

Gratitude, Forgiveness, and Gratitude

A One Day Retreat with Sacramento Insight Meditation (SIM) Community Teacher Rich Howard on Saturday, November 24, 2018 – 9 am to 4 pm

3111 Wissemann Dr, Sacramento, CA 95826



"Gratitude is thankfulness taken to the next level" says Betsy Henry, aka Zen Mama. In this day combining silent practice with group discussion, we will begin and end by cultivating gratitude in the context of our awareness practice. In between, we will use guided meditations developed by Dennis Warren to move through forgiveness for ourselves and others. This practice allows us to be fully human and to let go of old holding patterns. We may even find a way to be grateful for past hurts.

Please bring your lunch and dress in layers for outside walking.

Registration is now open online at www.sactoinsight.org/event/retreat-nov-24/. The fee is \$15.00 per person due before the start of the event. If you are able and interested in further supporting SIM financially, you have the option of a registration fee of either \$25 or \$35 dollars.



Rich Howard has been an active practitioner and volunteer at SIM since 2004. His area of interest is bringing meditative awareness into everyday life. He participated in SIM's 2007 India Pilgrimage and is a graduate of SIM's second Practice Development and Leadership (PDL) program. He served on the Board from 2010 until 2015, the last two years as president. He was one of the SIM representatives to the Inter-Sangha Coordinating Committee, predecessor to the Sacramento Dharma Center Board, which now runs our shared space for Buddhist sanghas in Sacramento. He served as a Peace Corps volunteer in southern Africa in the 1970s and is fluent in Spanish. His teachers are Dennis Warren, Tony Bernhard, and Steve Armstrong. Rich completed online courses with Steve on the Abhidhamma (the Buddhist psychology) and the Manual of Insight. He took Gil Fronsdal's online course on the Majjhima Nikaya (Middle-length Discourses of the Buddha). His interest in the environment led him to the One Small Planet training with Kerry Nelson and the Ecosattva training with One Earth Sangha. In 2018, he completed a 10-month Dharma Awareness Training with Steve Armstrong and Kamala Masters called Touching the Earth. He is currently enrolled in Meg Gawler's 8-month course Preparing the Ground for Samadhi.