



Retreat – Living Our Practice with Awareness and an Open Heart

November 3 to November 5, 2023

A letter from Barbara Brodsky, Aaron and John Orr

Dear DSC friends,

There is much pain in our world right now, and people keep asking, how can I help? Many of us meditate regularly, inspired by our aspirations to live with more compassion and wisdom. Yet, no matter how consistent we are with daily practice, sitting once a day won't lead us to the depth of practice that allows us to deeply live from our true nature. How do we live with lovingkindness in the chaos and pain of today's world? How do we speak clearly to fear and hatred?

John, Aaron, and I truly believe in the value of retreats where we combine periods of instruction in Vipassana and Pure Awareness meditation, silent sitting and walking meditation, chanting, small group instruction and discussion periods and dharma talks. Living quietly for several days can lead us deeper into the true essence of being and give us a stable resting place from which to live in a chaotic world.

We hope you will join us November 3 through November 5 for three days of retreat, held with zoom so it's accessible to people everywhere at minimal cost, with no travel or lodging expenses. While we encourage full participation, if your life commitments prevent presence for the whole retreat, you may come in as you are able, just please only arriving at the start of any period so as not to disturb others. We'll begin at 11 on Friday, November 3rd and end Sunday afternoon. Others may join in later on November 3rd if necessary.

We look forward to a weekend of practice and dharma together.

With Love,

Barbara, John and Aaron