

# SETTLING INTO SILENCE

Still Water MPC Silent Retreat  
Charter Hall Retreat Center, Perryville, MD  
October 1-3, 2010

**These days, most of us don't have much time to settle.** Even when we are not physically racing around from place to place for appointments, projects, or recreation, usually our minds are still moving, involved in entertainment or conversation, or quietly planning, worrying, or obsessing.

**The Still Water "Settling into Silence Retreat"** offers us the possibility of calming our minds and looking inward at the energies flowing through us. We will give ourselves time for spiritual work: the integration of our minds, bodies, and spirits. The nurturing environment will include a supportive community of fellow practitioners, and the calming waters of Charter Hall Point, at the confluence of the Susquehanna River and the Chesapeake Bay.

## **Retreat Schedule:**

- We will gather on Friday evening for a silent pot-luck dinner and a sitting.
- Saturday morning, after morning meditation, we will break the silence for introductions and a short dharma talk on silent practices for developing our mindfulness, concentration, and insight.
- The rest of Saturday, and early Sunday, will be periods of guided and self-guided formal sitting meditation, group walking meditation, eating meditation, and time for mindful walks, naps, or exercise.
- Late morning on Sunday we will come out of our silence and share together our experiences, challenges, and insights. The retreat will end after lunch on Sunday, about 1:00 p.m.

**Location and Leadership:** The retreat will be held at the Charter Hall Retreat Center near Perryville, Maryland (about 75 miles from downtown Silver Spring, Md.). The retreat will be led by Mitchell Ratner, the Senior Teacher of the Still Water Mindfulness Practice Center, and by other experienced members of the community.

The community will share responsibilities for the three meals on Saturday and the two meals on Sunday. Each participant will be assigned to a meal team and will contribute to the purchasing and silent preparation of one meal.

**Payment:** The Still Water MPC has established a sliding scale for our retreats so that all may attend.

**Questions?** Please contact Mitchell Ratner ([Mitchell@StillWaterMPC.org](mailto:Mitchell@StillWaterMPC.org), 301 270-8353).

**Registration:** Please register online at [www.StillWaterMPC.org](http://www.StillWaterMPC.org).

*Do you have the patience to  
wait till your mud settles  
and the water is clear?  
Can you remain unmoving  
till the right action arises  
by itself?*

*-- Lao Tzu*



*Still Water  
Mindfulness  
Practice  
Center*

