



CULTIVATING PEACE IN UNCERTAIN TIMES

a mindfulness meditation retreat
in the tradition of Thich Nhat Hanh
with dharma teacher
Joanne Friday

April 7-11, 2017 at Sugar Ridge Retreat Centre
Midland, ON

www.truepeace.ca

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“When we have peace then we have a chance to save the planet.”
–Thich Nhat Hanh

Our presence is the most valuable gift we can offer to others and ourselves. Mindfulness is a practice that helps us to cultivate our presence – the skill of being awake, alive and fully aware in the moment. It is like tending a garden, watering with love and care the seeds we wish to grow strong, creating the conditions they need to be healthy and flourish. With mindfulness we cultivate the garden of our own being. We look deeply into our true nature and embrace our pain so that we may suffer less, realizing our interconnection with all that is. We water seeds of peace, joy, freedom, wisdom and happiness - seeds of our hearts and minds – so that they can grow into beautiful flowers, brightening the entire world.

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 has enjoyed retreats with her for the past many years, and her deep practice and joyful presence has benefitted so many who attended.

The retreat will be from the [afternoon of Friday, April 7 until after lunch on Tuesday, April 11](#). We will enjoy five days of settling into ourselves, deepening our practice, watering positive seeds and healing our difficulties. It will be held at the beautiful Sugar Ridge Retreat Centre (www.sugaridge.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 at the end of this package)

2) Fill out the online Retreat Information Form available at the following link:
<http://goo.gl/forms/9jx74XiH30> (if you experience difficulty with this link please try cutting and pasting into your browser or try a different device)

3) Attach your cheque for payment (payable to True Peace Sangha) to your completed Retreat Registration Form and mail to the retreat registrar (address is on the registration form). Please mail in your registration as we will not be accepting registrations at sangha.

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 over twenty years. Joanne leads retreats for sanghas and groups throughout the Northeast United States. She lives in Rhode Island where she is the guiding teacher for the five sanghas that 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. It is in this spirit that the teachings are offered.

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 that opened in August 2008. We are located only 90 minutes north of Toronto, close to Midland, Ontario. 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 snuggly and each one has it's 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 is nestled in the woods surrounding the retreat centre. Perfect for a nature retreat, the cabins can accommodate up to 4 people. 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 short walk from each cabin.**

Meals are vegetarian and we can accommodate food sensitivities and allergies. We use organic ingredients and locally grown produce when possible. Tea/coffee and light snacks are available throughout the day.

More About Accommodations

Accommodation will be in shared cabins of 4 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 rooming opposite gender couples together. 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 short 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 consideration, which requires 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 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 [\\$500 before March 3rd and \\$550 after March 3rd. Deadline for registration is March 31.](#) 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 for more information about dana). 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

A number of scholarships are available for those requiring financial assistance. The number of scholarships will depend on the donations we receive for the Scholarship Fund. Priority will be given to those who are regular sangha practitioners. If you wish to attend the retreat and would like to request a scholarship, please indicate this on your registration form and include a cheque for the amount you are able to pay. As well, please write a brief statement (a few sentences) on the back of your registration form explaining your specific need. **Please note this does not guarantee a scholarship.** Someone from the organizing committee will contact you once we know how much money we have available. Please register **by March 3rd** if you are requesting financial assistance.

Arrivals and Departure

Please plan to arrive at the retreat centre in the [afternoon \(3 to 5pm\) on Friday, April 7](#) 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 Tuesday, April 11](#).

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.

Sample Schedule

A sample schedule (based on last year's retreat) is included at the end of this email. Please note, this may not be the actual schedule for this retreat but is included to provide some indication of how the schedule may unfold.

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**. Chairs will be available at the retreat centre for those who require them. You may also wish to bring a blanket or shawl to cover you during Total Relaxation.

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 1-866-609-1793 and leave a message. In an emergency, the message will be passed to you immediately, otherwise, it will be passed along at the end of the session.

Refunds and Cancellations

If you are unsure if you will be able to attend the retreat, please wait until your schedule is confirmed before registering. This ensures we will not be unnecessarily saving a space that someone else could benefit from. We are not able to offer refunds for cancellations.

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 contact us by email at truepeaceretreat@gmail.com or speak to a member of the retreat organizing committee.



Cultivating Peace in Uncertain Times



Schedule for True Peace Sangha Retreat with Joanne Friday – April 7 to 11, 2017

Friday	3:00	Arrival, check-in and settle
	5:30	Informal Dinner (until 6:30pm)
	7:00	Opening Circle with welcome, introductions, announcements
	8:00	Orientation Talk
	9:00	Deep Relaxation
	9:30	Noble Silence begins / Bedtime
Saturday, Sunday and Monday	5:30	Wake-up Bell
	6:00	Optional Informal Sitting Meditation
	6:30	Morning Meditation Practice (Sitting and Walking Meditation)
	7:30	Breakfast
	8:30	Work Meditation
	9:30	Break
	10:00	Dharma Talk (songs begin at 9:45)
	11:30	Outdoor Walking Meditation
	12:30	Lunch
	1:30	Optional Sitting Meditation / Work Meditation / Consultations
	2:00	Body Centered Practices – Yoga, Tai Chi
	3:00	Break
	3:30	Personal Practice (Saturday) / Dharma Sharing (Sunday and Monday)
	5:00	Sitting Meditation (Saturday)
	5:30	Dinner
	6:30	Break / Work Meditation / Consultations
7:30	Touching the Earth / Q & A / Tea Ceremony (songs begin at 7:15)	
9:00	Deep Relaxation	
9:30	Bedtime	
Tuesday	5:30	Wake-up Bell
	6:00	Optional Informal Sitting Meditation
	6:30	Ceremony to Transmit the Five Mindfulness Trainings
	7:45	Breakfast
	8:30	Work meditation / Break
	9:30	Dharma Talk (songs begin at 9:15)
	11:00	Outdoor Walking Meditation
	11:45	Closing Circle
	12:30	Noble Silence ends / Lunch
1:30	Clean cabins / Departure	

A reminder bell will be invited 15 minutes before scheduled activities (not including work meditation and optional sittings)

RETREAT REGISTRATION FORM and LIABILITY WAIVER
Cultivating Peace in Uncertain Times

True Peace Sangha Retreat With Joanne Friday, April 7 to 11, 2017
at Sugar Ridge Retreat Centre 5720 Forgets Road, Wyebriidge, ON L0K 2E0
PLEASE FILL OUT AND MAIL WITH PAYMENT (address below)

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 up to 4 people with washrooms in the main facility.

COST per person: Registration received before March 3rd: **\$500**; after March 3rd: **\$550**. Registration ends March 31.

Dana (donation) to Joanne Friday is in addition and will be accepted at the retreat. (\$200 suggested)

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

Fees for Retreat Accommodations and Optional Scholarship Fund Donation	
<i>Accommodations fee:</i>	before March 3rd \$500 after March 3rd \$550
<i>Contribution to scholarship fund (optional):</i>	() \$20 () \$40 () \$80 () \$100 () other \$ _____
<i>Total enclosed:</i>	

- I am 18 years of age or older. (if you are under 18 years of age, please contact the retreat registrar.)
- I have indicated any special dietary needs on the online Retreat Information Form.
- I am a student / low income and request a partial scholarship to help me afford the retreat (limited, apply early)
 Amount requested: _____ (Attach cheque for amount payable. Provide a brief statement on the back of this form.)
- I have completed the online RETREAT INFORMATION FORM (you must do this in order to be registered)

Liability Waiver: The following signature indicates that participants relieve True Peace Sangha and Sugar Ridge Retreat Centre of all liabilities in the event of any injury or illness incurred during or related to this retreat.

Please print your name: _____ signature: _____
 Please make cheques payable to: *True Peace Sangha* Mail form and payment in full to: True Peace Toronto,
 PO Box 97008, Roncesvalles, Toronto, ON, M6R 3B3
 Questions or concerns? Please email truepeaceretreat@gmail.com