

*Pacific Center for Spiritual Formation offers
A Five-Day Silent Retreat*

*Buddhist and Christian Meditation:
Living and Breathing on a Common Path*

Our five-day meditation retreat offers participants an opportunity to experience and integrate Buddhist and Christian contemplative practices, through brief instruction, extended periods of silent practice, and ample time for unstructured quiet and solitude. This retreat provides a unique experience of *silence in community*.

The complementary practices of two great spiritual traditions weave an experience of spiritual deepening and opening; a rich encounter with what is real, authentic, and nurturing. This retreat is ideal for those who wish to go deeper into the stillness, to receive some instruction in a variety of meditation and contemplative practices across traditions, and to experience directly the benefits of meditation and prayer away from the interruptions of everyday life.

DATES: Sunday, July 25, 2010 at 5 pm, through Lunch Friday, July 30, 2010

LOCATION: Wellspring Renewal Center, Philo, Mendocino County (www.wellspringrenewal.org)
Nestled on a hill adjoining the redwoods of Hendy Woods State Park, Wellspring is a place of natural beauty, graced with sunny meadows and the flowing Navarro River. Wellspring is known for its simple, imaginative, and delicious vegetarian cooking and the organic garden from which much of its food comes. This spacious and welcoming natural setting is an ideal holy space for this retreat.

Note: The staff at Wellspring can accommodate wheat and dairy free diets. Participants with other special dietary needs should contact Wellspring staff before registering to be sure their needs can be met.

COST: \$690-\$390, based on housing preference. The cost includes food, lodging, and tuition for 5 days.

	<i>Single</i>	<i>Double</i>
Improved Cabin	\$690.00	\$595.00
Rustic Cabin	\$640.00	\$525.00
Tent Cabin		\$415.00
Camping (own equipment; no RV's)		\$390.00

LEADERS: [Susan Murphy](#), Spiritual Director, [Courage & Renewal](#) Facilitator, and a Quaker who practices and teaches Buddhist meditation practice. She is a member of Thich Nhat Hahn's *Order of Interbeing*. [Rod Duqliss](#), PhD is a Spiritual Director, teacher, Dean of the Episcopal School for Deacons, and a member of the Shalem Society for Contemplative Leadership.

For more info, contact: Susan (650) 969-3452, somurphy@earthlink.net, or Rod at (415) 441-4104

Mail registration form by June 14th, with full fee or \$200 deposit, payable to PCSF, to:			
Pacific Center for Spiritual Formation, Box 441, 1819 Polk Street San Francisco CA 94109			
PROGRAM	Christian/Buddhist Five Day Silent Retreat- July 25-30, 2010		
NAME	_____		
STREET ADDRESS	_____		
CITY	STATE	ZIP	
PHONE(S)	_____		
FEE or DEPOSIT ENCLOSED \$	_____	I'd like to make a Scholarship Donation \$	_____
HOUSING PREFERENCE:	Improved	Single	Double
	Rustic	_____	_____
	Tent Camping	_____	_____
	Camping	_____	_____