

Practicing True Love: *Nourishing and Healing Ourselves and the World*



A Mindfulness retreat with Dharma Teacher Chan Huy and Laughing Rivers Sangha

Meditation is to have the time to sit down and to look deeply and when you look deeply, you begin to understand. The moment you understand, compassion is born in your heart. And now it is possible for you to forgive ...not before that.

-The Venerable Thich Nhat Hanh,
From *The Power of Forgiveness*, by Journey Films, 2007

Thursday, Nov 12 – Sunday, Nov 15, 2009

Personally, I want the twenty-first century to be called “the century of love” because we desperately need love, the kind of love that will not produce suffering

-Thich Nhat Hanh, *Friends on the Path*

Retreat begins at 7:00 p.m. Thursday evening and ends at 2 p.m. Sunday. (Check-in/arrival Thursday, 5-6:30 p.m.)

Location

Kearns Spirituality Center -- *Sponsored by the Sisters of Divine Providence*
9000 Babcock Boulevard
Allison Park, PA 15101.

Registration Information

- Cost for the retreat is \$240 for 4 days - vegetarian meals and overnight accommodations included (\$180 for 3 days)
- Private rooms are available on a limited - first come, first served - basis for an extra \$10 per night
- Cancellations after Nov.1 will receive a partial refund of \$100
- Scholarships available
- Although not required, we encourage all to attend the entire retreat to benefit fully.

For more information please contact:

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About Mindfulness: Mindfulness meditation in the tradition of Zen Master Thich Nhat Hanh is the practice of conscious breathing while living deeply in the present moment, being aware of what is going on within and around us, no matter what we are doing. Its practice is not limited to the meditation hall. Our retreat will involve mindful breathing while engaging in sitting and walking meditation, dharma talks, mindful listening in small group discussions, mindful eating together, mindful movement, and other Buddhist practices.

About Brother Chan Huy and Laughing Rivers Sangha:

Chan Huy, "True Radiance," has been leading retreats in the art of mindful living since 1994 when he was ordained as a Dharma Teacher by Thich Nhat Hanh. In 2000, he began leading retreats with the Laughing Rivers Sangha. Laughing Rivers Sangha is a community of mindful living that was established in Pittsburgh in 1991. Today it is one of several hundred communities world-wide practicing in the tradition of Thich Nhat Hanh.

To learn more, go to www.laughingrivers.org

PLEASE REGISTER BY Nov 1, 2009

NAME(S):

E-MAIL: (Please print legibly):

ADDRESS

CITY:

ZIP:

STATE:

PHONE:

Please make all checks payable to Anthony Silvestre

Mail check (payable to Anthony Silvestre) and registration form to Harald Songoro, 6012 Walnut St #31 Pittsburgh, PA 15206

- Please send my confirmation packet by email. (Help us save trees)
- I am new to the practice.
- I would like to formally receive the Five Mindfulness Trainings.
- I would like to make a donation to the scholarship fund in the amount of \$_____.
- Please specify dietary or other special needs and we will do our best to accommodate them: