



# Meeting the Second Messenger

The Dharma of Illness & Pain

Saturday June 14<sup>th</sup>

9:30<sup>AM</sup> – 4:30<sup>PM</sup>

In traditional Buddhist teachings, the young Siddhartha met 3 messengers who inspired his spiritual journey: an old person, a sick person and a person who had died. All of us meet these messengers in one way or another. In this gentle one day retreat we will explore the second messenger: illness and physical pain. Is it possible to turn our physical difficulties into the ground of our awakening? How can we take care of our bodies and offer compassion for ourselves in meditation practice? What hard won wisdom can we offer each other?

This retreat is offered to anyone with some Buddhist practice and grounding who has at least occasionally wondered if the dharma was failing them or they were failing the dharma as they lived with illness or pain. The day will include meditation, personal reflection, small and large group sharing and dharma talks.

The retreat will be led by Florence Caplow & Jean La Valley. Florence is a long-time Vipassana and Zen practitioner, and an ordained Zen priest. She has also practiced with a chronic and painful illness since 1999. Jean has been practicing and studying Vipassana meditation since 1980 and is part of the Community Dharma Leadership program through Spirit Rock Center- Insight Meditation West. She is learning to practice with a chronic injury.

**Location:** Red Cedar Dharma Hall, 1021 N. Forest St. Bellingham WA  
(overnight accommodations can be arranged for out-of-town attendees)

**Cost:** by donation

**Lunch:** bring a simple lunch; tea provided

## Pre-Registration is Required

**For information:** Florence 360-480-9636/e-mail [firenze33@gmail.com](mailto:firenze33@gmail.com)  
or  
Jean 360-676-9971/e-mail [jeanlavalley@comcast.net](mailto:jeanlavalley@comcast.net)

A confirmation letter with information about the Hall and the retreat will be sent after you are registered.

## **Registration information**

Name:

Address:

Phone:

Email address:  
(may we use email to communicate with you?)

Brief description of your practice experience:

Are there any particular issues you would like to explore in this retreat?

Please mail registration information to

Jean La Valley  
2401 Cherry St  
Bellingham WA 98225

OR

Email information to [jeanlavalley@comcast.net](mailto:jeanlavalley@comcast.net)