

# Cultivating & Appreciating *Saddha*

with  
Kate Dresher

Saturday, November 11, 9 – 4 pm &  
Sunday, November 12, 9 – 4 pm, 2017

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



\*\*\* Kate will also be giving a public talk Friday, November 10<sup>th</sup> at 7-9 pm at the hall \*\*\*

**The Teacher:** Kate Dresher has been practicing Buddhist meditation for nearly 20 years. She began teaching in 2010 at the request of her root teacher, Michele McDonald. Kate's training has been primarily in the lineage of Mahasi Sayadaw of Burma and her practice has been guided most notably by Chanmyay Myaing Sayadaw and Sayadaw U Vivekananda. She has practiced as a nun in Myanmar and has received clinical pastoral training. Prior to following a spiritual calling, she received an undergraduate degree in engineering and a doctorate in economics. Kate's sharing of the Dhamma emphasizes practicing right where we are as a doorway to the natural unfolding of wisdom and love. She teaches metta and vipassana retreats primarily in the Pacific Northwest and British Columbia. She currently resides in Portland, OR.

**The Topic:** The Pali word *saddha* is typically translated into English as inspired confidence, trust, faith or devotion. Like other faculties of heart or mind, *saddha* is a fundamental capacity or potential within each of us. And, like other spiritual faculties, it plays an essential and recurring role in Dhamma practice and path.

This retreat is an opportunity for dedicated time of meditation and quiet reflection. The focus of the weekend will be "the faith faculty" — how it expresses and develops, provides crucial support for other aspects of path, and is integral to the journey of growing understanding, happiness and peace.

**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 Kate. 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

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### Kate Drescher non-residential meditation retreat November 11 & 12, 2017

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**\*\* Kate will be giving a public talk on Friday, November 10<sup>th</sup>, 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, <b>U.S. Funds only.</b>	
I am not a BIMS member. I am enclosing a check or money order for \$50 (\$25 for 35 or younger), <b>U.S. Funds only.</b>	
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, Registrar 425 Chuckanut Drive, N., #42 Bellingham WA 98229
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Email questions: <a href="mailto:satisukha@comcast.net">satisukha@comcast.net</a> Phone: 360-714-1217
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**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!***

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*For registrar use only:*

Registrar record: Check # \_\_\_\_\_ Check Amt \$ \_\_\_\_\_ Scholarship amt. awarded \$ \_\_\_\_\_

Retreat Fee Paid \$ \_\_\_\_\_ Contribution to scholarship fund \$ \_\_\_\_\_ Date rec'd \_\_\_\_\_

Confirmation sent \_\_\_\_\_