

In the Tradition of Thich Nhat Hanh

True Peace Toronto Sangha
presents

a **Meditation Retreat**
with
dharma teacher **Joanne Friday**

March 28 - April 1, 2012

Sugar Ridge Retreat Centre, Midland, ON

Coming Home to Ourselves
finding freedom in every moment

For more information
or to register visit:
www.truepeace.ca

Coming Home to Ourselves: Finding Freedom in Every Moment

**A retreat with Dharma teacher Joanne Friday
and True Peace Toronto Sangha - March 28 to April 1, 2012**

Dear friends,

We are delighted and very fortunate that dharma teacher Joanne Friday (www.joannefriday.com) has agreed to offer a retreat for True Peace Sangha again this year! Joanne is an experienced and inspiring lay dharma teacher in the Order of Interbeing, the lineage of our teacher Thich Nhat Hanh. Our sangha enjoyed a weekend retreat with her last May, and her deep practice and joyful presence benefitted so many who attended.

The retreat will be from dinnertime on Wednesday, March 28 until after lunch on Sunday, April 1. Five whole days - a good length of time to settle into ourselves, deepen our practice, water positive seeds and heal our difficulties. It will be held at the beautiful Sugar Ridge Retreat Centre (www.sugarridge.ca) on 150 acres near Midland, ON about 1.5 hours north of Toronto. Space will be limited to 35 participants and we expect it to fill quickly, so please don't delay in registering.

To register for the retreat (in 3 easy steps!):

- 1) Print and fill out the Retreat Registration and Liability Form (included as an attachment at the end of this email)
- 2) Fill out the online Retreat Information Form
<https://docs.google.com/spreadsheets/embeddedform?formkey=dDUxQ1FiZTRfQ2ExVER3OG1YRjRscHc6MQ>
- 3) Attach your cheque for payment (payable to True Peace Sangha) to your completed Retreat Registration Form and hand deliver or mail to the retreat registrar Cindy Carroll. (address is on the registration form)

You must complete ALL THREE of these steps to register for the retreat.

More Information about the Retreat

About Joanne Friday

Joanne Friday is a Dharma teacher in the Tiep Hien Order, the Order of Interbeing, founded by Buddhist monk and Zen Master Thich Nhat Hanh. She has been teaching in this tradition since 2003, when she received the Lamp Transmission from Thich Nhat Hanh, her teacher for twenty years. Joanne leads retreats for sanghas and groups throughout the Northeast. She lives in Rhode Island where she is the guiding teacher for the five sanghas which comprise the Rhode Island Community of Mindfulness. She is also an Associate Chaplain at the University of Rhode Island. Joanne feels that the Dharma is the greatest gift she has ever received, and her greatest joy is to pass it on.

For more information about Joanne, please visit her website at www.joannefriday.com.

About Sugar Ridge Retreat Centre

More information about the retreat centre and accommodations can be found at www.sugarridge.ca.

The following is from the Sugar Ridge website:

Sugar Ridge Retreat Centre, near Midland, Ontario, is a new and unique facility which opened in August 2008. The centre is a 4200 square foot multi-purpose building which can be used for corporate off-site meetings or conferences, getaways by yourself or with friends, group or individual retreats, half-day receptions or multi-day retreats. The facilities at Sugar Ridge are unique to our area. We have a beautiful, 1200 square foot fully equipped meeting/retreat room. It's circular design allows groups to be together in a more intimate fashion and the strawbale construction provides an attractive decor. The dining area seats 40 comfortably with hand crafted oak tables and chairs. The lounge offers comfy seating and a wood fireplace to curl up with a tea or good book.

We are located only 90 minutes north of Toronto, close to Midland, Ontario. Your retreat participants will have an opportunity to reconnect with nature and its beauty at Sugar Ridge. The 150 acres of lush meadows, majestic forests and rolling hills is an ideal setting for any retreat. You will enjoy

stunning views of the Wye Marsh and Georgian Bay at any time of year while hiking the trails of the property.

Our fully accessible retreat centre was designed to accommodate the needs of participants and facilitators. Our accommodations in comfy cabins in the woods offer a retreat on their own. Two cabins are fully accessible. The beds are comfortable, the duvets are snugly and each one has its own unique view of the forest. This centre has a grand hall, a dining hall, lounge with double sided fireplace and a large commercial kitchen, serving up yummy, organic vegetarian meals.

Each of our ten cabins are nestled in the woods surrounding the retreat centre. Perfect for a nature retreat, the cabins can accommodate up to 4 people with either 4 twin beds or one double and 2 twin beds. Don't be surprised to see a deer walk by your window, or rabbits playing tag. **Washroom facilities are located in the main retreat centre, a 10 second walk from each cabin.**

Meals are vegetarian or vegan and we can accommodate sensitivities and allergies. We use organic ingredients and locally grown produce when possible. Tea/coffee and light snacks are available 24 hours per day.

Why simple individual Cabins?

When retreating, simplifying is important. Our simple yet comfortable cabins offer warmth, lots of natural light and electricity and are heated for the cooler weather. They are nestled into the lush beauty and quiet of natural surrounding. Our cabins allow you to get out of the mindset of your everyday life, and remove yourself from overwhelming stimulation.

To keep the emphasis on reflection and "letting go", the cabins are intentionally simple. You will not find a television or phone but rather a comfortable atmosphere to retreat from your everyday life, to nature, to community, to yourself ... something that is truly a luxury these days!

The rooms are large enough for beds and a sitting area. Plenty of windows facilitate the constant connection to nature, which still can be comfortably enjoyed during the most inclement days.

With the cabin focus mostly being on personal reflection and comfort, we

encourage you to take the opportunity to step out into surrounding nature and enjoy the company of others (human or animal).

More About Accommodations

Accommodation will be in shared cabins of 4 to 8 people, with 2 to 4 people per room. Rooms will be assigned by gender. Depending on registrations, we may or may not be able to accommodate opposite gender couples. The cabins have electricity and light and are a short walk from the main building/meditation hall. **There are no washrooms in the cabins. Washroom facilities are located in the main retreat centre, a 10 second walk from each cabin.** The two cabins closest to the main building are wheelchair accessible.

There may be one or two rooms available with washrooms at the Sugar Ridge Bed and Breakfast a short distance away down a private road. If you have a health concern which requires you one of these rooms, please indicate this when you fill out the online Retreat Information Form. Roommate requests and accessibility requirements can also be indicated on the online Retreat Information Form.

Food

Food for the retreat will be vegetarian with vegan options and prepared by Liz and Kurt from the retreat centre. They are able to accommodate allergies and special diets. Please indicate any special needs on your registration form and by filling out the online Retreat Information Form.

Cost

The cost per person for the retreat accommodations and meals will be **\$410 before March 1st** and **\$430 after March 1st**. Payment can be made by cheque payable to True Peace Sangha. Please note that **Dana (donation) to Joanne Friday will be in addition to the cost for accommodations** (please see below.) Donations for Joanne will be accepted at the retreat.

If you are able, please also consider offering with your registration an additional **donation to our Scholarship Fund**. This will enable us to provide scholarships to those who would benefit from the retreat, but do not have the financial means to attend. Tax receipts will be issued at year end for any scholarship fund donations.

Dana (Offering of donation)

Our dharma teacher for this retreat shares her knowledge and experience of the teachings with us freely and generously in the spirit of compassion, and receives no compensation for her offering. We can support her efforts to continue living, learning and sharing the dharma by offering a financial contribution. When we offer dana we give generously yet within our means, in the spirit of interbeing and reflecting on the value of the precious gift we have been offered in the transmission of these teachings.

A donation box will be available at the retreat to make an offering to our dharma teacher. Suggested donation for the retreat is \$200 or an amount appropriate to your means. You are encouraged to bring a cash donation.

Please note, these donations are not eligible for tax receipts.

Scholarships

There will be a limited number of scholarships available for those who would like to attend the retreat, but do not have the financial means to do so. The number of scholarships available will depend on the donations we receive from participants for the Scholarship Fund. If you wish to attend the retreat and would like to request a scholarship, please indicate this on your registration form and otherwise complete your registration. Someone from the organizing committee will contact you/

Ride Sharing

We will arrange ride sharing for transportation to and from the retreat. If you are able to offer a ride to a fellow retreatant, or would appreciate a ride to the retreat, please indicate this on the online Retreat Information Form. Someone from the organizing committee will contact you as the retreat approaches.

Arrivals and Departure

Please plan to arrive at Sugar Ridge Retreat Centre in the afternoon (3 to 5pm) on Wednesday, March 28 to allow time to settle into your room, enjoy outdoor walking meditation on the land, the company of sangha friends and an informal dinner. Departure will be after lunch (before 2pm) on Sunday, April 1st.

Work Meditation

The schedule for the retreat will include the opportunity to practice working meditation. If certain activities will not be suited to you for working meditation, please indicate this on the online Retreat Information Form, as well as which tasks would be appropriate for you.

Meditation Cushions and Mats

You will need to **bring your own meditation cushion or bench and a mat or blanket to sit on**. Our sangha expects to have more "Happy Sitting" cushions available soon if you need to purchase one; purchase money goes to support the monastics in Thailand and Vietnam.

Noble Silence

We will be observing Noble Silence throughout this retreat, with the exception of dharma talks, dharma sharing and necessary communication during working meditation. Silence is the ground for the retreat. It supports us in deepening our practice of mindfulness and looking into ourselves and our habit energies. As still water reflects things as they are, the calming silence can help us to settle, and to see things more clearly. We support our own practice and the practice of our brothers and sisters in the sangha with our silence. The practice of silence need not be oppressive. Although we do not speak, we can acknowledge the presence of each other with a smile or a bow.

If there is something we need to communicate, there will be paper available for note writing. If there is something urgent, you may take the person aside to speak quietly, out of earshot and sight of others. As you move about the building, please be aware of the sounds you are making, and, as a courtesy to others, move quietly, especially when opening and closing doors and suitcases, handling objects, etc. At the end of the last activity of each day, we walk back mindfully to our cabin and go to bed in silence. This practice is important because it holds up the energy of mindfulness, allowing transformation to take place at the base of our consciousness while we sleep.

Included in this silence is the refreshing opportunity to take a break from our cell phones, telephones, emails, portable devices and laptops. Please support your practice by limiting your use of these devices to only what is absolutely necessary, and if you do need to use them, please find a place

where you will not disturb others. You may wish to ask your family and friends to support your practice of silence while you are on retreat.

For emergency contact during the retreat, family or friends are able to contact Sugar Ridge at 705-528-1793 or 866-609-1793 and leave a message. In emergency, the message will be passed to you immediately, otherwise, it will be passed along at the end of the session.

Sample Schedule

A sample schedule (from a previous year's retreat) is included at the end of this email. Please note, this is NOT the actual schedule for this retreat but is included to provide some indication of how the schedule may unfold.

More Information

If you have any further questions about the retreat after mindfully reading this email and visiting the websites of Joanne Friday and Sugar Ridge Retreat Centre :-), please email Cindy at stonecycles@rogers.com or speak to a member of the retreat organizing committee. More detailed information about the retreat including information on mindfulness practices and what to bring will be sent to you a few weeks before the retreat.

To register for the retreat (in 3 easy steps!):

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<https://docs.google.com/spreadsheets/embeddedform?formkey=dDUxQ1FiZTRfQ2ExVER3OG1YRjRscHc6MQ>
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You must complete ALL THREE of these steps to register for the retreat.

Peace and Metta,
Cindy Carroll
for True Peace Toronto Sangha

*****SAMPLE*** RETREAT SCHEDULE (please note this is NOT the schedule for the retreat but included here as an example)**

WEDNESDAY

- 3:00-5:00 p.m. Arrive, check-in and settle
- 5:00 - 6:00 p.m. Light informal dinner served
- 7:00-8:00 p.m. Opening Circle with welcome, introductions, songs and announcements
- 8:00-9:00 p.m. Opening Ceremony and Orientation Talk
- 9:00-9:30 p.m. Deep Relaxation or Sitting Meditation

THURSDAY- SATURDAY

- 6:00- 6:30 a.m. Optional Informal Sitting Meditation
- 6:30 - 7:30 a.m. Morning Meditation Practice
- 7:30 - 8:30 a.m. Breakfast
- 8:30-9:30 a.m. Work Meditation
- 9:30 - 10 am Break
- 10:00-11:30 a.m. Dharma Talk
- 11:30 a.m.-12:20 p.m. Outdoor Walking Meditation
- 12:30-1:30 p.m. Lunch
- 1:30 - 2:15 p.m. Sitting Meditation/Work Meditation/Consultations with Joanne
- 2:30 - 3:30 pm Body-Centered Practices (Yoga, etc.)
- 3:30 - 4:00 pm Break
- 4:00 - 5:00 p.m. Dharma Sharing
- 5:00- 5:30 p.m. Sitting Meditation
- 5:30 -6:30 p.m. Dinner
- 6:30- 7:30 p.m. Work Meditation /Consultations with Joanne/Break
- 7:30 -9:00 p.m. Questions and Answers/Touching the Earth/Tea Ceremony
- 9:00-9:30 p.m. Deep Relaxation

SUNDAY

- 6:00- 6:30 a.m. Optional Informal Sitting Meditation
- 6:30 - 7:30 a.m. Ceremony to Transmit the 5 Mindfulness Trainings
- 7:30 - 8:30 a.m. Breakfast
- 8:30-9:30 a.m. Work Meditation
- 10:00-11:00 a.m. Dharma Talk
- 11:00 a.m.-11:30 p.m. Outdoor Walking Meditation
- 11:30-12:30 p.m. Lunch
- 1:00-2:00 p.m. Closing Circle with songs, sharing gratitude and farewells

RETREAT REGISTRATION FORM and LIABILITY WAIVER

Coming Home To Ourselves: Finding Freedom in Every Moment

True Peace Sangha Retreat With Joanne Friday, March 28 to April 1, 2012

at **Sugar Ridge Retreat Centre** 5720 Forgets Road, Wyebidge, ON L0K 2E0

PLEASE FILL OUT AND MAIL OR GIVE TO YOUR SANGHA REGISTRAR WITH PAYMENT.

NAME: _____ Gender: _____

ADDRESS: _____

CITY/ POSTAL CODE: _____

PHONE OR CELL PHONE: _____

E-MAIL: _____

EMERGENCY CONTACT PERSON & PHONE: _____

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Accommodation is in shared cabins of 4 to 8 people with washrooms in the main facility.

COST per person: Registration received before March 1st: **\$410** after March 1st: **\$430**.

Dana (donation) to Joanne Friday is in addition and will be accepted at the retreat.

Please also consider making a **Scholarship Fund Donation** to allow those without financial means to attend the retreat.

Fees for Retreat Accommodations and Optional Scholarship Fund Donation		
<i>Accommodations fee:</i>	before March 1st	\$410
	after March 1st	\$430
<i>Contribution to scholarship fund (optional):</i>		<input type="checkbox"/> \$20 <input type="checkbox"/> \$40 <input type="checkbox"/> \$80 <input type="checkbox"/> \$100 other \$ _____
<i>Total enclosed:</i>		

Liability Waiver: The following signature indicates that participants relieve True Peace Sangha from all liabilities in the event of any injury or illness incurred during this retreat.

Please print your name: _____ signature: _____

___ I have special dietary needs. They are: _____

___ I am a student / low income and request a partial scholarship to help me afford the retreat
Amount requested: _____ (We will have limited scholarships depending on donations received.)

___ I have completed the online RETREAT INFORMATION FORM (you must do this in order to register)

Please make cheques payable to: *True Peace Sangha*. Return form and payment in full to:

Cindy Carroll 165 Vine Avenue, Toronto, ON, M6P 1V9

Questions or concerns? Please email Cindy at stonecycles@rogers.com