

***Buddhist and Christian Meditation:
Living and Breathing on a Common Path***
A Pacific Center for Spiritual Formation
Five-Day Silent Retreat

Our five-day silent meditation retreat offers participants an opportunity to experience and integrate Buddhist and Christian contemplative practices, through brief instruction, extended periods of silent practice, and generous time for unstructured quiet and solitude. This retreat provides a unique experience of *silence in community*.

Complementary practices from these two great spiritual traditions are offered each day, experienced in the context of silent meals and shared “energy gift” times. This retreat is ideal for those who wish to go deeper into stillness, to receive some instruction in meditation and contemplative practice across traditions, and to experience the benefits of meditation and prayer away from our usual distractions of daily life, traffic, cell phones, and electronic media.

St. Francis Retreat Center provides comfortable, hospitable lodging and contemplative spaces for spiritual practice, plus delicious vegetarian meals that aim to accommodate special dietary needs. There is a beginning organic garden, miles of trails, panoramic views, and natural habitats for a community of wild turkeys, hummingbirds, deer, and other wildlife.

DATES: July 21 – 26, 2013 (Sunday 5:00 p.m. through Friday lunch). You may arrive on Sunday as early as 3:00 p.m.

LOCATION: St. Francis Retreat Center, San Juan Bautista, CA. The retreat site is 45 minutes south of San Jose Airport (SJC).

COST: Registration, food, and lodging for 5 days: *single* \$700.00; *double*, \$600.00. Each room has private bath facilities.

LEADERS: Susan Murphy and Rod Dugliss

We are committed to making it possible for all who wish to attend to do so, regardless of ability to pay. For more information or to request a scholarship, contact Susan at 650/969-3452 or susan@pacificcentersf.org or Rod at 415/441-4104 or rod@pacificcentersf.org.

Additional information about the retreat (directions, meal preferences, etc.) will be mailed in June 2013.

Mail this registration form by June 21, 2013, with full fee or \$100 deposit payable to PCSF, to:

Pacific Center for Spiritual Formation, Box 441, 1819 Polk Street, San Francisco CA 94109

PROGRAM **Buddhist and Christian Silent Retreat, July 21 – 26, 2013**

NAME _____ **EMAIL** _____

STREET ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

PHONE: Home _____ Cell _____

FEE or DEPOSIT ENCLOSED \$ _____ **Scholarship donation** \$ _____

HOUSING PREFERENCE (circle one): Single (\$700) Double (\$600)