

Cultivating Peace and Resilience in Turbulent Times

Daylong Retreat with Hugh Byrne

Sponsored by the Insight Meditation Community of Chestertown

Saturday, May 10, 2025

9:30 a.m. to 4:30 p.m.

Fellowship Hall of the Presbyterian Church of Chestertown

905 Gateway Drive, Chestertown, MD, 21620

We are living in challenging and troubled times. Many are experiencing stress, fear, anger, worry, grief, and other difficult emotions. Amidst these challenges the Buddha's teachings provide skills and practices to find peace in the midst of life's joys and sorrows while responding with wisdom and compassion to the suffering of the world. In this daylong **silent** retreat, we will practice the Buddha's teachings of mindfulness, compassion, and loving kindness in meditation. **The retreat is suitable for beginners as well as more experienced meditators.**

Hugh Byrne, a senior teacher with the Insight Meditation Community of Washington, will lead the retreat. For information about Hugh Byrne, check his website at www.hugh-byrne.com

We will engage in sitting, walking and eating meditation, and practices of self-acceptance that help us meet our experience with greater kindness and compassion. Participants are asked to bring a bag lunch. Beverages will be provided; a refrigerator and microwave are available. Chairs will be available for those who prefer not to sit on floor; meditators who prefer a cushion should bring their own.

The registration fee is \$10.00. In addition, participants are asked to give Dana, the traditional donation to support the continued work of the teacher. A donation of \$40.00 into a collection basket is suggested.

To register, you can send an email message to abergen54@gmail.com including your name and telephone number. The \$10.00 registration fee can be sent via PayPal* or by check payable to IMC-Chestertown mailed to Alison Bergen at 24760 Smithville Road, Worton, MD 21678. If you want to use PayPal, but don't have a PayPal account, the registrar can send you a payment request. In responding to the request, be careful to untoggle the button which would create an account automatically.