

Coming Home

A Mindfulness Retreat with Brother Chan Huy
Offered by Beginner's Mind Sangha

October 29th to 31st, 2004

Nazareth Retreat Center
4450 North Five Mile Road, Boise, Idaho

"The miracle is not to walk on thin air or on water but to walk on Earth. The Earth is so beautiful. We are beautiful also. We can allow ourselves to walk mindfully touching Earth our wonderful mother with each step. We don't need to wish our friends 'Peace be with you.' Peace is already with them. We only need to help them cultivate the habit of touching peace in each moment."

Thich Nhat Hanh (Thây)

At a time when many of us feel overwhelmed by the challenges facing us in our daily lives, by the problems confronting our families, communities and nation, and by the pressures of global conflict and oppression; we sense a need for action against a background of lives already too busy. Beginner's Mind Sangha invites you to explore and design a plan that will change your life. We will embark on the Path of Joyful living.



First we will stop. In the seclusion of retreat and the embrace of Mindfulness we will begin to examine the power of our habit energy. We will begin to notice the very things in our lives we practice. The actions that have become habitual create our joy and create our suffering. Webster's Dictionary defines *practice* as thus: "To do or perform something habitually or repeatedly; to make a habit of." The experience of ourselves away from our daily routines, provides an opportunity for us to ask: What are the elements of my practice in which I choose to engage? What am I practicing that keeps me dispersed and anxious as my life seems to slip away? What from my experience here am I willing to integrate into my daily life? Am I willing to Come Home to myself?

Our Retreat Site

Nazareth Retreat Center is a secluded urban retreat location with a large pond, walking paths, birds and many beautiful trees. It is located at 4450 N. Five Mile Rd., between Ustick Rd. and Chinden Blvd. in West Boise. Accommodations are in 1- to 2-person rooms close to the zendo (meditation hall) and are ADA-accessible.



About Brother Chan Huy

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 as a Dharma Teacher by Thich Nhat Hanh 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.

ARRIVAL TIME

In order to create a mindfulness container for this retreat please plan to participate all three days.

Friday: Registration 4:30 pm; dinner 6 pm. Late arrival is fine.

REGISTRATION AND CANCELLATION POLICY

A \$50 deposit is required to reserve your place. Refunds will be considered on a case by case basis.

A registration packet with retreat information will be sent via e-mail or postal service upon receipt of your deposit.

SCHOLARSHIP FUND

Beginner's Mind Retreat Scholarship Fund offers assistance in paying retreat costs, either by delayed or reduced payment.

CONTACT

Bill Holland-Smith
Registration Coordinator

208-796-2144
208-828-2828 (wk)
billghs272@yahoo.com

REGISTRATION FORM

Please mail with check or money order to **Beginners Mind Sangha**: C/O Bill Holland-Smith, 11928 W Tilli Rd., Mountain Home, ID 83647

Name(s) _____ Male _____ Female _____

Street _____

City _____ State _____ Zip _____

Phone _____ day _____ eve _____ E-mail _____ (For confirmation only)

Preferred roommate _____ This ___ is ___ is not my first mindfulness retreat.

Costs:

Commuter: _____ \$90

Residential: _____ \$145 Singles Shared Room, _____ \$170 Singles Private Room, _____ \$275 Couples

_____ \$50 deposit enclosed. (Non-refundable deposit and this form are required to hold your space. Balance due by Oct 20th).

Amount enclosed \$ _____ Check _____ Money order _____ Balance due \$ _____ Scholarship donation \$ _____

