

"Doing The Next Right Thing"

Meditation Retreat at Holy Wisdom Monastery

January 12-14, 2018 Madison, WI

With David Haskin, Jan Sheppard & Steven Spiro

Our friend and teacher, Cheri Maples, frequently said we should always "try to do the next right thing." By this, she was encouraging us to ground our thoughts, words and actions in each moment with compassion, wisdom and freedom from suffering. This enables us to mindfully apply our practice as we engage ourselves, others and the world at large - with all its joys, sorrows and injustices.

This "Thaypassana" retreat format draws from the mindfulness teachings of both Vietnamese Zen Master Thich Nhat Hanh and the Theravada tradition of tranquility and insight meditation. You need not be familiar with either tradition to get the most out of the retreat. This retreat is appropriate for those newer to mindfulness meditation and for experienced practitioners, and includes 30-45 minute periods of sitting and walking meditation, Qigong, and group discussion.

Friday, January 12, 10:00am - 8:00pm
Saturday, January 13, 8:00am - 8:00pm
Sunday, January 14, 8:00am - 3:00pm

This retreat offers both residential & non-residential options. Residential availability at Holy Wisdom Monastery is limited; additional lodging is available at nearby hotels (details on next page).

Non-residential Cost: \$170

Residential Cost: \$325

Steven Spiro is a chaplain in the Zen Peacemaker Order, teacher and creator of Breathing Earth Qigong, and a core member of SnowFlower Sangha in Madison. He served as an EMT, is a Reiki Master, and volunteers in hospice. He's an artist, husband, grandfather, gardener, and dog lover.

Janice Cittasubha Sheppard is a Lay Buddhist Minister in the Theravada Thai Forest lineage of Ajahn Chah and Ajahn Sumedho, and a Community Dharma Leader through Spirit Rock Meditation Center. She teaches meditation locally, at Meriter Hospital, and in WI prisons.

David Haskin has been a student of Vietnamese Zen Master Thich Nhat Hanh since 1993 and is an ordained member of his core practice community, The Order of Interbeing. David teaches mindfulness and meditation in WI prisons and to people in recovery, combat veterans and to men's groups.

Please see next page for retreat details and to register.

This flyer is also available at www.mindfulnessandjustice.org

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Course details and registration form...

Cost:

Non-Residential: \$170: Retreatant will not lodge overnight at Holy Wisdom Monastery, but commute to the retreat (from home/hotel/etc.), while still doing one's best to maintain Noble Silence/the retreat atmosphere for duration of retreat.

Residential: \$325: Holy Wisdom Monastery has very nice - but limited - overnight lodging available; most are single rooms, with a couple rooms holding 2 twin beds, and 2 separate "hermitages" (all have private bathrooms). If there are more retreatants than beds available at Holy Wisdom, we have arranged blocks of rooms at nearby hotels at a reduced rate. **Lodging** accommodation will be on a first-received basis, with the first registrations being assigned to Holy Wisdom for lodging. If there are more residential registrations than beds available at Holy Wisdom, the retreat manager, Maureen, will provide instructions re: the hotel lodging available, and refund the residential portion of your registration fee.

Costs include 3 vegetarian lunches & 2 dinners, (& continental breakfast & lodging for residential retreatants), coffee/tea, retreat facility, and other retreat expenses. There is no charge for the teachings. The cost includes no compensation to the instructors; however, a donation (dana) to the teachers is encouraged (more info provided at time of retreat).

Financial Assistance: There may be a limited number of partial scholarships available, depending on donations. Contact Maureen at info@mindfulnessandjustice.org for more information.

Deadlines & cancellations: Please register early for the retreat, as it always fills. All cancellations are subject to a nonrefundable \$25 fee; cancellations on or before Dec.15 will be refunded the retreat fee, less \$25. No refunds can be given if cancellations are received after Dec.15.

Registration: By U.S. mail only. Confirmation will be provided by e-mail along with additional retreat information. Participation is on a first-received basis. If the registration becomes full, you will be placed on a waiting list, to be contacted if space becomes available. By registering, you agree to have your email shared with Holy Wisdom Monastery. Send questions to: info@mindfulnessandjustice.org.

To Register: Please make checks payable to "Maureen Brady" and mail with registration form below to:
Maureen Brady, 4161 Veith Ave, Madison, WI 53704

REGISTRATION FORM: PLEASE PRINT LEGIBLY, **DETACH BELOW** & MAIL WITH PAYMENT

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Name _____ Address _____

City _____ State _____ Zip _____ Cell Phone _____

e-mail (**LEGIBLE**, please!) _____

CHOOSE ONE: *Non-residential Option* (\$170) _____ *Residential Option* (\$325) _____ Though we cannot guarantee room assignments, please indicate if you want a double room (two twin beds), & name of roommate: _____

Enclosed is a scholarship donation of \$ _____ Total amount enclosed \$ _____

Briefly Describe Your Meditation Experience (how many years practiced, what is your daily practice, approx. # of retreats attended):

CHOOSE ONE of the following (there is not enough room in the meditation hall for both a spot on the floor *and* a chair for each person):

I will bring my own cushion/bench to sit on _____ I will use a chair provided by facility _____

Dietary Restrictions: Gluten Free/Vegan? _____