

# One Day in Autumn

A Day's Retreat with Andrew Palmer, Sensei  
Saturday, November 14, 2015 at the Center for Inner Peace



**C**ome settle in for a while. Be silent. Be still. Move slowly and gently. Be still again. Share a meal with friends, give voice to the ancestors, have a conversation with a teacher. Be silent. Be still. Be. Simply be, and take your place among the endless transformation of all things. This place is called Home and it's made of this endless transformation, the rising and falling, emerging and returning. Autumn is good at showing this to us vividly, beckoning us to join in and know it intimately for ourselves. So come settle in for a while, be still, be silent, be Home.

In addition to meditation the day will include a sutra service, dharma talk, and opportunities to meet individually with Andrew for Work In The Room. We will also have a potluck vegetarian lunch.

## Schedule

7:40	Arrive, Orientation
8:00	Tea, Meditation
9:00	Dharma Talk
9:30	Work in the Room Begins
12:00	Silent Potluck Lunch
1:00	Tea, Sutra Service
1:30	Meditation, Work in the Room
3:50	Bodhisattva Vows, Close

Please RSVP to Doug Mesner at 719 248-1542 or [mesner3da@hotmail.com](mailto:mesner3da@hotmail.com).  
Registration fee \$25. **Some scholarship money is available.** Checks should be made to Wet Mountain Sangha. Additional dana is welcome.

At the Center for Inner Peace, 740 W. 15<sup>th</sup> St., Pueblo.