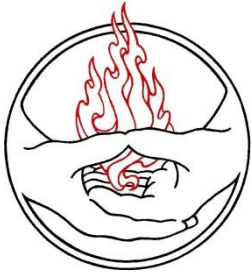


Spring Daylong Retreat

Sponsored by:
Insight Meditation Community of
Fredericksburg
www.meditatefred.com



Philip Davidson, a teacher, student and practitioner, leads several mindfulness practice groups with his wife Kay. He is a faculty member for the Chrysalis Institute in Richmond, where he teaches mindfulness classes and co-leads its annual five-month Spiritual Paths program. Philip also teaches Introduction to Mindfulness classes for Richmond businesses. In 2013, he completed the teacher training program offered by the Meditation Teacher Training Institute under teachers Tara Brach, Jonathan Foust, Pat Coffey and Hugh Byrne. Philip received a Ph.D. from the University of Illinois, and until his retirement, worked in the banking business.



Exploring Our Personal Meaning

Led by Philip Davidson

April 28, 2018

As humans, we are habitual meaning makers. Whatever is going on in our lives – thoughts, emotions, bodily sensations, or external events – our reaction is to make meaning. Doing so brings clarity and reduces uncertainty. Without clarity and certainty, we feel threatened; our fight-flight system comes into play. Much of the time in daily life, this meaning making that leads to clarity and reduced uncertainty serves us well; in many ways it is essential for our well-being. When we substitute this daily habitual meaning making for addressing the big questions in life, the result may seem fine initially, but it wears out quickly and we are back where we started, more frustrated, more uncertain and more anxious.

During this retreat, we will distinguish between habitual meaning making and substantive meaning making. We will see how mindfulness practice can help us first understand this distinction and then prepare us for working with the big questions in life as well as learning how to be with those uncertainties in life that cannot be controlled or fixed.

The retreat will include periods of sitting and walking meditation practice, a teaching, and a period for discussion and questions. It is suitable for those new to meditation practices, as well as experienced meditators.

When: Saturday April 28th 9:00 am – 4:00 pm

Where: Unitarian Universalist Fellowship of Fredericksburg
25 Chalice Circle
Fredericksburg, VA 22405

Cost: The suggested donation for this event is \$35 to \$55. No one will be refused participation due to lack of funds.

Registration: If you plan to attend, please register online [here](#). We want to be able to notify you if needed.

On the Day of Retreat: Please come a little early, so we can begin on time. Bring a bag lunch and whatever sitting materials you need. If needed, there will be chairs for your use. Tea, water, and light snacks will be provided.