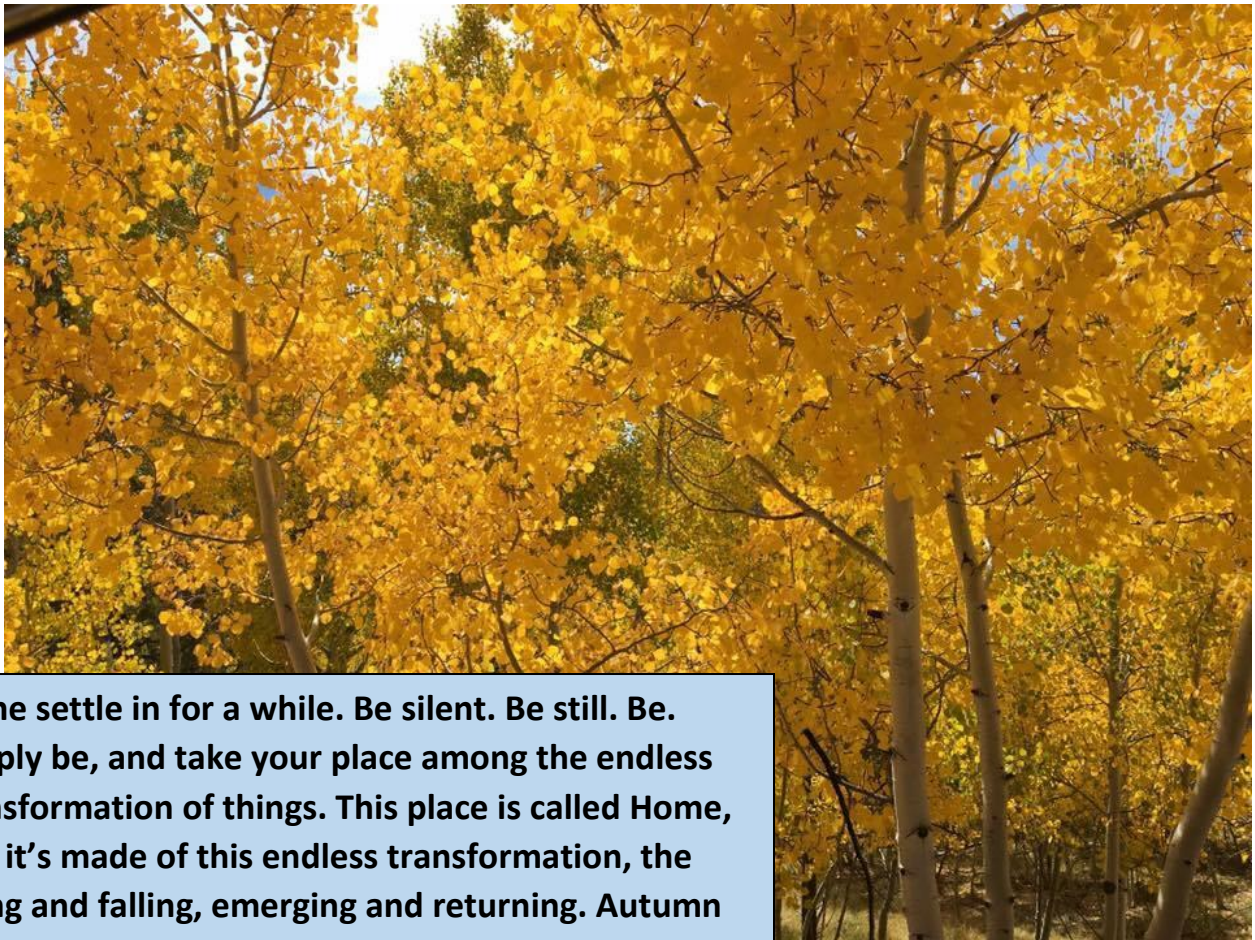


# One Day in Autumn

A Meditation Retreat with Andrew Palmer, Sensei  
Saturday, November 12, 2016, 8 a.m. to 4 p.m.  
at the Center for Inner Peace, 740 W 15<sup>th</sup> Street



**Come settle in for a while. Be silent. Be still. Be. Simply be, and take your place among the endless transformation of 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 silent, be still, be Home.**

**There will be meditation throughout the day along with a dharma talk, a sutra service, and an opportunity to meet with Andrew for individual conversations. We will also share a potluck meal together in silence.**

Please RSVP to Merrilee, 489-3843  
[merrileebarrett@gmail.com](mailto:merrileebarrett@gmail.com)

Suggested donation for this retreat is \$25. Scholarships are available. Checks should be made out to Wet Mountain Sangha.