA

October 27 - 29, 2000

with an optional extra day, October 26

Soldier Mountain Resort, near Fairfield, Idaho

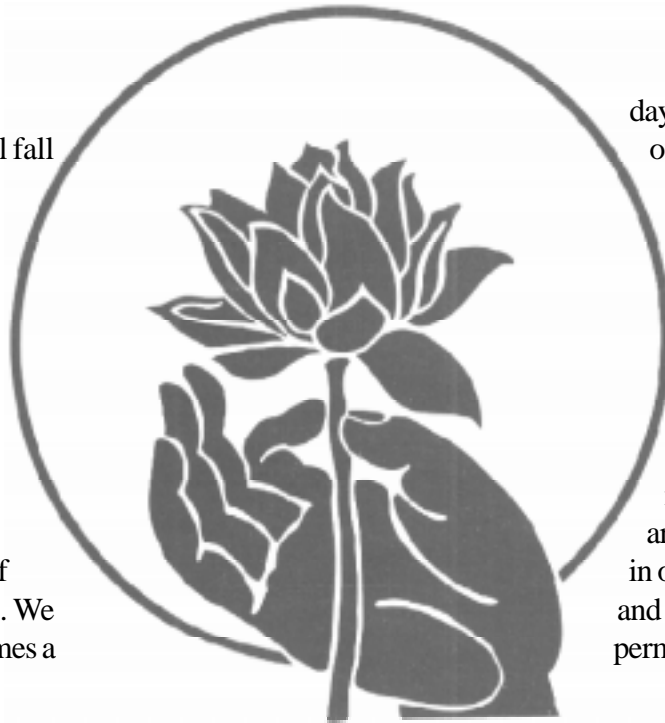
*Your sangha—family, friends and co-practitioners—is the soil, and you are the seed. No matter how vigorous the seed is, if the soil does not provide nourishment, your seed will die.*

*A good sangha is crucial for practice.*

— Thich Nhat Hanh

Please join the Beginner's Mind Sangha for our annual fall mindfulness retreat led by Minh Tran, a Vietnamese lay monk who lives in Montreal, Canada.

During this retreat we will stop much of our usual activity, simplify our lives and practice meditation to calm our minds. We will look deeply at our thoughts and feelings and touch that place of peace that is already within us. We will sit in meditation several times a



day, walk mindfully indoors and out, share tea with joyful awareness, and discuss opportunities for living our lives in awareness.

Our teacher will lead us along the path in both silence and compassionate understanding. We will have time with him to touch the refreshing, healing and nourishing elements inside and around us, things we might miss in our everyday lives. Quiet joy and a sense of community will permeate this time together.

## Retreat leader

Minh Tran was invested as a Dharma-charya (dharma teacher) by Thich Nhat Hanh ("Thây") in 1994. His dharma name is Chan Huy ("True Radiance"). He is a member of the Elder Council of the Order of Interbeing and is the coordinator of the Order's Education and Training Committee. Minh Tran teaches mindfulness meditation classes for French Canadians at Huyen

Khong and Lien Hoa, two Vietnamese pagodas in Montreal.

In addition to these responsibilities, Minh Tran says, "I try to support and help Thây in his work in the United States with Maple Forest Monastery and Green Mountain Dharma Center." Minh Tran is also a professional engineer with two children.

Please come to Soldier Mountain Resort to help us welcome this gentle man back to Idaho.

## Honoring Our Ancestors

Retreat participants are asked to bring a picture or memento of an ancestor to share as a part of the ceremony on Saturday night.

### Extra Night & Day

For those who are interested, Beginner's Mind Sangha Order of Interbeing members and aspirants will offer mindfulness practice beginning Thursday evening. This extra night and day of practice before our teacher arrives will provide an opportunity for you to deepen the retreat experience.

### Registration

*Thursday:* Registration begins at 5 p.m. Dinner will be served at 6:30 p.m.  
*Friday:* Registration begins at 4:30 p.m. Dinner will be served at 6 p.m.  
Late arrival is fine either day.

*Space is limited at this retreat. You are encouraged to register early to ensure your place.*

Soldier Mountain Resort, about 100 miles east of Boise, nestles at the base of the Soldier Mountains and enjoys expansive views of the Camas Prairie. This beautiful and peaceful setting is a wonderful place for walking and sitting meditation. Accommodations are in comfortable 4- to 6-person cabins a short walk from the zendo (meditation hall). Bedding and towels are provided. Bring warm clothes, slippers or heavy socks for the zendo, meditation pillows or bench, a throw, and heavy walking shoes for outdoor meditation (ground may be wet or snowy).

### Fees

Friday evening, Oct. 27, through Sunday afternoon, Oct. 29 . . . . **\$165**  
Thursday evening, Oct. 26, through Sunday afternoon, Oct. 29 . . . . **\$225**  
Fee includes lodging and three vegetarian meals daily, as well as travel expenses and compensation for our teacher.

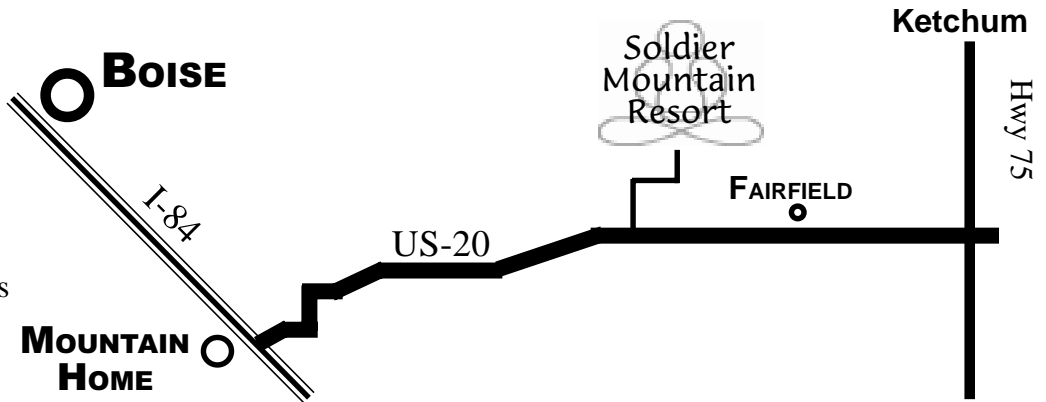
**Deposit and cancellation policy**  
**Fees must be paid in full by Oct. 10. A \$50 deposit is required to reserve your place. The deposit is refundable only if you notify Dane Lyons of cancellation by Oct. 10.**

### Scholarship Fund

Remember, the Beginner's Mind Retreat Scholarship Fund is available for those who need assistance in paying retreat costs. Scholarships may encompass delayed or reduced payment. Contact M'Tae at 208-383-9616 or e-mail mtae@micron.net.

### Questions?

For more information, contact Dane Lyons at 208-585-3652 or e-mail ddslyons@aol.com. A registration packet with retreat information will be sent upon receipt of your deposit.



### Directions:

From Boise, take I-84 to the second Mountain Home exit (US Highway 20). Go north and east on US 20 toward Fairfield/Sun Valley. About five miles west of Fairfield, watch for a sign on your left saying "Soldier Mountain Resort." Turn left (north) and follow the signs about three miles to the resort. If you find yourself in Fairfield, you've gone too far.

From Ketchum, take Highway 75 south to the US Highway 20 junction. Turn west onto US 20, go past Fairfield about five miles, turn north at the "Soldier Mountain Resort" sign. The resort is *not* at Soldier Mountain ski area.

Drive time is approximately 2 hours from Boise, 1.5 hours from Ketchum. Ride sharing is encouraged.

### REGISTRATION FORM

Please mail with a check or money order made out to Beginners Mind Sangha to:  
Dane Lyons (208-585-3652 or ddslyons@aol.com)  
23353 N. Duff Lane  
Middleton, Idaho 83644

Name(s) \_\_\_\_\_  
Street \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ -day \_\_\_\_\_ -eve. E-mail \_\_\_\_\_

Preferred cabin mate(s) \_\_\_\_\_

This \_\_\_\_\_ is \_\_\_\_\_ is not my first retreat.

Amount enclosed \$ \_\_\_\_\_ Check \_\_\_\_\_ Money order \_\_\_\_\_. Balance due \$ \_\_\_\_\_ Scholarship donation \$ \_\_\_\_\_

