

Insight Meditation Community of Chestertown
www.imc-chestertown.org

Finding Peace in Difficult Times

A Daylong Retreat with Hugh Byrne

Saturday, January 6, 2024

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

The Riverview Retreat Center at Pecometh

We are living in challenging and troubled times. Wars and conflict, the climate crisis, racism and injustice, and other deep challenges and social divisions can easily lead us into despair, anger and blame, or shutting down. Amidst these challenges the Buddha's teachings provide skills and practices to find peace in the midst of life's joys and sorrows, while keeping our hearts open to the suffering of the world. In this daylong retreat we will practice the Buddha's teachings of mindfulness, compassion, and loving-kindness in meditation and daily life.

Hugh Byrne, a senior teacher with the Insight Meditation Community of Washington, will lead the retreat. For information about Hugh Byrne's experience and training, check his web site at www.hugh-byrne.com.

We will use sitting, walking and eating meditation, and practices of self-acceptance that can help us meet our experience with greater kindness and compassion. The retreat is suitable for beginners as well as for those with meditation experience. Participants are asked to bring a bag lunch (beverages will be provided) and a cushion for sitting. Chairs and benches will be available for those who prefer not to sit on the floor.

The \$10.00 registration fee covers the expenses of the day. *Dana*, traditional donations to support the continued work of the teacher, will be accepted separately at the retreat. A donation of \$40.00 is suggested.

For directions to the Riverview Retreat Center, go to www.pecometh.org. We will be in Faith House.

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To register, you can send an email message to info@imc-chestertown.org, including your name, telephone number, and an emergency contact name and phone number (required by the Riverview Retreat Center). The \$10.00 registration fee can be sent via PayPal*, or by check payable to IMC-Chestertown mailed to Ruth Davis, 11496 Still Pond Road, Worton, MD 21678.

* If you want to use PayPal, but don't have a PayPal account, we can send you a request for payment. In responding to the request, be careful to untoggle the button which would create an account automatically.