



The Soul Size Heart Mindfulness Retreat

October 13-15, 2017

Lake Murray Resort - 3323 Lodge Road - Ardmore, OK 73401

4:00pm Friday - 11:30am Sunday

Sponsored by The Silence Foundation and Prairie Wind Sangha
Practicing in the tradition of Thich Nhat Hanh

Join us and Dharma Teachers Drs. Larry Ward and Peggy Rowe for a weekend retreat adventure in understanding, cultivating and embodying the Seven Factors of Awakening.

As a species, we are on a great and challenging journey of healing, transformation and growth. Yet today we stand at a new human tipping point in need of healing at the deepest levels. At this historical moment, affairs are soul size. This retreat explores teachings from the Bojjhanga sutta. For many, the power of the Bojjhanga sutta is its healing effect ... re-empowering us with the solidity and freshness needed to remake our world.

"A SLEEP OF PRISONERS" by Christopher Fry

The human heart can go the lengths of God...
Dark and cold we may be, but this
Is no winter now. The frozen misery
Of centuries breaks, cracks, begins to move;
The thunder is the thunder of the floes,
The thaw, the flood, the upstart Spring.

Thank God our time is now when wrong
Comes up to face us everywhere,
Never to leave us till we take
The longest stride of soul men ever took.

Affairs are now soul size.
The enterprise is exploration into God.
Where are you making for? It takes
So many thousand years to wake...
But will you wake, for pity's sake?

We will practice mindfulness together, enjoying our breath, our steps and our smiles. We will have opportunities for mindful eating, noble silence, sharing, deep relaxation, sitting and walking meditation. There will be talks and exercises and time in the beauty of Lake Murray Resort, a rebuilt Oklahoma treasure with the cabin or lodge room of your choice.

Come join us as we refresh our bodies, hearts, and minds.

5 Vegetarian meals, two nights lodging, and all materials are furnished

Cost: \$330 (double occupancy room)

Single occupancy rooms available for additional fee. Please ask.

Registration deadline September 8th

No refunds after September 13th.

Our Teachers & Venue

Larry Ward and Peggy Rowe live on Vashon Island near Seattle. Larry has a PhD in Religious Studies with an emphasis on Buddhism and is also a Christian Minister. Peggy Rowe, EdD, has degrees in Adult Education and Counseling Psychology. In 2001 Peggy and Larry received Dharma Teacher Transmission from Zen Master Thich Nhat Hanh. They offer retreats in the United States, Canada, Europe, Mexico and Asia. Peggy serves as a spiritual director for Buddhist practitioners in the US and Thailand. She and Larry co-authored Love's Garden: A Guide to Mindful Relationships, chosen as an outstanding Buddhist publication 2010.

Beautiful Lake Murray Resort is near Ardmore, Oklahoma about 1.5 hours from Oklahoma City. Each room in this newly constructed Lodge faces the lake and charming cabins are scattered over the wooded area. We are grateful for this gracious natural setting for our retreat.

PLEASE REGISTER NOW

by using PAYPAL online at www.silencefoundation.org

OR

mailing the form below with your check, payable to

The Silence Foundation

6051 N. Brookline Ave. #126, Oklahoma City, OK. 73112

You will receive a welcome letter with what to bring once you've registered.

Some scholarships available. Questions? Contact Pat webbpat1@cox.net, or (405)209-7117.

REGISTRATION for Mindfulness Retreat – October 13-15, 2017

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

___ Enclosed is my check for \$330 (double occupancy room)

Roommate request (if applicable) _____

___ Enclosed is my check for \$365 (private single occupancy cabin)

___ Enclosed is my \$50 deposit. (remainder due by September 8th)