



Meditative Retreat with SIM Community Teacher Rich Howard

An attitude of gratitude can bring us joy and resilience. As the practice deepens, opens us to the joys and sorrows of all beings. This daylong will combine silent meditation practice in the sitting, walking and standing postures with guided meditations and mindful discussions to explore how we might cultivate and expand our practices of gratitude and compassion to heal this hurting world. Please bring a lunch and plan to stay onsite for this day of refuge and connection.

Gratitude and Compassion

Registration is \$15.00 per person due before the start of the event and payable online at <http://sactoinsight.org/event/retreat-nov-30/>. If you are able and interested in further supporting Sacramento Insight Meditation* financially, you have the option of a registration fee of either \$25 or \$35 dollars. No one will be turned away for lack of funds; please contact the registrar for more information. You may also pay by check or cash on the day of the retreat.

Saturday, November 30, 2019 - 9:00 am to 4:00 pm
3111 Wissemann Drive, Sacramento, CA



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 Dhamma 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.

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