



Mid America Dharma

Offering Insight Meditation to the Heartland

July-October, 2009

Dear Retreatant,

Please read this letter. Even if you have attended past retreats with us, you will find some different information here.

Thank you for registering for the Insight Dialogue retreat with Gregory Kramer at the Lake Doniphan Conference and Retreat Center in Excelsior Springs, Missouri. From the home page of this website (www.retreat0910.homestead.com) you can access a map and get directions to the facility.

Basic Retreat Schedule:

Friday, October 23

4:00 – 6:00 PM Registration (Main Lodge)

6:00 – 7:00 PM Supper

7:30 PM Retreat opens in Meditation Hall (Noble Silence begins after this session)

Monday, October 26

12:00 noon - Retreat ends with lunch for those who are not staying for Facilitator Training

Wednesday, October 28

12:00 noon - Retreat ends with lunch for those who have stayed for Facilitator Training

You will receive a schedule for the remainder of the retreat when you arrive.

Please be in the meditation hall no later than 7:30 PM for the opening of the retreat. Noble Silence, with the exception of specified dialogue times, begins after the 7:30 PM gathering with Gregory. Everyone participating in the retreat is expected to be present at the beginning of the retreat and to stay until the retreat is officially over (on Monday if you are not staying for facilitator training or Wednesday if you are staying).

Our meals will be simple vegetarian fare. Please realize that during the retreat mealtime is part of the practice, and one of your practice opportunities may be related to the food.

To avoid disrupting your retreat experience, or that of others, please take care of any phone calls you need to make before the retreat begins. Incoming emergency calls can be made to (816) 630-3206.

Items provided at the retreat site:

- Bed and bath linens are provided by the retreat center.
- Chairs will be available in the back of the meditation hall for your use.
- Mid America Dharma provides a complimentary tea table furnished with a variety of teas, coffee and hot chocolate. Ceramic mugs will be available for each retreatant.

Items to bring:

- Comfortable, loose fitting clothing. Be prepared for cool weather as well as warm. October can be unpredictable in Missouri.
- Outdoor walking gear, including a jacket, hat and umbrella.
- A flashlight.
- Your own meditation cushion or bench, if you use them, and a soft pad for the floor.
- A blanket or shawl to use in the meditation hall.
- An alarm clock.
- Any personal items you may need such as bath soap, shampoo, sun block, medications, etc.

Please do not wear perfumes, after-shave or strongly-scented lotions. Also, please do not bring or use incense. These can be distracting to some retreatants; and those who suffer from chemical sensitivities may become physically ill when exposed to products with fragrance.

Please keep your valuables locked away during the retreat. Neither Mid America Dharma nor the retreat center can be responsible for items that are lost or stolen.

Cancellation Policy:

Those who notify the registrar before the registration closing date (see Retreat Overview) will receive a full refund of the deposit and fees. Otherwise, refunds are subject to the discretion of the Board. No refund will be given to those who do not notify the registrar of cancellation before the start of the retreat.

I look forward to seeing you at the Center and to sharing this retreat experience with you. If you have any questions in the meantime, please feel free to call or email me.

With metta,
Donna Strickland, Retreat Manager
573-424-0052, stricklanddg@missouri.edu