

# 2015 MONASTIC THANKSGIVING RETREAT

Led by Luang Por Pasanno and the Abhayagiri Community  
November 20-29, 2015 at Angela Center, Santa Rosa, CA

Abhayagiri Monastery in Redwood Valley, California and the Sanghapala Foundation invite you to join Luang Por Pasanno and the Abhayagiri Community for a 10-day retreat over the Thanksgiving holiday.

We will create a monastery environment during our time together, and we offer you this opportunity to explore the Dhamma in a setting that differs somewhat from a typical meditation retreat. We will all live the monastery life, following the Eight Precepts, taking only what is offered, and attempting to reflect on our every activity as part of our practice. This will include noble silence, morning and evening chanting, sitting and walking meditation, a work period, and daily Dhamma talks and teachings.

The retreat will be held from **Friday afternoon, November 20th, through mid-day Sunday, November 29, 2015**, in the Ursula Hall at the Angela Center in Santa Rosa, California. The closest airports are Santa Rosa, Oakland and San Francisco, with shuttles available to Santa Rosa. Because of the length of this retreat and the adherence to the Eight Precepts, you must previously have sat at least one five-day meditation retreat. Retreatants are requested to attend the entire retreat, from the opening taking of the Precepts on Friday evening to the closing ceremony on Sunday morning.

The facility is wheelchair accessible. We are unable to accommodate special dietary or environmental needs. We will eat a light breakfast and, in keeping with this monastic tradition, the daily meal (vegetarian) is eaten before noon; there is no evening meal or use of kitchen. Incense and candles are used at the morning and evening chanting periods.

The retreat will be offered solely on *dana* (freewill donations); there is no set fee.

Due to the popularity of this retreat, registration is via lottery and a deposit is required for registration. (For those who attend the retreat or are on the waiting list, or who cancel by October 25th, the deposit can be refunded upon request or it can be offered as a freewill donation to Abhayagiri Monastery. The deposit cannot be refunded to those who cancel after October 25th.) ***Out of respect for others, please register only when you can make a clear and wholehearted commitment to attend.***

Information about Abhayagiri Buddhist Monastery is available at [www.abhayagiri.org](http://www.abhayagiri.org)

# 2015 RETREAT REGISTRATION

## Monastic Thanksgiving Retreat

November 20-29, 2015 at Angela Center, Santa Rosa, CA

Registration opens July 1, 2015

Name \_\_\_\_\_

City/State where you live \_\_\_\_\_

Telephone number \_\_\_\_\_

Email address (print clearly, this is how we will reach you!) \_\_\_\_\_

Gender \_\_\_\_\_

Have you previously attended a five-day or longer silent meditation retreat? \_\_\_ Yes \_\_\_ No  
Have you previously attended a ten-day or longer monastic meditation retreat? \_\_\_ Yes \_\_\_ No  
If you don't get into the retreat, would you like to be on the waiting list? (There are always cancellations, and sometimes very close to the retreat start.) \_\_\_\_\_ Yes, until what date?  
\_\_\_\_\_ or \_\_\_\_\_ No

1. Please mail this form – postmarked by July 31, 2015 – to Paul Friedlander, 722 Prospect Avenue, Oakland 94610.
2. Include your \$100 deposit check – **dated November 20, 2015** – payable to Sanghapala Foundation.
3. You will be notified by email in mid August if you are registered, or on the waiting list.
4. Please take a moment to add the retreat manager's email address to your address book: [hitesi3@gmail.com](mailto:hitesi3@gmail.com), as there may be attachments with your notification. (Otherwise, the email could end up in your spam box).

(Registration questions can be directed to Paul Friedlander at [retreat15@juno.com](mailto:retreat15@juno.com))

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*Thank you!*