

Return Address: Open Way Sangha  
702 Brooks St.  
Missoula, MT 59801

# Transforming the Seeds of Suffering, Cultivating the Seeds of Joy



Fall 2004 Mindfulness Retreat  
with Dharma Teacher

*Chan Huy*

sponsored by Open Way Sangha

**September 16-19, 2004**  
**at Camp Child**  
**near Elliston, Montana**



Chan Huy



Main Lodge at Camp Child

## **Camp Child Retreat**

The retreat is residential with periods of sitting and walking meditation and daily Dharma talks by our teacher. Periods of silence and being wonderfully together are an important part of the retreat experience, as well as the small group discussions.

Camp Child offers forest, field, and streamside walking, and a comfortable hall for sitting meditation. This retreat is designed for people beginning practice and for experienced meditators. Participants are encouraged to attend the full retreat.



## Chan Huy

Minh Tran, a Vietnamese engineer who now lives in Canada, comes from four generations of Thich Nhat Hanh's students, from his grandmother to his children. His Dharma name given by Thich Nhat Hanh is *Chan Huy*, True Radiance, and those who have attended retreat with him can attest to the appropriateness of this name. The last time he graced us with his teaching, people called it "a weekend of love and joy and laughter." His profound understanding of the Dharma combines with a deep caring for all, and we benefit just by being in the same place and time with him. We also appreciate his great sense of humor that makes us feel the joy of being alive!

*"This is not an intensive practice ... (In your daily life) it asks of you only one short meditation period each day. But it is a continuous practice, asking us to be mindful of every moment."*—Chan Huy

## Transformation at the Base

The theme of the retreat is taken from the book *Transformation at the Base, Fifty Verses on the Nature of Consciousness*, by Thich Nhat Hanh. This is a book on Buddhist transformational psychology. Vietnamese Zen master Thuong Chieu said, "When we understand how our mind works, the practice becomes easy." In exploring the realms of consciousness and their activity, we can learn to transform our suffering into joy and nurture the wholesome seeds that exist within us.

**Retreat Format:** Registration is between 5:00 and 6:30 p.m. on Thursday, September 16. The retreat will end around 3:00 p.m. on Sunday, September 19. We appreciate volunteers who can come early to help set up or stay later to help clean up.

**Lodging and Food:** Accommodations are in the main lodge or cabins, or you may bring your tent or camper. While practicing mindfulness in the kitchen, our sangha will prepare delicious vegetarian meals. We can usually accommodate special dietary needs if you give us advance notice.

**Dana Donations:** The teachings of the Buddha are considered priceless; teachers do not charge for their services. At the retreat there will be an opportunity to make a donation to Chan Huy to support his teaching. For normally employed people, \$75 is suggested.

**Scholarships:** No sincerely interested person is denied attendance because of finances. Various scholarships and payment plans are available from Open Way. Contact Bill Gallea to apply.

## Questions/Contacts:

Bill Gallea, Retreat Coordinator  
P.O. Box 6622  
Helena, MT 59604  
Phone: (406) 443-2179

In Missoula, Peggy Mallette can answer questions: 626-4463

**Retreat Cost:** \$165 for Open Way Members and \$175 for nonmembers registering before Sept. 1. After Sept. 1, please add \$10 for late registration. Registration ends Sept. 10.

## Registration Form

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Evening Phone \_\_\_\_\_

Day Phone/Cell Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Open Way Member?  Yes  No

**I have enclosed the full price of the retreat**

**I have enclosed a deposit (\$75)**

**I have enclosed an additional \$\_\_\_\_\_ for the scholarship fund to help cover retreat expenses for a fellow practitioner who needs assistance to attend**

**I am applying for a scholarship**

Will you be bringing a tent or camper? \_\_\_\_\_

Do you have special dietary needs? If so, please list:

\_\_\_\_\_

I can come early to help set up

I can stay late to help clean up

I can help prepare food in advance

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Please return form and payment to  
**Bill Gallea, Retreat Coordinator**  
P.O. Box 6622  
Helena, MT 59604