



Residential Retreat

“The Nature of the Mind” with Ven. Losang Samten

**Pendle Hill Center, Wallingford, PA
Friday, April 12 – Sunday, April 14, 2019**



The CTBC annual Residential Retreat will be held at beautiful **Pendle Hill**, a Quaker study, retreat, and conference center located in Wallingford, Pennsylvania. This will include teachings, practice and noble silence during meals and personal time in the Brinton House at Pendle Hill.

Location

[Pendle Hill](#)

338 Plush Mill Road
Wallingford, PA 19086-6023
info@pendlehill.org
610-566-4507 and 800-742-3150 (toll-free)



Brinton House at Pendle Hill

Registration

Please complete your [online registration](#) **no later than Sunday, March 10, 2019**. Space is limited so please respond quickly.

Pricing *

The cost of the retreat includes sleeping accommodations for two nights (April 12 and 13), all meals and all program costs.

	Early Bird Ends Sunday, Feb 24	Registration Ends Sunday, March 10
CTBC Member	\$350	\$395
Non-Member	\$395	\$495
Commuter	\$75	\$75

Payment Options

1. Check made payable to:

Tibetan Buddhist Center of Philadelphia

- Mail: CTBC, 954 North Marshall Street, Philadelphia, PA 19123
- Drop Off: Soo Kyong Kim during Sunday Sangha from 9:30-11:30 am

2. PayPal: [Click here for PayPal options](#)

** If you would like to attend the Retreat and need financial assistance, please contact chenrezigTBC@gmail.com. We have scholarship pricing available.*



Briton House Bed Room

Retreat Coordinator

Sue Passante, stpassante@gmail.com,
 856-793-5931

Please contact Sue with any questions!

Directions

Pendle Hill is conveniently located to greater Philadelphia area. Visit the [Pendle Hill website](#) for directions and mass transit options.

Sample Schedule *(final schedule may be adjusted)*

Friday, April 12		Saturday, April 13		Sunday, April 14	
4:00-6:00	Registration	7:00-7:30	Silent Meditation	7:00-7:30	Silent Meditation
6:00-7:00	Dinner	8:00-9:00	Breakfast	8:00-9:00	Breakfast
7:30-9:00	Welcome & Teaching	10:00-12:00	Teaching & Meditation	9:00-11:00	Closing Meditation
		12:00-1:00	Lunch	11:00	Departure
		2:00-5:30	Teaching & Meditation		
		6:00-7:00	Dinner		
		7:30-9:00	Teaching & Meditation		

We hope you can join us!



Conlon Meeting Room at Briton House

Frequently Asked Questions

What is Noble Silence?

As you know, this is a silent retreat. During the sessions, we will be in conversation, asking questions and sharing. Silence will be at all other times, including meal times. You are able to speak with Lama Losang and/or the Retreat Coordinator if you need to.

It is recommended that you have minimal access to digital devices during the retreat. Actually, it is recommended that you disconnect from your digital devices completely during Retreat! Please let your family and friends know about the silent retreat. In case of an emergency, text the Retreat Coordinator (Sue Passante, 856-793-5931) and you will be notified immediately. Please make the decision that will ensure a successful retreat experience for you.

I've never been to a silent retreat; it feels intimidating.

For those of us who have never been to a silent retreat the concept may seem daunting. In reality, it is a state of mind and many people find the silence greatly enhance the overall experience. Lama Losang will guide us throughout the three days. He will provide the teachings, guide the meditation sessions, answer all questions and give us directions for the activities. Silence is an effective way to limit mundane distractions and enhance the profoundness of the experience.

Can I come for only part of the retreat?

The retreat is designed to be fully residential as that allows for a deeper inner reflection, limiting distractions in speech or activity. However, sometimes life has other demands and being there day and night may not be possible. Participants can join us as commuters as long as there is a very strong resolve to carry the retreat with them when they leave and return to the Retreat.

What can I expect at Pendle Hill?

Guest rooms are simply furnished with bed, desk, chair, lamp, drawer and closet space in each room. All rooms have windows that open and access to controls for heat and air conditioning. Most of our guest rooms share a bath with one or two other rooms. Bathrooms are family style (not dormitory style), and are a few steps from the bedroom door. Some rooms include a washbasin. Sheets, pillow, pillowcase, bedspread, blankets, towel, and washcloth are provided. Each building where guests are housed includes a kitchen area with facilities for making tea and a small refrigerator. Some have a microwave oven. Laundry facilities are available for a fee in Main House Basement, where there is an iron and ironing board.



Karyn Greenstreet Room in Brinton House

What should I bring?

Please remember to bring personal toiletries and an alarm clock if you need one. You may wish to bring a water bottle to fill with filtered water in the Brinton House kitchen. Comfortable shoes work best, and dress across the Pendle Hill campus is casual. A flashlight is helpful for walking at night. Don't forget to pack an umbrella or rain gear. Out of respect for those with allergies, please refrain from using scented grooming products (e.g., perfume, aftershave, hairspray, deodorant, lotions, etc.) while at Pendle Hill. For local fire codes, use of incense and scented candles is prohibited.

Are the rooms shared?

Due to the nature of the Retreat, we will make every effort to reserve single rooms for all Retreat participants. However, we will assign participants to double rooms in the event additional accommodations are needed.

I cannot afford the full price of the retreat, can I still come?

We have worked hard to keep the costs as low as possible, covering all the meals and the room costs. In that spirit, we have members who pay more and frequently donate to our scholarship fund. If you would like to attend the Retreat and need financial assistance, please contact chenrezigTBC@gmail.com to discuss scholarship opportunities.



CTBC Retreat 2018 at St. Raphaela Retreat Center, Haverford, PA

