

Green Mountain Dharma Center  
and Maple Forest Monastery

# Summer Retreat 2003

June 23 -July 7, 2003

offered by the Sangha of Maple Forest Monastery

Dear Friends,

You are warmly invited to visit Green Mountain Dharma Center and practice with our growing sangha, gaining benefit from the wonderful energy of mindfulness. The Summer Retreat is a time for families and friends to develop more joy and peace in themselves while being aware of the present situation of our society and of our real difficulties and concerns.

Our practice at Maple Forest and Green Mountain Dharma Center is meant to help us weave mindfulness into all of life's daily activities and is not restricted to sitting meditation. This enables us to meditate throughout the day, while eating, walking, working, or enjoying a cup of tea together. All visitors will be invited to help in communal activities such as preparing the meditation halls for sitting and celebrations, preparing meals, cleaning the bathrooms, emptying garbage, watering plants, washing pots, cleaning the kitchen, etc. as part of the daily practice of uninterrupted mindfulness. Since the teachings emphasize the benefit of practicing with the Sangha in order to enjoy its collective energy, it will be of much benefit for all visitors to participate fully in all scheduled activities. We also request our visitors to observe the Five Wonderful Mindfulness Trainings. Refraining from smoking, drinking and sexual practice during your stay is required in order to focus your energy toward deepening your practice of mindfulness in the community.

For the art of mindful living to take root during your stay at Green Mountain Dharma Center so it can become a vital part of your daily life, we request a minimum stay of one week.

All the lectures will be in Vietnamese or English and will be simultaneously translated when required. Whenever feasible, Dharma discussion groups based on one's native language will also be arranged.

### Sample Schedule

06:00	Wake-up bell	14:00	Personal Time
06:30	Sitting meditation	15:30	Work meditation
08:00	Breakfast	16:30	Mindfulness Trainings Presentations or Q & A or Tea meditation or Touchings of the Earth
09:00	Work meditation	18:15	Dinner
10:00	Dharma talk	20:00	Orientation or Dharma practice discussions or festival celebrations or Beginning Anew
11:45	Outdoor walking meditation	21:30	Sitting meditation
13:00	Lunch	22:15	Bedtime

As the summer session is also a time for everyone to water their cultural roots, you may want to bring books, musical instruments, etc. that carry special meaning in your culture. There are weekly festivals which focus attention on gratitude to our parents and on awareness of our ancestors.

The family program is for children 6 and older. A group of staff will help coordinate activities with the parents; other interested adults are welcome to participate. Parents with children under 6 are completely responsible for the children's care throughout the retreat.

Concerning attire at Green Mountain Dharma Center, please wear sleeved shirts, long pants or calf-length skirts. For all Dharma talks, formal lunches, tea meditations and the various festivals you can dress up if you like.

Every week at Green Mountain there is a Lazy Day during which there are no scheduled events and no bells of mindfulness yet mindfulness practice is still maintained by individuals throughout the day. People can eat their meals as a picnic with friends, lie in a hammock, take a walk, read a book, or just relax and enjoy the day in mindfulness within the retreat boundaries. The meditation hall is open for those who would like to meditate.

Monastic and lay Dharma teachers will be available for consultation.

Housing & what to bring for the retreat

Until the Green Mountain dharma Center is able to build more sleeping accommodation we shall be asking all guests who can camp in tents to do so. Remember to bring a towel, a flashlight, an alarm clock, a mosquito net, insect repellent, a hat for sunny afternoons and warm clothing for rainy, cool weather. Sunscreen lotion and a small backpack (knapsack) are also useful. Also, please bring your own earphones with a long extension cord for use with our translation system. All meals are vegetarian. Unfortunately, we cannot accommodate practitioners who have special dietary and/or medical needs. If you can take care of your own dietary needs you are welcome to do so but we cannot provide cooking space. We ask you to leave your pet(s) with a friend and not bring them along to Green Mountain, even if you are coming with your own car.

Tent / Caravan: Very rustic camping sites with some unlevelled ground. Please bring your own tent, a camping foam pad, sleeping bag, pillow & case, sheet and whatever other items that will make your sleeping comfortable. Caravans are welcome, but utility hookups will not be available.

Transportation

From Boston: Follow I-93 N to I-89 N to White River Junction, Vermont. Take I-91 S to exit 9, Hartland. Turn right off exit 9 onto Route 5 N, go 1 mile into Hartland 3 Corners. Turn left onto Route 12 N. Go 1.4 miles to Hartland 4 Corners. Turn left at Hartland Four Corners. You'll be able to see a white church and next to it the Skunk Hollow Tavern. Just beyond the tavern you will make a right hand turn on to a dirt road. Travel up this road for ½ mile. Look for a sharp left turn into Ayers Lane.

From New York City area: Follow I-95 N (New England Thruway) to I-91 N straight through Connecticut, Massachusetts and into Vermont. Take exit 9, Hartland. Turn left off the exit onto Route 5 N. Go 1.4 miles to Hartland 3 Corners and then follow instructions as from Boston.

Public Transportation: Take Amtrak, Greyhound or Vermont Transit to White River Junction. From Boston airport take the Dartmouth Mini Coach to Hanover, New Hampshire. From Manchester New Hampshire airport take the bus to White River Junction, Vermont. It is also possible to fly to Lebanon, New Hampshire, our closest airport. On the 24<sup>th</sup> of June and the 1<sup>st</sup> of July we can arrange to pick you up from White River Junction, Hanover or Lebanon airport. We can also take you to these places on the 1<sup>st</sup> of July or 8<sup>th</sup> of July. The first gathering for all retreatants after registration will be the orientation on our practice together during your stay. The orientation session will be given on the arrival day of each week at 8pm.

Please come and help us celebrate our fifth summer retreat in Green Mountain.

## REGISTRATION INFORMATION

### HOW TO REGISTER

If you would like to attend the summer retreat, please carefully read the instructions to properly complete the registration form below and send by postal mail or fax to the address or number below.

Participant(s). Please print clearly first name, last name and gender. Please indicate the age of all participants under 17 years old to help us coordinate the Children's program.

Means of Transport. Please mark the appropriate box. If you do not have your own transportation and wish to be picked up or taken to the White River Junction, Hanover or Lebanon airport, please let us know the time of your arrival which must be on June 24<sup>th</sup> or July 1<sup>st</sup>. Also let us know your time of departure which must be on July 1<sup>st</sup> or July 8<sup>th</sup>.

Method of Contribution. The suggested donation for anyone of 17 years or over is \$30 per day. For young people from 13-16 years the suggested donation is \$21 per day. For children from 6-12 years the suggested donation is \$15 per day. If you are able to enclose the full amount of your stay along with the registration form, that would be greatly appreciated. If you are not able to send the full amount, please send a portion and on the day of your arrival you may pay the balance.

Emergency contact person / telephone. Please give us the name and telephone number of a close relative or friend to notify in case of emergency.

Liability waiver. While we of the Green Mountain Dharma Center will try our best to ensure your stay with us is incident-free, we cannot be held responsible for any injury or illness which may occur. For everyone over 16 years old please date and sign in the space provided.