

Coming Home ...

To dharma, to love, to ourselves and each other

*A residential/non-residential weekend retreat with Jeanne Corrigan
January 25-27, 2019, at Queen's House Retreat and Renewal Center, Saskatoon*



In celebration of our 20th Anniversary year of SIMC, this retreat will explore practices which bring us home, to our inner capacity for love and wisdom. Part of coming home, for Jeanne, has been a deepening sense of connection within the heart of the Buddha's path and her Métis teachings. She will offer complementary practices from these two traditions throughout the meditations, dharma reflections, and gentle relational inquiries of this retreat. This retreat will include small group sessions with Jeanne.

I have arrived, I am home. In the here, and in the now. *Thich Nhat Hanh*

Tell her I know which road to take. Tell her, I know the way home. *Cree Elder Jim Settee*

Jeanne Corrigan is a Community Dharma Leader with the Saskatoon Insight Meditation Community, and a participant in the 2017 – 2021 IMS Teacher Training.

Retreat Starts at 7 PM January 25 and ends at 5 PM January 27

Cost for residential option: \$245 if registered on or before January 11; \$275 after that date. Includes breakfast, lunch and dinner January 26 and breakfast and lunch on January 27.

Cost for non-residential option: \$125 if registered on or before January 11, \$155 after that date. Includes breakfast, lunch and dinner January 26 and breakfast and lunch January 27.

On line registration is available at: <http://saskatooninsight.com/forms/view.php?id=26509>

Or see web-site at www.saskatooninsight.com for mail-in registration form

To contact SIMC call Doris at 306 242 5004 or email dwlarrison@sasktel.net

Sponsored by Saskatoon Insight Meditation Community

Registration Information

On line registration is available at:

<http://saskatooninsight.com/forms/view.php?id=26509>

To register by mail, please complete this form:

Name _____

Address _____ postal code _____

Telephone _____ email _____

Please select the retreat option you wish to register for:

—— Residential - early registration (on or before January 11): \$245; late registration: \$275

—— Non-residential - early registration (on or before January 11): \$125; late registration: \$155

These fees cover expenses only. An opportunity to practice dana for the teacher will be available. (see 'dana' below). All rooms are single occupancy. Please make cheques payable to Saskatoon Insight Meditation Community and send to Saskatoon Insight Meditation Community, c/o Doris Larson, 809 5th Ave. N. Saskatoon S7K 2R7. The full fee is due upon registration. *Your spot will not be reserved until payment is received.*

Cancellation Policy:

For cancellation on or before January 11, 2019, all funds will be returned.

For cancellation after January 11 a fee of \$100 will be retained.

Please sign this waiver and return with your registration form:

Assumption of risk and release (please read carefully before signing)

I assume all risk of damage or injury that may occur to me while on this retreat and while moving about the facility at which the retreat is held. In consideration of being accepted as a retreatant for this meditation retreat, I release and discharge the Saskatoon Insight Meditation Community and their agents from all claims resulting from my participation in the meditation retreat. I agree to this assumption of risk and release.

Signed: _____ Date _____

Witnessed by: _____ Date _____

Please share this information with us in order to serve you and others better:

First time at a meditation retreat _____ or Have attended other insight meditation retreats _____

How did you learn about this retreat? Paper poster _____ E-poster or e-mail _____ Web site _____

Friend or meditation group _____ Other _____

I would appreciate a ride _____ or I would be able to offer another participant a ride/car pool _____

Other Information:

Scholarships:

We are a small organization but through the generosity of our community members, we have some funds set aside for a few scholarships of up to 50% of the retreat fee. We want to support you if the cost of the retreat is prohibitive for you. We invite you to write us a letter, sharing your circumstance and what you can afford to pay. Please send your letter to Doris Larson at dwl Larson@sasktel.net or 809 5th Ave. N. Saskatoon S7K 2R7. We do not have a lot of money to spread around, but we will work with you to try to make a retreat possible. We want you to come!

The retreat will be held in noble silence except for discussions with the teacher.

It is important to arrive on time. Please plan to attend all sessions. You are encouraged to take care of all errands and personal matters before Thursday evening so that you can create a quiet mind which will support your retreat. Thank you for your interest and support of this meditation retreat.

The Practice of Dana:

In the tradition of our practice, this retreat is offered freely, with an opportunity to practise dana. For the past 2600 years, it has been the tradition in Insight Meditation that the teaching which establishes wisdom and compassion should be freely given, consequently the teacher receives no payment. For his or her support, the teacher relies on donations from students and friends who appreciate the value of the guidance they have received. This expression of gratitude is one form of dana, the Pali term for generosity. An opportunity to support the teacher through this practice will be given at the end of the retreat. There will also be an opportunity to contribute dana for the cost of the space, teacher travel and accommodation.

What to Bring:

Straight backed chairs will be available. All other sitting materials must be brought with you. You will likely want to bring a cushion and mat, or blanket, especially if you plan to sit on the floor or for possible mediation sessions while lying down. Warm, comfortable, loose fitting clothing is best for indoor wear and a blanket or shawl, for extra warmth, as well as outdoor clothing that is appropriate for the weather. Finally, bring an alarm clock so that you will be able to arrive on time for the morning sit.

Location and Parking:

Free parking is available on Queens' House lot

Please refrain from wearing scent or using scented products to assist those with allergies.