

Meditation Retreat

with

Sister Santussika

October 12-17, 2015

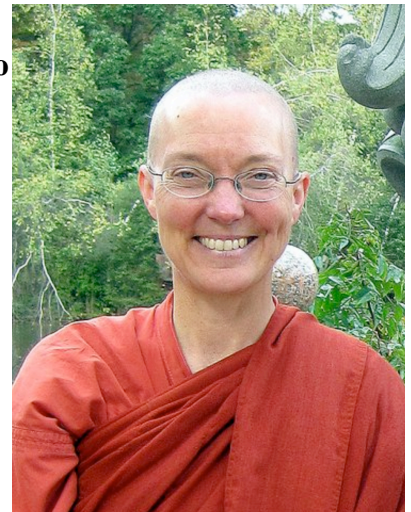
a 5 day retreat at

Samish Island, Washington

Cost: \$296.000 (U.S. Funds), plus Dana to Teacher

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.

After many requests that we offer a retreat with a female monastic, we are excited to announce that Ayya Santussika Bhikkhuni will lead our 2015 fall retreat. (Ayya is a Pali word, translated as "honorable" or "worthy." It is most commonly used as a veneration in addressing or referring to a fully ordained Theravada Buddhist female monastic or Bhikkhuni, who practices 311 monastic rules.)



Ayya Santussika is an American, 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). Her son, Ajahn Guna, was also a wonderful support and inspiration during his 14 years of monastic life.

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 Theravadan Nun. 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/>

Ayya Santussika will be accompanied by Anagārikā Cittānandā. An Anagarika or "homeless one" is a person who has given up most or all of his/her worldly possession and responsibilities to commit to full time Buddhist practice. An Anagarirka often proceeds to becoming a novice nun, commonly after a year, but not always.

Practicing Letting Go

Ajahn Chah said that if you let go a little, you will have a little peace; if you let go a lot, you will have a lot of peace; if you let go completely, you will have complete peace.

We have all experienced the relief of letting go. We have also all experienced the suffering of clinging to something that is disintegrating. We may wish to let go, decide to let go, and try to let go without success. How can we put the causes and conditions into place so that letting go happens naturally?

We will use meditation, skillful reflection and stories for putting the necessary causes and conditions into place. The Buddha's teachings, as they appear in the Pali Canon, will be our inspiration and guidance for letting go of possessions, feelings, relationships, loved ones, youth, health concerns, the body and anything else relevant to you.

As we develop our skill in letting go, we experience more peace and true awakening, until there is complete peace – Nibbana.

Cost of Retreat: The cost of this retreat is **\$296.00** (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 (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 \$5.00 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.

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 showers.

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.

Cancellation Fee: If you need to cancel, BIMS cancellation fee is 25% up to 10 days before the retreat (October 2) and any time after that it is 50%.

**Meditation Retreat with Sister Santussika
October 12-17, 2015**

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 \$296.00 U.S. funds only.	
I would like an "e-cabin" with indoor bathroom. Required: I am 65 or older or have a physical disability. I am adding \$25.00 to my retreat cost (\$5.00 per night x5 nights). THE REGISTRAR MUST RECEIVE YOUR REQUEST BEFORE October 2 (Date 10 days before retreat starts). After that date, "e-cabins" will be given to those who request them (see next box).	
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 October 2 (Date 10 days before retreat starts). I will bring an additional \$25.00 check to the retreat (\$5.00 per night x 5 nights).	
I can contribute to the scholarship fund to help others attend future retreats. Amount \$ _____. (Please add to check 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:

Gretchen Harsch Retreat Registrar P.O. Box 4141 Bellingham WA 98227	Email questions: satisukha@comcast.net Phone: 360-714-1217
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A confirmation email or letter will be sent you with details about what to bring to retreat. If you need to cancel, BIMS will refund 75% of your registration fee.

Early registration is appreciated – thank you!

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