

Awakening Joy in the Midst of our Lives

A New Year's Retreat for Women



Martha Boesing and Sandy Boucher

Join **Sandy** and **Martha** in this year-end retreat, in which we are invited to slow down, breathe, and relax as we explore a commitment to embrace ourselves and the world just as it is. We will awaken a deep appreciation for the unique, precious moments of our lives, where true joy lies.

In the framework of meditation and mindful silence, we will share through song, ritual dance, art, and writing. We will be held in the warm, supportive environment of Great Vow Zen Monastery, welcoming in the new year with a celebration including the traditional Zen 108 ringings of the bell.

Martha Boesing, in her three decades of Buddhist practice, has received lay ordination at Clouds-in-Water Zen Center in St. Paul, Minnesota, taken refuge with Pema Chodron at Gampo Abbey, and continues her studies at the Shambhala Center in Berkeley, California.

Martha has written over forty produced plays, and led workshops and directed plays for theaters throughout the country. She was the founder and Artistic Director of At the Foot of the Mountain Theater in Minneapolis from 1973 to 1984. She has won several national awards, including an NEA, a Bush Fellowship, and the Kennedy Center's Fund for New American Playwrights. Currently she is performing and teaching at the Faithful Fools Street Ministry in the Tenderloin of San Francisco.

Sandy Boucher has been practicing and teaching meditation in the Theravada tradition for thirty-five years. She leads retreats such as "Dharma and Writing", "A Celebration of the Feminine Divine", and "Meditation and the Spirit of Creativity" in the Northwest and the San Francisco Bay area.

She has chronicled the contribution of women to American Buddhism through her six Dharma books. Her new book, *She Appears! Encounters with Kwan Yin Goddess of Compassion*, offers stories and artwork presenting the Celestial Bodhisattva of Compassion Kwan Yin through Western eyes.

Wednesday, December 28, 2016 - 5:00 pm to Sunday, January 1, 2017 - 1:00 pm

\$250 (\$225 ZCO for members) + dana for the teachers. \$50 deposit required to reserve your space; balance is due on arrival. Includes dormitory accommodations and vegetarian/vegan meals. For information and to register visit zendust.org/calendar



Great Vow Zen Monastery

Zen Community of Oregon

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