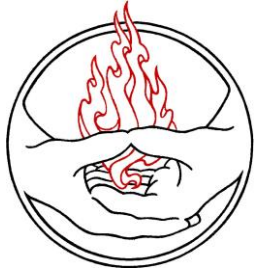


# Day-Long Retreat: Why Truth-Telling Still Matters

Sponsored by:  
Insight Meditation Community of  
Fredericksburg  
[www.meditatefred.com](http://www.meditatefred.com)



**Susan Carol Stone**, Ph.D., is a teacher with the Insight Meditation Community of Charlottesville, an instructor of Mindfulness Based Stress Reduction at the University of Virginia's Mindfulness Center, and a mentor in the 2-year online Mindfulness Meditation Teacher Certification Program. A graduate Spirit Rock's CDL program, she has lived at the Bhavana Society, a Theravada monastery, and at Shasta Abbey, a Zen monastery. Susan is a Zen lay priest. Her recently published novels, *The Sati Trilogy*, are among the few examples of historical Buddhist fiction. She has been a hospice volunteer, has served on the staff of the Being with Dying program at Upaya in Santa Fe NM, and is a Reiki master who has worked with AIDS patients.



## Why Truth-Telling Still (and Always) Matters

A Day-Long Silent Retreat with Susan Stone

July 20, 2019

At a time when truth is a frequent hostage to those with the loudest and angriest voices, our insight tradition teaches truth-telling as an ethical practice. The practice includes, but reaches beyond, the accurate and compassionate statement of facts. It involves consciously aligning with and embodying our deepest truths and values. It calls on us to inquire deeply, honestly, and frequently because, as we practice, our understanding matures and so may our deepest truths and our mode of expressing them. Truth-telling is a sane and compassionate practice that leads us onward on our spiritual journey.

This day-long silent retreat will include periods of sitting and walking meditation, a dharma talk, reflective exercises into your own deepest truths, and time for discussion and questions. It is suitable for those new to meditation practice, as well as experienced meditators.

**When:** Saturday July 20<sup>th</sup> 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. However, no one will be refused participation due to lack of funds.

**Registration:** If you plan to attend, please register online at [meditatefred.com](http://meditatefred.com). 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.