

Breaking the Chain

Focusing on the weakest links in the chain of dependent origination and the way to Nibbana

with
Sister Santussika

Saturday, November 12, 9 – 5 pm &
Sunday, November 13, 9 – 4 pm, 2016

Red Cedar Dharma Hall
1021 N. Forest St. Bellingham, WA



*** Sister Santussika will also be giving a public talk Friday, November 11th
at 7-9 pm at the hall ***

The Teacher: Ayya Santussika Bhikkhuni is a fully ordained Theravada Buddhist female monastic. Before her ordination, Ayya Santussika lived, studied and practiced in large and small communities of nuns, including Amaravati and Chithurst monasteries of the Ajahn Chah tradition in England. She began traveling in Asia in 1999, learning from master teachers, particularly in Thailand. It was these experiences, along with time spent at Abhayagiri Buddhist Monastery in California that caused her faith to develop to the point of choosing to live and practice as a Theravadan nun. At present, she is the founding resident of Karuna Buddhist Vihara, a neighborhood monastery in Mt. View CA. In addition to teaching Dhamma, Ayya Santussika serves as a director for Buddhist Global Relief and engages in climate change action. Ayya offers the Buddha's teachings with clarity and strength, by means of a humble and kind presence. For more information on her interesting history and current projects, we recommend you go to her website at <http://www.karunabv.org/>

Ayya Santussika will be accompanied by Samaneri Cittānandā.

The Topic: When the Buddha was looking for a way out of suffering, one of the things he discovered was the causal chain that leads to suffering. Once this chain is understood, we can find the weakest links and go to work on breaking them in our own direct experience. During this weekend retreat, we will focus on the link between sankhara (mental formations) and vinnana (consciousness) and the link between vedana (feeling) and tanha (craving). Then we will explore another causal chain: the one that begins with suffering and ends in nibbana.

Cost: \$25.00 for BIMS (Bellingham Insight Meditation Society) pledge-members, \$50.00 for non-members. In order to encourage young people to attend, we are asking a \$25 fee for anyone 35 and younger, regardless of pledging status. There is also an opportunity to offer dana (donation) for Sister Santussika. For information on becoming a BIMS-pledge member please visit us online at <http://www.bellinghaminsight.org/>.

Please note that no one will be turned away for lack of funds.

REGISTRATION FORM

Sister Santussika non-residential meditation retreat November 12 & 13, 2016

***** Sister Santussika will be giving a public talk on Friday, November 11th, 7-9 pm,
at the hall *****

Weekend retreatants are encouraged to attend this talk

Name _____ Phone _____

Address _____

City _____ State/Prov. _____ Zip/Postal Code _____

Email Address (used to confirm and mail any necessary info) _____

Check all that apply:

I am a BIMS member. I am enclosing a check or money order for \$25, U.S. Funds only.	
I am not a BIMS member. I am enclosing a check or money order for \$50 (\$25 for 35 or younger), U.S. Funds only.	
I would like to contribute to BIMS scholarship fund. Amount: _____	

Cushions: The Red Cedar Dharma Hall has many cushions, mats & sitting benches, though you may bring your own if you prefer. Also, there are many chairs available.

Payment: Make checks payable to ***BIMS (Bellingham Insight Meditation Society)***.
Send check and completed form to the registrar:

Gretchen Harsch
P.O. Box 4141
Bellingham, WA 98227

Email: satisukha@comcast.net Phone: 360-714-1217

Confirmation: A confirmation letter with additional information, including directions to the Hall, will be emailed (or posted) to you after your registration form and check have been received.

Early registration is appreciated – thank you!