

Auckland Theravadan Buddhist Association

All is Passing Away

A Retreat at St Francis Retreat Centre
50 Hillsborough Rd
Mt Roskill, Auckland

Labour Weekend Retreat with Ajahn Chandako Auckland, October 19-22, 2007

ARRIVAL

Please arrive between 6.30pm and 7.00 pm on Friday, October 19. This will give you enough time for orientation and settling into your accommodation before Ajahn Chandako arrives. The Retreat will start at 8.00pm on the same day. Ajahn Chandako will give an introductory talk about the retreat and all Yogis will take the eight Precepts.

CONCLUSION

The retreat will conclude at 3.00pm on Monday, October 22. All Participants are expected to stay the entire period of the retreat except in case of illness.

RETREAT FORMAT

A meditation retreat is a precious opportunity to develop serenity and self-reflection in a kind and compassionate environment. It is a serious undertaking, which requires effort and self-discipline. A retreat is not a chance to run away or to do your own thing. Rather, it is an opportunity to cultivate the Buddha's way of liberation through the practice of generosity, virtue, meditation and wisdom. Walking this path, we can learn what leads to suffering and cultivate what leads to happiness, for both ourselves and others.

- The retreat will be conducted in silence, which includes no use of Telephones, Mobile phones, no communicating with other participants by sign or body language. Quieting the body and voice helps to quiet the mind and to create a space in which you can observe the mind. However there will be opportunities to discuss your practice with the teacher at specified times.
- A typical retreat day begins at 5.00am and ends at 10.00pm with a rest period in the middle of the day
- The retreat will follow an intensive schedule throughout the day consisting of alternate periods of sitting and walking meditation and an evening talk by the Ajahn.
- The cultivation of Sila is fundamental to the practice as it helps the student to develop a foundation of concentration and provides a conducive environment for meditation.

All participants are expected to follow the eight training precepts, these are:

- To abstain from killing living beings (including insects).
- To abstain from taking what is not freely given
- To abstain from all sexual activity
- To abstain from dishonest speech (in the context of the retreat, this also means to observe noble silence).
- To abstain from using alcohol, drugs and intoxicants
- To abstain from taking food after midday.
- To abstain from amusements such as singing, listening to music and from using bodily adornments.
- To abstain from using high and luxurious beds.

ACCOMMODATION AND FOOD

Each participant will be provided with a single room, equipped with a single bed, two pillows, two blankets, a duvet, bedspread, linen and towels. Each room has a handbasin, wardrobe, drawers and a chair. Please make sure to bring your own toiletries.

Meals are of a high quality and only vegetarian food will be provided. Breakfast is at 7.30 am and lunch at 11.00am. No dinner will be provided (See training precept six). If you have a medical problem which requires a special diet or any other food supplements, please bring along the special items you need.

CLOTHING

The guide for clothing is “Be Prepared”, with emphasis on comfort, not on style. As it is the end of winter temperatures can be cool in some days hence bring warm clothing. Please do not bring clothing in “noise making” fabrics such as nylon.

MEDICINES AND OTHER PRODUCTS

If you have a serious medical condition, please let me know. Please do not use perfumes or scented shampoos, ointments or lotions: purchase unscented products before you come (See training precept seven).

OTHER THINGS TO BRING

If at all possible, please bring your own cushion or meditation bench as we have only a limited supply of these items. Bring a silent clock for your room, if desired. Watches that beep or alarm should not be worn in common areas. You may wish to bring a small flashlight.

SMOKING AND FIRES

Smoking is only permitted outdoors. To minimise odours we ask smokers to wash their hands after smoking and not to wear smoke-filled clothing in the meditation hall. Smoking or fires of any kind, including candles and incense, are forbidden indoors.

CANCELLATION

Please give us at least two weeks notice if you need to cancel your booking, so that we can offer your place to someone else. Please do try your best to stay for the entire retreat. If you do leave early remember, you might have deprived someone else who could have done the entire retreat. Out of consideration for them as well as yourself, please make a commitment to attend the whole retreat.

PARKING

A car park is available at the right of the building. Please look for Signs at the top of the driveway. Parking is not allowed at the Front of the building. Cars parked at the property will be at the owners risk.

CONTACT DETAILS

Thank you for taking the time to read this information. If you have any questions, please feel free to contact me or Freddie. Hope to see you soon at the St. Francis Retreat Centre.

With Metta

Raja

Retreat Organiser

Phone: 524-0270, Mobile 0274-751091