

# **BEING IMPERFECT AND HUMAN**

**A YEAR END ONE DAY RETREAT**

**Saturday, December 26, 2015 – 830 AM -430 PM**

**AND DISCUSSION OF A YEAR LONG 2016 COURSE**

**With SIM's Founding Teacher Dennis Warren**

Being imperfect, fortunately, is the essential human condition. Being perfect is an illusion. Trying to be perfect is one of the most common ways we create our own suffering.

This one day retreat, with SIM's Founding Teacher Dennis Warren, will end 2015 by appreciating being imperfect and human; and facing the shared mystery of living and dying on this planet.

We'll rest, practice, take care of ourselves, be together in silence, explore a dharma talk, and work with questions and answers.

An important part of the day will explore a year-long course Dennis will be leading, starting in late January 2016. Potential topics and formatting of the course will be explored. If you want to participate in the course, attend this one day retreat.

The day will begin at 830 am and run until 430 pm at the Sacramento Friends Meetinghouse, 890 57th Street. Bring a lunch and plan on staying on-site all day, including the lunch period.