



A FOUR DAY "THAYPASSANA" MEDITATION RETREAT CO-SPONSORED BY  
NORTH SUBURBAN MEDITATION COMMUNITY



CHICAGO WEEKLY SITTING MEDITATION GROUP

# stories for awakening

“TO TRY EARNESTLY TO DEVELOP POSITIVE QUALITIES THROUGH MEDITATION IS THE BEST ACTIVITY YOU CAN DO FOR YOURSELF; IT IS ALSO THE BEST YOU CAN DO FOR OTHERS.”

— MATTHIEU RICARD

The Buddha often taught by telling relatable stories to communicate the real and practical reasons we should understand the causes of suffering and the end of suffering. In this retreat, Jan and David will share their favorite stories from the Buddha's teachings. These stories from the Buddha can help us awaken to joy and peace, even in the face of the challenges of human life in this day and age.

This retreat will be appropriate for newer and experienced meditators. It will be held in Noble silence and will include periods of sitting and walking meditation, Dhamma talks, group meetings with the teacher, the opportunity for one on one sessions with a teacher, and mindful movement.

**NOTE: By registering for this retreat, participants affirm that they have been fully vaccinated for Covid-19, (as currently recommended by the CDC) and that you have not tested positive for Covid within 5 days prior to the retreat. Masking indoors will be optional. Antigen rapid testing kits will be available on site for those who feel they may have been exposed to Covid unawares either in transit or on site.**

**What to expect:** Please wear comfortable, loose-fitting clothes. If you use a meditation cushion or bench, please bring it. Chairs will also be available for meditation. Please note — throughout this retreat participants will be in **Noble Silence** except during Q&A or interview groups.

Fees cover all meals Friday breakfast through Sunday lunch, lodging, private baths, towels and the meeting rooms. (Thursday dinner is on your own.) Coffee/tea are available throughout the weekend. All meals will be **vegan**. If you have dietary restrictions, make those known on your registration.

The retreat will begin on Thursday at 7 pm. Please arrive and check-in between 4-6 pm, Thursday, September 28, so you can settle into your room and be in the hall and ready when the retreat opens at 7 pm. Check-out follows the close of the retreat at 3PM on Sunday.

**Location:** Siena Retreat Center, 5637 Erie Street, Racine, Wisconsin 53402. Parking is free and plentiful. Once you park your car, you can leave it for the weekend.

**A Four Day Meditation Retreat**  
Thursday, September 28 7PM to  
Sunday, October 1, 3PM, 2023

Siena Retreat Center

5637 Erie Street, Racine, Wisconsin 53402

With Janice Cittasubha Sheppard and David Haskin



**Janice Cittasubha Sheppard**

has been practicing meditation since 1995 and teaching meditation since 2002. She has an MA and Ph.D. in Cultural Anthropology (University of Wisconsin-Madison). She was trained as a Community Dharma Leader at

Spirit Rock Meditation Center and as a Lay Buddhist Minister in the Theravada Thai Forest lineage by the Abbots of Abhayagiri Buddhist Monastery. She was given the name Cittasubha by her teachers Luang Por Pasanno and Ajahn Amaro. She has led a weekly meditation group for twenty years, teaches meditation, and leads meditation retreats. She offers mindfulness meditation instruction in various secular settings and volunteers in Wisconsin prisons to offer secular mindfulness meditation groups, lead Buddhist services, and provide Buddhist pastoral visits.



**David Haskin** has practiced meditation since 1971 and has been a student of Zen master Thich Nhat Hanh since 1993. He was ordained into that teacher's core practice community, the Order of Interbeing, in 2006. David has been particularly

moved and motivated by Thich Nhat Hanh's teachings on engaging our practice of Mindfulness as we interact with others and with the world at large. He teaches Mindfulness widely, including to prison inmates, men's groups, combat veterans and those in recovery from addictions.

For more information or to discuss Covid safety feel free to contact:

**Steve Starr**, Organizer, Chicago Weekly Sitting Meditation Group (stephenbstarr@gmail.com or 847-644-2389) OR

**Mark Zelkowitz**, Organizer, North Suburban Meditation Community (mnzdragon@gmail.com or 847-927-9427).

**Please share this flyer with others who may be interested in this retreat day!**

## Registration Form

Complete the form at <https://bit.ly/43P8iQ4>. Registrations are complete when your payment has reached our Registrar, Kevin Kuhn. Payments can be sent via Zelle to [kevinkuhn56@yahoo.com](mailto:kevinkuhn56@yahoo.com). If you do not have access to a computer, you may use this form for registration along with a check payable to **Kevin Kuhn** and mailed to:

**Kevin Kuhn**, 1632 W. Columbia Avenue, #2S, Chicago, IL 60626

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NAME(S)

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ADDRESS

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CITY

STATE

ZIPCODE

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EMAIL ADDRESS

PHONE

Enclosed is my registration fee for:

<input type="checkbox"/> Single-occupancy private Room, private bath	<b>\$450</b>
<input type="checkbox"/> Double-occupancy Room ( <input type="checkbox"/> one queen-sized bed or <input type="checkbox"/> two twin beds), private bath	<b>\$400</b>
<input type="checkbox"/> Commuter (meals/retreat only)	<b>\$190</b>

**Rooms will be sold on a first come first served basis.**

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NAME OF REQUESTED ROOMMATE

I have dietary restrictions as follows (NOTE—ALL MEALS WILL BE **VEGAN**. WE WILL DO OUR BEST TO ACCOMMODATE SPECIAL DIETS. CONSIDER BRINGING ITEMS TO SUPPLEMENT YOUR SPECIAL DIET FOR YOUR SAFETY AND COMFORT):

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DIETARY RESTRICTIONS

May we use your email address to contact you regarding future retreat opportunities?  Yes  No

**Scholarships are available based on personal financial need or circumstance. Please contact Steve Starr to discuss.**

**An Important Note About the Price:** The prices cited above cover only the expenses of putting on this retreat and do NOT provide compensation for the teachers. Following the ancient tradition of Mindfulness teachers, David and Janice gratefully accept *dana* (the Pali word for generosity) as a free-will offering from those who attend the retreat. Please do not add *dana* to the registration fees but, rather, consider offering *dana* at the end of the retreat if you find the teachings helpful and if you are able.

### Deadlines and Cancellation Policy:

Because of our obligation to pay rent to Sienna Retreat Center, we must have the following policies regarding registration deadlines and cancellations.

1. Full refunds will be given for registrations cancelled by AUGUST 25, 2023.
2. One half the registration fee will be given for registration cancellations before SEPTEMBER 8, 2023.
3. No refunds will be given for cancellations after SEPTEMBER 18, 2023.
4. In the event the State of Wisconsin closes businesses due to Covid and the retreat must be cancelled, you will receive a full refund of your retreat fee.

Once processed, refunds can take up to 7 business days to be credited to the registrant's account.

**The Retreat Center:** The Siena Retreat Center campus is on Lake Michigan with large outdoor spaces and footpath access to the lake. Part of the grounds have been devoted to prairie restoration which may offer some beautiful colors in September. The retreat center adjoins a residence for the Dominican sisters and a senior healthcare facility operated by Ascension.

