

DEEP SPRING CENTER

FOR MEDITATION AND SPIRITUAL INQUIRY

Thank you for your registration for the upcoming meditation retreat with Barbara Brodsky, John Orr and Aaron. A place has been reserved for you. The registration information that we have is listed above. If this is not correct, please let me know as soon as possible.

The retreat will be held in Knoll Lodge at Howell Nature Center, which is located a short distance southwest of Brighton. A map to Howell Center is enclosed. We encourage car pooling due to limited parking. If you are interested, please call Deep Spring Center at (734) 477-5848. The emergency contact number during the retreat is the Howell Nature Center office number (517) 546-0249.

Knoll Lodge will be open for arrival beginning at 4:30pm on the afternoon of Friday, October 24. The retreat welcome and dinner will be at 6:00 pm. This will be the only opportunity for social interaction until breaking of the Noble Silence on Sunday afternoon. The retreat program and Noble Silence are scheduled to begin at 7:00pm on Friday. The evening program ends at about 9:30pm. The retreat will end at about 1:30pm on Sunday, October 26. Everyone will be asked to help clean up, restore furniture to initial positions, and carry retreat items out to cars. Everything must be clean, and the building vacated, by 2:30pm.

If you cannot arrive before the program begins at 7:00 pm on Friday, please keep in mind that the Noble Silence will have begun before you arrive. Please take care to enter Knoll Lodge quietly. Your room assignment will be on the diagram on the table just inside the main doors. Your retreat payment should all be paid prior to the retreat, so there is no reason to "formally" check in. Hugh Danville and Karen Mori will be our retreat managers. There will be basket on the table near the coffee machines where questions can be written in a note, and Hugh or Karen will respond. Of course if there is an emergency, please contact them directly.

Retreat Preparation

This retreat is closely integrated with the current Tuesday night class "Deepening Practice; supports for practice" being taught by Barbara. On the DSC web site <http://www.deepspring.org/> library/other transcripts, please read the Sept. 23, 2008 transcript. Please reflect on what motivates your practice and best supports it. The more you are able to prepare, the more meaningful the retreat will be. We will also be working in the direction of the Class book, The Sound of Silence, by Ajahn Sumedo. This book invites us to explore the simultaneity of the relative and ultimate, that is, of the mundane experiences of this moment and the deepest places of the open heart and wisdom mind.

Retreat Basics

Everyone will need to bring all of your own bedding (sleeping bag or sheets, pillows, blankets), towels, hangers and personal toiletries. Plan to bring warm clothes and hiking shoes. You should bring a shawl or blanket to use while sitting in the meditation room in the early morning or evening. Plan to dress comfortably. Knoll Lodge is located adjacent to a large wooded area in which you can walk.

Friday dinner, three meals on Saturday plus breakfast and lunch on Sunday are included. Each person attending the retreat will be asked to participate in providing food for one meal. Cost is estimated to be about **\$20 each**. You will be contacted prior to the retreat regarding which meal group you are in, and who the other members are. Snacks, coffee, tea and bottled water will be available at all times.

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Everyone will have an assigned room. There will be two or more people in each room. If you have special room requirements, please call or email me and I will do my best to accommodate your request. You will be living in relatively close quarters. Some people are allergic to incense, scented candles, scented toiletries, aftershave and perfumes. Please refrain from bringing them to the retreat. A couple of other notes: There is no smoking inside the building. Unscented candles are permitted only in the meditation room, but not in sleeping rooms.

Meditation Essentials

You should bring your own meditation cushions or whatever you use during meditation. Also please bring a large plastic garbage bag to put under your cushions when sittings are done outside. Please note that formal meditation cushions are not necessary. A folded blanket for the floor and a firm cushion on which to sit are adequate. Some chairs are available, but you will probably be more comfortable if you bring along what you know works for you. A community altar will be located in the meditation hall. You are welcome to bring anything you would like to have on the altar (for example, pictures or totems). Please take personal items home with you when you depart.

Work Assignments

There will be no work assignments during the retreat apart from preparing and cleaning up for your assigned meal. Help will also be appreciated unloading retreat supplies from cars on Friday evening, and packing back up on Sunday afternoon.

Dana Offering

The retreat fee covers the cost of the retreat center rental, teacher accommodation and transportation, advertising and some scholarship aid. In the tradition of offering these teachings freely, John and Barbara receive no payment from the retreat fee. They offer themselves to the retreat on a "Dana" basis. Dana is a Pali word which translated means "the spirit of generosity that is rooted in love and compassion for all beings." Dana baskets are available during the retreat for donations to John and Barbara. They appreciate your support for their teachings. Since the time of Buddha this interdependency has existed between those who offer the teachings and those who receive them. Both Barbara and John feel that it is a beautiful tradition and appreciate the spirit of trust and generosity it engenders.

If you have any questions or concerns, I can be reached by phone at (734) 369-2628, by mail at my address below, or by e-mail at retreat@hps.com.

I wish you a memorable retreat!

Your Registrar