

The Gay Buddhist Fellowship invites you to:

# The 18th Annual Fall Retreat

## Metta-morphosis:

### Cultivating Loving-kindness Toward Ourselves and Others

A Weekend of Mindfulness for Men

September 18-20 (Fri. eve.-Sun. aft.), 2009

The Gay Buddhist Fellowship (GBF) will return to the Vajrapani Institute for its 18<sup>th</sup> Annual Fall Retreat. Vajrapani Institute is a Tibetan Buddhist retreat center nestled among redwoods and clear streams in the beautiful Santa Cruz Mountains. This weekend blends elements of a traditional, silent retreat—periods of sitting and walking meditation—with interactive and experiential exercises led and facilitated by members of the sangha. We draw on the individual and collective wisdom of the sangha as our “teacher.” There will also be free time to socialize with fellow retreatants and take mindful walks in the forest.

If you feel inspired to share something—a dharma talk, or something experiential that will help us be present with one another—please contact Michael Murphy (contact information below). Offerings from past years have included improvisation as an exercise in presence, mindful movement, mindful touch, Chi Kung and chanting. If you can frame your sharing in the context of loving-kindness, so much the better! This is a great opportunity to connect more intimately with yourself and members of the sangha.

The retreat is open to members and friends of GBF, including both beginners and long-time practitioners. **We welcome gay men of all Buddhist traditions.**

Cost including food and lodging: **\$160-\$200, sliding scale.** To keep our retreat affordable to more people and to help us assist deserving attendees via a scholarship, we urge you to consider paying toward the higher rate. Any amount you might choose to pay above the minimum of \$160 is considered tax deductible.

The deadline for registration is **Monday, September 7.** No refunds after this date, unless a replacement attendee can be found before the start of the retreat.

We offer scholarships to those who find the minimum fee unaffordable. Send in whatever amount you can pay and include a letter requesting a scholarship to cover the balance. The deadline for scholarship requests is **Monday, August 31.** (We will notify applicants if the available fund is insufficient to cover their requests.)

A *very* limited number of private accommodations are available: private cabins at **\$110** extra; and single rooms inside the dormitory building at **\$70** extra--first come, first registered for these private accommodations, so register early if you are interested in them. (Send in a check for the extra fees *after* we confirm your reservation.)

The Vajrapani staff prepare delicious and healthy vegetarian meals, with lunch being the most hearty meal of the day. Unfortunately, they are no longer able to accommodate individual dietary restrictions, so be prepared to bring some supplemental food if you are concerned. Some refrigerator space can be provided.

*Map, directions, information for shared rides, and on what to bring will be sent after registration.*

*(Cut or tear off and send the bottom portion with your payment.)*



### 2009 GBF Fall Retreat Registration Form

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

E-Mail Address (print clearly): \_\_\_\_\_ Want to reserve a private cabin? (y/n) \_\_\_\_

Carpooling: Need ride? (y/n) \_\_\_\_ Can provide ride? (y/n) \_\_\_\_ Want to reserve a single room? (y/n) \_\_\_\_

Fees (\$160-200, sliding scale): \$ \_\_\_\_\_; Tax-deductible donation to scholarship fund: \$ \_\_\_\_\_.

Total enclosed: \$ \_\_\_\_\_.

**Make checks payable to: Gay Buddhist Fellowship. Mail this form and check to: Michael Murphy, GBF '09 Retreat, 1832 Dwight Way, Berkeley, CA 94703-1924**

*For further information, contact Michael at: 510-843-0230 or [gbfretreat@att.net](mailto:gbfretreat@att.net)*