



# ***Meditation Retreat*** *with* **Sister Santussika**

**October 9-15, 2017**

a 7 day retreat at

**Samish Island, Washington**

**Cost: \$410.00 (U.S. Funds), plus Dana to Teachers**

***Retreat Description:*** This residential retreat will be held at a rural retreat center south of Bellingham. The retreat location is on the water and has extensive grounds for walking. All registrants will have a cabin to themselves. There will be 3 simple vegetarian meals a day. This retreat is suitable for both new and experienced practitioners.

## **The ground from which the Path arises: From youth to aging, sickness and death.**

The beauty and joy of awakening, complete peace and release, do not come from a life of comfort and complacency. They arise out of directly facing the toughest challenges of human life. In this retreat we will explore the territory of deep life experiences, the wake-up calls, beginning in our youth. We will draw upon the tools the Buddha gave us to make skillful use of these profound experiences, the miracles of birth and death and those that lay between.



Ayya Santussika is an American Theravadan Buddhist nun, who traveled to Asia in 1999 to train with various masters, particularly in Thailand. She has learned greatly from, and has a deep respect for, the Pali scholar, Venerable Bhikku Bodhi, and Ajahn Pasanno (who was a student of Ajahn Chah and is the current Abbot of Abahayagirl Monastery). Before her ordination, Ayya Santussika lived, studied and practiced in large and small communities of nuns, including those of Amaravati and Chithurst in England. It was these experiences, along with her many visits to monasteries in the West, that caused her faith to develop to the point of becoming a Bhikkhuni. At present, she is the founding resident of Karuna Buddhist Vihara, a neighborhood monastery in Mt. View CA. Ayya offers the Buddha's teachings with clarity and strength, by means of a humble and kind presence. We are very fortunate she is coming to our area. For more information on her interesting history and current projects, we recommend you go to her website at: <http://www.karunabv.org/>

**Cost of Retreat:** The cost of this retreat is **\$410.00** (U.S. funds only). The fees charged are used to pay Camp Samish costs for room and board. Any additional money is used for ongoing BIMS programs & expenses, including scholarships. We regret that BIMS is unable to make cost adjustments for personal circumstances. Please fill out the registration form and send with your check to the Registrar. PayPal may also be used for payments (see below).

**Partial Scholarships:** A very limited number of partial scholarships are available. Scholarship requests are honored in the order in which they are received.

**NO SCHOLARSHIPS CAN BE GRANTED WITHOUT CONTACTING THE REGISTRAR FIRST BY EMAIL.**

**Enhanced Cabins (“e-cabins”):** These cabins have shared indoor bathrooms. They are available first for those with physical disability or those over 65, for an additional fee of \$10.00 per night. Please **register early to reserve an e-cabin**. Those without disabilities/under 65 who desire an “e-cabin,” will be placed on the “e-cabin” waiting list. All “e-cabins” have heat, electricity, sinks, queen beds (bring queen bedding or a sleeping bag and pillow), small table, chair, clothes rack & mirror.

There are many more qualified people for e-cabins than are available. We also have people who physically cannot attend the retreat unless they can stay in an e-cabin. So, if you are qualified for an e-cabin but feel that you can stay in a rustic one, it would be greatly appreciated by someone. If you and a partner or friend are experienced meditators and each are qualified for an e-cabin, you are welcome to register for the same room, which would open another e-cabin. If you share an e-cabin with someone, the cabin is still only \$10.00 per night, i.e., \$5 a person per night.

**Cabins:** All other cabins are simple, with electricity, heat, single bunk beds (bring single bedding or sleeping bag), clothes rack, chair, small table & mirror. They share the camp bathroom and shower facilities.

**Checks:** Please make checks payable in **U.S. funds** to BIMS (Bellingham Insight Meditation Society). Include the “e-cabin” fee (if selected) and scholarship fund donation (if desired) in your check amount.

**PayPal:** Please contact the Registrar for information on payment by PayPal. Note that additional fees will be added.

**Cancellation Fee:** If you need to cancel, BIMS will refund 75% of your registration fee up to 10 days before the retreat (September 29). Any time after that, the refund will be 50%.

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October 9-15, 2017**

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State/Prov. \_\_\_\_\_ Zip/Postal Code \_\_\_\_\_

Emergency contact: \_\_\_\_\_ Phone \_\_\_\_\_

Medical contact: \_\_\_\_\_ Phone \_\_\_\_\_

Email Address (used only for retreat-related contact) \_\_\_\_\_

**Check all that apply:**

I am registering for the October retreat. I am enclosing a check for the full retreat cost of \$410.00 <b>U.S. funds</b> only.	
I am registering for the October retreat. I am authorizing a PayPal payment for the full retreat cost of \$420.00 (US PayPal account) or \$426.00 (Canadian PayPal account) <b>U.S. funds only</b>	
I would like an "e-cabin" with indoor bathroom. Required: I am 65 or older or have a physical disability. I am adding <b>\$60.00</b> to my retreat cost (\$10.00 per night x 6 nights) (\$62.00 for US PayPal account, \$63.00 for Canadian PayPal account). <b>THE REGISTRAR MUST RECEIVE YOUR REQUEST BEFORE September 29 (10 days before retreat starts).</b> After that date, "e-cabins" will be given to those who request them (see below).	
I can share an e-cabin.	
I would like an "e-cabin" but do not meet the qualifications above. Please put me on a waiting list for an "e-cabin" and notify me on approximately September 29 (10 days before retreat starts). I will bring an additional <b>\$60.00</b> check or cash to the retreat (\$10 per night x 6 nights).	
I can contribute to the scholarship fund to help others attend future retreats. Amount \$ _____ (Please add to check or PayPal amount.)	
I need a ride --- I can give a ride --- to the retreat (circle one if appropriate).	
This is my first residential meditation retreat.	
I need to borrow cushions (zafu and/or zabuton).	
There will be 3 simple vegetarian meals a day. If you have additional dietary considerations please specify:	
I have medical considerations. Please specify:	

Please make checks payable in **U.S. dollars** to *BIMS (Bellingham Insight Meditation Society)*. Include the e-cabin fee (if selected) and scholarship donation in your check amount. Send this form and your check to the retreat registrar: If paying by PayPal, please contact the Registrar for instructions.

<b>Gretchen Harsch, Registrar</b> 425 Chuckanut Drive, N., #42 Bellingham WA 98229	<b>Email questions:</b> <a href="mailto:satusukha@comcast.net">satusukha@comcast.net</a> <b>Phone: 360-714-1217</b>
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A confirmation email or letter will be sent you with details about what to bring to the retreat. If you need to cancel, BIMS will refund 75% of your registration fee up to 10 days before the retreat (September 29). Any time after that, the refund will be 50%.

*Early registration is appreciated – thank you!*

Registrar record: Check # \_\_\_\_\_ Check Amt \$ \_\_\_\_\_ PayPal Amt \$ \_\_\_\_\_ Scholarship amt. awarded \$ \_\_\_\_\_  
 Retreat Fee Paid \$ \_\_\_\_\_ E-cabin supplement \$ \_\_\_\_\_ Contribution to scholarship fund \$ \_\_\_\_\_ Date rec'd \_\_\_\_\_  
 Confirmation sent \_\_\_\_\_