

# Day-Long Retreat: Nothing Left Out

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**Jennifer Stanley** began her meditation practice in 1986 while living in Michigan. She began attending IMCW in 2000. She has attended many residential retreats with IMCW, the Insight Meditation Society, and the Barre Center for Buddhist Studies. She is a graduate of the two-year Meditation Teacher Training Institute (MTTI) program and is a trained teacher of Mindful Self-Compassion (MSC), which she teaches regularly. Jennifer's love of the Dharma led her to pursue videography as a way to share the teachings of compassion, loving-kindness, and inner freedom. She is the producer of the online video project, "Finding True Refuge."



## Nothing Left Out: Compassion & Lovingkindness for Oneself and All Beings

A Day-Long Silent Retreat with Jennifer Stanley

October 19, 2019

*Compassionate toward yourself, you reconcile all beings in the world. —Lao Tzu*

What would it be like for the heart to be both relaxed and strong? In a world that is often harsh and chaotic, it is reassuring to know that it is possible to cultivate strength of heart through the practices of lovingkindness (metta) and compassion (karuna). These practices are also a place of restful abiding.

Most of the time we armor our hearts to cope with the harshness of daily life in the hope that we will not experience emotional and mental pain. This armoring cuts us off from ourselves and those with whom we share this planet. Much [research](#) supports positive outcomes from cultivating the heart.

In this day-long retreat, we'll explore practices of compassion and lovingkindness for self and all beings. It will include periods of sitting and walking meditation, instructional talks, and time for discussion and questions. All are welcome -- beginners and experienced practitioners.

**When:** Saturday October 19<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.