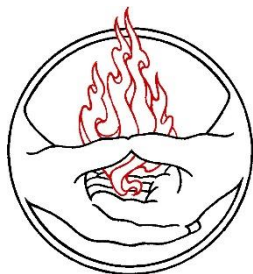


Fall Retreat: The Buddha's Radical Message of Love

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

The Buddha's Radical Message of Love
A Half-Day, Online Silent Retreat with Susan Stone

September 25, 2021



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.

Taking a fresh look at the Buddha's teaching on ending suffering, this retreat focuses on the Bahiya scripture and explores how, in its deepest sense, the Buddhadharma is a message of love. It is the love that shines from the heart of Bahiya, that is ultimate fruit of the Buddha's words, and which is reflected in our own true nature. It is a contemporary message from an ancient scripture about living in this chaotic, uncertain world. The retreat will include a dharma talk, inquiry practice to uncover our inherently loving nature, walking meditation, and group discussion.

This half-day silent retreat will include a dharma talk, inquiry practice to uncover our inherently loving nature, walking meditation, and group discussion. It is suitable for those new to meditation practice, as well as experienced meditators.

When: Saturday September 25th 9:00 am – 12:30 pm

Where: <https://us06web.zoom.us/j/88661455815?pwd=SVBVMWhhR3FzMzZlcmNiVGZvdG1Edz09>

Meeting ID: 886 6145 5815

Passcode: 717321

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 [here](https://www.meditatefred.com) or at www.meditatefred.com. We want to be able to notify you if needed.

