



Presents

“Peace in Oneself, Peace in the World”

A Residential Meditation Retreat

Led by Chan Huy

“If your cup is small, a little bit of salt will make the water salty. If your heart is small, then a little bit of pain can make you suffer. Your heart must be large.” - Thich Nhat Hanh

Friday, March 20 through Sunday, March 22, 2009
St. Francis Springs Prayer Center, Stoneville, North Carolina

In times of change and turbulence, peace and joy are among the wholesome qualities that can seem in short supply. But when we practice stopping and looking deeply, we generate the energy of mindfulness, and we can gain access to the wellspring of peace and joy that is available to us when we learn to dwell in the present moment. Join us for this special meditation retreat in which we will cultivate the capacity truly to be the peace we wish to see in the world.



About Our Retreat Leader: Chan Huy comes from a family with four generations of Thich Nhat Hanh's students, from his grandmother to his two daughters. Born in Vietnam, Chan Huy was raised in France as a Vietnamese Buddhist. He now lives in Ottawa, Canada, where he works as an engineer. His clear pragmatic teaching style helps us understand and deeply touch the practice of mindfulness. Chan Huy's warm and engaging manner emanates joy for the practice. His name, translated as “True Radiance,” captures his essence. Chan Huy is among the most accomplished and articulate of Thich Nhat Hanh's Dharma teachers. We are most pleased to be able to bring Chan Huy back to North Carolina.

About Our Retreat: Our retreat will include sitting and walking meditation, delicious vegetarian meals enjoyed through mindful eating, and Chan Huy's meditation instruction, Dharma talks, and question-and-answer sessions. Chan Huy welcomes meditation beginners and experienced meditators alike.

The retreat will begin at 6:00 p.m. on Friday, March 20, and will conclude after lunch on Sunday, March 22. In order to maintain a focused retreat environment for all, please plan to arrive on time and to stay for the entire retreat. Directions to the retreat, information on what to bring, and a retreat schedule will be sent with registration confirmation. The registration fee (\$195 per person) covers lodging, meals, and other retreat expenses. Refunds, minus a \$20 fee, will be given for cancellations received by February 1, 2009. A limited number of partial scholarships are available.

St. Francis Springs Prayer Center is an inter-faith prayer and retreat center located on 140 beautiful and peaceful wooded acres in Stoneville, N.C (approximately 30 miles north of Greensboro). The 25,000 sq. ft. facility provides a comfortable and peaceful environment – the ideal setting for this rejuvenating and enriching retreat. For more information, visit www.stfrancissprings.com.

To register, please complete the attached form and return by January 15, 2009.

* Thich Nhat Hanh has dedicated his life to the enlightenment of others and is one of the best-known Buddhist teachers in the West. His teachings and practices appeal to people from various religious, spiritual, and political backgrounds. He offers a practice of mindfulness adapted to Western sensibilities.

To register for "Peace in Oneself, Peace in the World," please fill out and mail the form below with your check or money order payable to "Carolina Community of Mindful Living" no later than January 15, 2009, to 3716 Watauga Drive, Greensboro, NC 27410.

Capacity is limited, so you are encouraged to register early!

Name: _____ Telephone: _____

Address: _____ Gender: ___ M ___ F

E-mail address: _____

Rooms will be assigned based upon either double or triple occupancy. If you have a roommate preference, please list the name of your preferred roommate(s). We will do our best to accommodate your rooming wishes. If you do not indicate a preferred roommate, we will match you with a person/people of the same gender.

Preferred Roommate(s): _____

Total Amount enclosed \$_____ (A minimum deposit of \$100.00 is required to reserve a space, with the balance due no later than February 1, 2009.)

To apply for one of the limited partial scholarships available for this retreat, please send an email to bill@deeproversangha.org explaining the nature of your need.

"Peace in Ourselves, Peace in the World" is presented by the Deep River Sangha, a Community of Mindful Living practicing in the tradition of Thich Nhat Hanh. For more information about our sangha, please visit www.deeproversangha.org.