

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

Our five-day meditation retreat offers participants a unique opportunity to experience both Buddhist and Christian contemplative practices through brief instruction, extended periods of silent meditation practice, and generous time for unstructured quiet and solitude.

Complementary practices from these two great spiritual traditions are offered each day 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 practices 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 and delicious vegetarian meals that aim to accommodate special dietary needs. There are hills dotted with oak trees, several miles of trails, panoramic views, and natural habitats for a community of wild turkeys, hummingbirds, deer, and other wildlife.

DATES: July 21 – 26, 2019 (Sunday 5:00 PM through Friday lunch)
Participants may arrive beginning at 3:00 PM

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

COST: *Single*: \$760.00; *Double*: \$655.00 (each room has private bath facilities)
Cost includes registration, food, and lodging for 5 days

LEADERS: [Susan Murphy](#) and [Rod Dugliss](#). Leader bios available at pacificcentersf.org/about.

We are committed to making it possible for all to attend who wish to do so, regardless of ability to pay. We are very grateful for donations to help pay for scholarships for those who might not otherwise attend. For more information or to have a registration form sent to you, contact Susan at somurphy@earthlink.net (650) 969-3452 or Rod at rdugliss@gmail.com (415) 441-4104.

Additional information about the retreat (directions, meal preferences, etc.) will be mailed in late June 2018 to those who have registered.

Mail this registration form by June 30, 2018, 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-Christian Five-Day Silent Retreat — July 21–26, 2019

NAME _____ Email _____

STREET ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE: home _____ cell _____

FEE or DEPOSIT ENCLOSED: \$ _____ Scholarship Donation \$ _____

HOUSING PREFERENCE (Circle one): Single (\$760) Double (\$655)