

Retreat Registration

**Go as a river,
(not as a small drop of water)**

A Mindfulness Retreat

In the Tradition of Thich Nhat Hanh with Dharma Teacher Chan Huy

May 9-11, 2003

The Summit Retreat Center, Greensboro, NC

Sponsored By:

The Mindfulness Practice Center of Durham

The Community of Mindful Living – Uufr (Raleigh)

Greensboro Meditation Group -- UUCG

Healing Springs Community of Mindful Living (Red Springs, NC)

"Sangha is not a small drop of water. Sangha is a river. Only a river can go to the sea. And we have to be one with the sangha." Thich Nhat Hanh

During this retreat, we will learn the true Joy of mindfulness, the ease of the practice and the depth of the transformation that can occur when we are surrounded by a Sangha [community]. 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 peace in ourselves, in our loved ones, and in our surroundings.

Chan Huy, "True Radiance," comes from a family with four generations of Thich Nhat Hanh's

students, from his grandmother to his two children. He was ordained by Thich Nhat Hanh as a Dharma Teacher in 1994. He teaches mindfulness meditation and leads retreats throughout North America.

If you have wanted to hear Thich Nhat Hanh in person but have not been able to do so, Chan Huy can give you a taste of that experience. He is among the most accomplished and articulate of Thich Nhat Hanh's lay Dharma Teachers. You will know from his presence that he embodies the practice of mindfulness.

The cost of the retreat ranges from \$235 to \$305 depending on the type of room that you select. . Meals will be vegetarian. The number of people we can accommodate at the retreat is limited and space is available on a first-come first-serve basis, so please register as soon as possible.

Check-in begins at 5 p.m. on Friday, May 9, 2003 with dinner being served at 6pm. The retreat will conclude mid-afternoon on Sunday, May 11, 2003.

Retreat confirmation, information and directions will be emailed to you after we receive your registration form and payment.

Retreat information will also be posted at www.mpc-d.org. More information about the retreat site can be found at <http://episcopalsummit.com/>.

Cancellation Policy: Cancellations made before 4/8/03 will be refunded in full less a \$50 processing fee. Cancellations after 4/8/03 are refundable only if we have a replacement (again less a \$50 processing fee). Please note that there is no refund for late arrivals or early departures.

To register, please complete the information below and return with a **\$110** check payable to RCWMS (the Resource Center for Women and Ministry in the South is the fiscal agent for the Mindfulness Practice Center of Durham). If you have requested a single or double room, you will be notified by email and can pay the balance at that time. For further information, please contact Bud at budrl@earthlink.net or 919-667-0965.

Registration Form

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A Mindfulness Retreat

May 9-11, 2003

The Summit Retreat Center, Greensboro, NC

Name _____

Street Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____

Fax _____

Email address _____

Male _____ Female _____

Amount enclosed _____ (Please enclose deposit of \$110.)

- I prefer a single (motel-style room, very limited availability) (\$305)
- I prefer a double (motel-style room, limited availability) (\$265)
- I prefer a dormitory bed (8 bunk-beds per room) (\$235)
- I have special dietary needs:

- I am differently abled and need special accommodations: _____
- My second choice for rooming is single/double/dorm? _____
- My preferred roommate(s) is _____

Please make checks payable to RCWMS

Send the form and payment to:

Bud Reiter-Lavery

1505 Tyler Court

Durham, NC 27701-1260

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