



The Joy of Being at Peace: With Ourselves, Each Other and Life As It Is

A Mindfulness Retreat in the tradition of Thich Nhat Hanh led by Joanne Friday
Offered by the Rhode Island Community of Mindfulness

May 18–22, 2018

Joanne Friday of the Tiep Hien Order will share the Dharma that has been passed on to her from the Buddha through Thich Nhat Hanh, her beloved teacher for over 20 years. The transformative energy of these teachings has been the greatest gift she has received, and passing it on to others is her greatest joy.

Check in is 3:30- 5:30 p.m. on Friday, May 18. The retreat ends with lunch on Tuesday, May 22.

Location: Camp Aldersgate, 1043 Snake Hill Road, North Scituate, RI 02857 www.campaldersgate.com

Format: Periods of sitting and walking meditation as well as daily Dharma talks. To deepen the process of inner transformation, we will embrace noble silence throughout the retreat. This will be suspended for Dharma sharing and singing. Working meditation is offered to help us practice noble silence and mindfulness while being active.

Lodging: Camp Aldersgate is located in northwestern Rhode Island on 233 acres of wooded land. The retreat center overlooks a lake, with dormitory-style rooms. Most beds are either single or lower bunks. Please plan to bring your own pillow, bedding and towels. Linen rental is available (see registration form).

Register by March 15 and save \$25. *Early registration is suggested as the retreat is likely to fill quickly.*

Scholarships: Assistance is offered to those who cannot afford the full cost of the retreat.

Food: Meals will be vegetarian, including vegan options. Please be sure to indicate any food allergies on your registration form. We have access to a refrigerator for those with special needs.

Dana: (Generosity to our teacher) The teachings are given freely — for they are considered priceless. Dana is not payment for goods or services. It is an offering from the heart. Your generous gift supports not just our teacher, but also the Sangha, the larger Dharma community, and your own practice. The cost of the retreat covers food and lodging only. For fully employed people, a donation of \$200 to Joanne is suggested in addition to the cost for food and lodging. Dana can be offered with your registration, or you may offer it at the retreat.

Questions about the retreat or registration: contact Linda Pietras, l_pietras@hotmail.com, 401-742-6016 between 10 a.m. and 7:00 p.m.

Early bird discount register by March 15

2018 Aldersgate Retreat Registration Form

Mail your completed form, with your full payment to: RICOM, P.O. Box 319, Saunderstown, RI 02874
Make your check payable to **Clear Heart Sangha**.

Questions about the retreat or registration: contact Linda Pietras, l_pietras@hotmail.com, 401-742-6016
between 10 a.m. and 7:00 p.m.

When your form and full payment is received, you will be emailed a link to fill out a questionnaire.
Full payment and completion of the questionnaire are required to secure your place at the retreat.

Cancellation policy: Prior to April 1: full refund minus a \$10 processing fee.
April 1-April 30: 75% refund. **No refunds after May 1.**

Early bird discount \$25 off room/board prices below when you register and pay by **March 15, 2018.**

NAME _____ GENDER _____ AGE _____

MAILING ADDRESS _____

DAY PHONE _____

CELL PHONE _____

EMAIL _____

FOOD ALLERGIES OR OTHER ALLERGIES _____

The retreat fee, which covers food and lodging, does not include dana for our teacher.
Suggested dana (for the fully employed) is \$200.

***Due to a limited number of single, double and triple rooms, we cannot guarantee your choice of room**

- \$315 / Commuter \$330 / Dorm (4 to 7 folks) \$430 / Single room*
 \$315 / Tent \$365 / Triple room*
 \$515 / RV \$400 / Double room* I need a single bed or lower bunk

_____ Accommodation/board fee selected above

_____ \$25 linen rental (pillow, sheets, blanket, towel, face cloth) if you do not intend to bring them

_____ Donation for the scholarship fund enclosed

_____ Dana for Joanne Friday enclosed (*you may also give dana at the retreat*)

_____ Subtract \$25 with payment by March 15, 2018 (early bird discount!)

_____ Total enclosed

Scholarship applicants:

I will be able to come only with scholarship assistance. I have enclosed what I can for the retreat, together with an explanation of my need, both for the retreat and for the scholarship. If scholarship funds are not available, my money will be refunded.

All registrants — Please read and sign this waiver:

I, the undersigned, understand that during my stay at Camp Aldersgate, I am responsible for my well-being and that neither Camp Aldersgate nor the Rhode Island Community of Mindfulness can be held liable for any accidents or illnesses that befall me while participating in the May 18-22, 2018 retreat. I also understand that a silent retreat can be relaxing, but it can also be challenging mentally and emotionally. I understand that meditation is a complement to — not a substitute for — psychiatric medication or treatment. I am not currently withdrawing from psychiatric or other drugs. If I have a history of acute mental crisis, I have contacted Clare Sartori (below) or another mental health care professional to discuss the appropriateness of the retreat for me at this time.

SIGNATURE _____

DATE _____

*** If you have questions about the waiver, please contact Clare Sartori at 401-741-6846