

## Buddhist-Christian 5-Day Silent Meditation

The Buddhist-Christian 5-day silent meditation retreat will be offered in summer 2020. This retreat is ideal for those who wish to deepen their daily practice, to discover their own integration of meditation across traditions, and to experience the benefits of spiritual practice in community.

To avoid the potential COVID-19 risks of living in close proximity in large groups, this year's retreat will be offered online. All who register will be able to fully participate from home (shelter in place) and meditate together in real time, making it possible for people to be in retreat from a distance without travel or lodging expenses.

The schedule and practices will be structured to fit smoothly within the online format, with accommodation for meals and sleeping arrangements at home. Practices from both Buddhist and Christian traditions will be offered each day, including movement and work meditations.

We will provide suggestions to help you set up your home retreat space and to collaborate with those who live with you to support you in your retreat in ways that fit your living situation.

**DATES:** July 19 – 24, 2020 (beginning Sunday 2:00 PM and ending Friday 12 noon)

**COST:** Optional donation in whatever amount feels appropriate for you will be gratefully received.

**LEADERS:** **Susan Murphy** and **Rod Dugliss**

For more information or to have a registration form sent to you, contact Susan at [somurphy@earthlink.net](mailto:somurphy@earthlink.net), (650) 492-9608, or Rod at [rdugliss@gmail.com](mailto:rdugliss@gmail.com), (415) 441-4104.

Additional retreat information will be emailed in early July to those who have registered.

Email your registration information to <a href="mailto:rdugliss@gmail.com">rdugliss@gmail.com</a> by July 12, 2020; send optional donation (payable to PCSF) to Pacific Center for Spiritual Formation, Box 441, 1819 Polk Street, San Francisco, CA 94109			
PROGRAM Buddhist-Christian 5-Day Silent Meditation, July 19 – 24, 2020			
NAME _____	Email _____		
STREET ADDRESS _____			
CITY _____	STATE _____	ZIP _____	Donation \$ _____
PHONE: Home _____		Cell _____	