



2018 MONASTIC THANKSGIVING RETREAT

Led by the Abhayagiri Community
November 17-25, 2018 at Mount Madonna Center, near Santa Cruz, CA

Abhayagiri Monastery in Redwood Valley, California and the Sanghapala Foundation invite you to join Ajahn Sudanto, Ajahn Karunadhammo, Ajahn Nyaniko, Debbie Stamp and others from the Abhayagiri Community for a 9-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 **Saturday afternoon, November 17th, through Sunday morning, November 25, 2018**, at the Mount Madonna Center in Watsonville, California. It's a beautiful spiritual retreat center on a mountaintop setting and the closest airports are San Jose (45 miles), Oakland and San Francisco (both about 75 miles).

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 registration 10:30am-noon to the closing ceremony on Sunday morning approx. 11am. 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. *Note that this is a double-occupancy rooming setup* (there are only a few single rooms available for elders and those with serious medical conditions). This is a beautiful center with very comfortable accommodations, but no camping/trailers possible for our retreat.

The retreat will be offered solely on *dana* (freewill donations); there is no set fee. (We do wish to make known that the new location is charging significantly more than the Angela Center did in past years – approximately double the cost).

Registration/lottery is open July 1-31, 2018 and applicants will be notified mid-August. Please note: no deposit refunds after October 1, 2018. This is a new policy for us, because Sanghapala is financially committed even if there are cancellations. Thank you for your understanding.

Information about Abhayagiri Buddhist Monastery is available at Abhayagiri.org

2018 RETREAT REGISTRATION

Monastic Thanksgiving Retreat

November 17-25, 2018 at Mount Madonna Center, Watsonville CA

Registration/lottery open July 1-31, 2018. (Applicants will be notified mid-August.)

Name _____

City/State where you live _____

Telephone number _____

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

Gender _____ Age _____ (this info is needed for room assignments)

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, 2018 – to Paul Friedlander, 722 Prospect Avenue, Oakland 94610
2. Include your \$200 deposit check – **dated October 1, 2018** – payable to Sanghapala Foundation. (Please note, no deposit refunds after October 1st).
3. Your registration receipt will be confirmed via email; confirmation mid-August.
4. Please take a moment to add the retreat manager's email address to your address book: 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 Hitesi (Cyndia) at hitesi3@gmail.com]

Thank you!

