

PBMG Silent Meditation Retreat 2018
Thursday evening, February 22 —Sunday noon, February 25, 2018

Description: Three-day retreat involving daily sitting and walking meditation conducted in noble silence. More information about the view and schedule of the retreat will be available to those who attend.

Retreat leader: Beverly Sanford

Arrival: Thursday, February 22 starting at 4:00PM. Dinner will be offered on Thursday evening.

Sign-in: Thursday evening from 4:00-7:00PM

Practice begins: 7:30-9:00PM Thursday

Practice will include sitting and walking meditation for approximately 9 hours on Friday, 9 hours on Saturday and 4 hours on Sunday. Silence begins at the conclusion of sitting Thursday night and continues until Sunday.

Departure: Sunday, February 25 after lunch

Location:

Cross Roads Camp and Retreat Center
29 Pleasant Grove Rd.
Port Murray, NJ 07865

Link for driving directions: <http://www.crossroadsretreat.com>

PBMG contact:

Email: RetreatInfo@princetonbuddhist.org

Registrar: Kim Groome

Payments can be made via PayPal or check mailed to:

Linda Gebhard
5 Pershing Avenue
Hightstown, NJ 08520

Housing:

Most rooms are shared doubles onsite in the same building as the meditation hall. There is a short 3-5 minute walk to the dining hall. Bathrooms are en suite and linens and towels are provided. NOTE: you may choose your roommate and send in payments at the same time, or we will assign roommates.

We expect to be able to provide a small number of singles in the same building, but we cannot commit until we know how many people register for the retreat. If you are interested in a single, please note it when registering and we will add you to the list. You may also note if having a single is a condition of your attendance. All singles will be filled on a first-come-first-served basis, and we will let you know two weeks prior to the retreat whether you are in a single. The cost of the retreat will be \$300 for doubles and \$350 for singles, all meals included.

Two rooms are accessible for individuals with disabilities; if you require an accessible room, please be in touch with us as early as possible. All of the practice and eating facilities are accessible as well.

For this brief retreat, to help preserve the practice environment, there will be no commuting arrangements or off-site housing options.

Meals:

The nine available **meals** are Thursday dinner, Friday breakfast, lunch, and dinner; Saturday breakfast, lunch, and dinner; and Sunday breakfast and lunch. All meals will be vegetarian only. Participants with food allergies are asked to submit a food allergy/sensitivity form. We will need a count of those with special dietary needs:

- Vegetarian (dairy and eggs)
- Vegan
- Food allergy/allergies

If you have any food **allergies**, you'll need to fill out the food allergy form as well and return it to our PBMG registrar when you submit your registration.

Meal times:

Breakfast	8:30AM
Lunch	12:30PM
Dinner	5:30 PM

Snacks:

Snacks (nuts, fruit, crackers, cheese, sweets) will be provided at appointed tea/coffee break times.

Payment and refund policy:

The retreat will cost \$300 per person unless you are given a single and then the cost is \$350. Either a **\$100 deposit or payment in full** must be made **at the time of registration**; any **balance due must be received by February 1**. Payment may be made either by check or by PayPal. If you pay via PayPal, you will be charged an extra 3% fee which will not be refunded if you need to cancel your registration. (For payment via PayPal, the double rate is \$309 and the single rate, if available, will be \$360.50.) Payments will not be accepted on-site at the retreat.

Any advance payment is fully refundable before February 1. Anyone who cancels a registration after February 1 will forfeit the full amount of the registration fee unless her/his spot can be filled. See the "Cancellation and Refund Policy" document for more details.

Please note: Full and partial scholarships may be available to those for whom the cost of attendance would otherwise be prohibitive. Scholarships may not be applied to the cost of single rooms; anyone receiving a scholarship will be asked to accept double occupancy. Please contact Jamie McFadden at cs_jamiemcfadden@yahoo.com for scholarship details.

Weather concerns:

We realize that late February is a time of year when weather is questionable. Because PBMG has had to pay to guarantee this space, it will not be possible to cancel or have an alternative date unless bad weather is truly prohibitive, a judgment that Cross Roads will make. Cross Roads has assured us that they will make sure that the driveway is plowed and walkways are shoveled. Please plan on bringing snow boots and warm clothes.

Chairs and cushions:

There will be chairs available for people who do not use meditation cushions. Cushions (zafus, gomdons, zabutons, support cushions) and light throws will be available, or you may bring your own cushion, shawl, etc. Please make sure to label your cushion if you bring your own.

Rota jobs:

You may be asked to complete a task, or rota job, while attending this retreat. This is actually a form of practice, also sometimes called karma yoga, as it is a way of expressing generosity and discipline in making the retreat comfortable and well-organized for all. If you have limitations that would prevent you from participating in a rota, make sure to let us know. You will be given your assignment when you check in on Thursday.

Daily schedule:

Our short time together on this weekend retreat will follow a set schedule. The schedule will be posted in some of the common areas. Much of the time (8-9 hours each day on Friday and Saturday) will be spent in formal meditation; we will also be cultivating mindfulness in all of our activities, even when not on the cushion.

What to bring:

Meditation cushion (if you prefer your own; cushions also provided)

Meditation shawl/wrap/sweater (some throws also provided)

Shoes/boots for walking/hiking around campus

Rain/snow gear

Flashlight

Earplugs (if light sleeper)

Refillable water bottle (using campus water)

NOTE: If you need bottled water, please bring it for yourself

Drinking mug labeled with your name to use during breaks

Notebook and pen(s)

Stretching/yoga mat if you'd like to use it in the stretching room

Please avoid bringing/wearing strong perfumes/scents, as a kindness to those who may be sensitive

Emergency numbers:

Please provide an emergency contact number when you fill out your registration form.

Facility contact

(give only to friends/family to reach you in case of emergency during retreat):

Kathy Felch Tel: 908--832--7264 | Email: officemanager@crossroadsretreatcenter.com

Things to think about:

For so short a retreat, it will be important to maximize the benefits of being on retreat, and to break away from habitual activities/distractions. Try not to bring books, iPads, or computers. Remember, you are treating yourself to this special time for the purpose of practice. It helps to disconnect as much as possible. Turn off /silence your cell phone while on- campus and please do not bring phones into the shrine room. If you need to use your phone, please move well away from the practice and housing area so that others will neither see nor hear you. Your fellow attendees will be in silence.

Silence:

We will be practicing noble silence during this retreat. This means we will not interact with each other verbally. It might also be helpful to avoid engaging others with unnecessary eye contact, as this can lead us back to finding our voices. If you are having an emergency or need to convey important information to someone, please try to do so as quietly and unobtrusively as possible, preferably in a place where others will not see or hear the conversation. Note writing is an option for specific needs, but is ideally not used as a substitute for chatter or socializing. This kind of silence is not to be seen as punitive or restrictive; it is a support for mindfulness and awareness, and, as such, is a gift we give ourselves and each other for this brief time.

Lights out: 10:00PM nightly

Part of the discipline of retreat is to take care of ourselves by getting enough rest. Even during a short retreat, you may find you require more rest. Maintaining support for our own and others' practice by respecting lights-out and wake-up times is also an important part of our commitment to each other.

A final word: The retreat community

In retreat, for a few days, we are separating ourselves from our routines and expectations, and we are committing ourselves to share the retreat with others who have made the same commitment to us. It's the community of practice that helps to make a retreat so powerful. As you consider coming to retreat, please think about what the commitment and the opportunity mean to you.

“The true joy of being a human comes from when we know how to live life fully. The secret to that is not through external activities, but through embracing each moment no matter what situation we are facing. Life is a whole with each and every moment being an equally essential element of it. Because of that, loving our own life requires loving the present moment. Sometimes we may have to embrace the present moment with courage when life situations become uncomfortable. Other times, we may need to open our heart to recognize that such moments are filled with blessings and goodness.”

—Anam Thubten