

SANDPOINT SANGHA'S MARCH RETREAT

"REFINING OUR PERCEPTIONS"

A meditation retreat with Linda Ries and Terry Iddins

N-SID-SEN Camp on Lake Coeur d'Alene

Friday March 8th 4:00 pm to Tuesday March 12th, 1:00pm 2019

Fee: \$350 - \$400 "Sliding Scale Double Occupancy"

Our overarching goal for this retreat is to work toward the integration of Dharma practice with everyday life. Since the results of our practice are reflected in the relationships and activities of ordinary life, we can truly say that we study and practice for the benefit of all beings. We will work toward this goal during five days (four nights) of silent retreat.

Together we will participate in:

- Practice instruction
 - Dharma talks
- Walking and sitting meditation
 - Mindful movement

This retreat is suitable for people who have experience with meditation, and who have done some work toward establishing a regular practice, even if it is not daily.

*(If you are interested in this retreat, but have little or no meditation experience, please write to: **Kathleen Eldred** bkeldred51@gmail.com describing your interest and meditation experience.)*

To enhance your experience of this retreat, try including the following activities in your daily practice:

1) Contemplate the Four Thoughts That Turn The Mind to the Dharma at the beginning of your daily practice session and several times per day (handout attached). Try to bring the meaning of these contemplations into daily activities.

2) Read (or re-read) Thich Nhat Hanh's book, *The Heart of Understanding* (available online in pdf format). The first chapter, "INTERBEING", deserves deep and repeated study.

We will adhere to **noble silence** except during question and answer sessions.

Accommodation is two in each room unless there is a medical need for single occupancy. Only vegetarian food will be served. All electronic devices are expected to be turned off for the duration of the retreat.

The retreat is sponsored by Sandpoint Sangha

Scholarships Available contact smccahon526@gmail.com

For more information: www.SandpointSangha.com

2019 SANDPOINT SANGHA'S FOUR NIGHT RESIDENTIAL RETREAT

Location: N-Sid-Sen Camp, 36395 S. Highway 97, Harrison, Idaho, 83833,

Emergency number (208) 689-3489

Check-in: Friday March 8th 4:00 pm (please plan to arrive on time)
Check-out: Tuesday March 12th 1:00 pm (after lunch)
Fee: Sliding Scale - \$350 - \$400 (double occupancy).

The registration fee covers four nights lodging, twelve meals, sheets and towels, lodging, meals and travel for the teachers and minimal administrative costs. The Sliding Scale "low number" represents cost. Any amount above cost is a tax-deductible donation to the Sangha which will be used primarily for scholarships.

In addition to the fee, participants contribute Dana to the teachers in recognition of their immeasurable commitment to the teachings and their students.
Dana is a Buddhist term for freely offered generosity.

Registration deadline is **February 21st**. Please make every effort to have your registration in our PO Box on or before this date. The full fee is due with registration to reserve your place. **Space is limited**. No refunds after the deadline due to facility requirements.

- There are scholarships available. E-mail your request to smccahon526@gmail.com
- Directions to the retreat center, what to bring and other retreat information will be sent by email about one week prior to the retreat.
- For retreat questions e-mail the manager Kathleen Eldred bkeldred51@gmail.com or assistant manager Janet Sturdevant: sturdepuff@gmail.com
- To explore the retreat location: www.n-sid-sen.org
Keep upper portion for your records

RETREAT REGISTRATION MARCH 8TH TO MARCH 12, 2019

Name: _____ Phone # _____
Email: _____ City _____,
State: _____ (not street)
Emergency Contact: _____ Phone # _____
Meditation
experience _____
Special Needs: _____

The retreat is purely for the purpose of supporting the participant's meditation practice and is not to be seen or construed to be a form of psychotherapy or counseling. To better support retreatants we ask that each participant fill out the Sandpoint Sangha Retreat Questionnaire as soon as possible after sending in the registration form, and email it (the questionnaire) to Terry.

SELECT ACCOMMODATION:

Regular Occupancy. (Two to most rooms / option of requesting roommate.)

I need Single Occupancy for medical reasons.

I prefer Single Occupancy, but I can share a room if needed. I am willing to pay extra for single occupancy (\$430 - \$500, sliding scale).

PAYMENT: Sliding Scale Double \$350 - \$400. Full fee is due with this registration form. Mail with check payable to Sandpoint Sangha: Sandpoint Sangha, Box 2371, Sandpoint, ID 83864