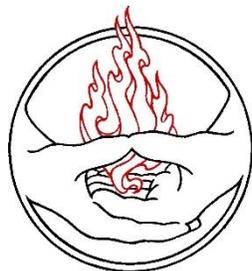


Day-Long Retreat: The Four Ennobling Activities

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Fredericksburg
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The Four Ennobling Activities

A Day-Long Silent Retreat with Bill Brooks

January 22, 2022

Because of the way in which they are referred – The Four Noble Truths, it is easy to seek their understanding through a lens in which they are considered as propositional truths. That is content statements or claims that are simply to be believed. In the earliest suttas and commentaries, there are no references to “The Four Noble Truths.” This denotation first appears a few hundred years later. The oldest canonical references to these teachings are “The Truth of the Noble Ones” and “The Truth That Makes Noble.” These references suggest that engaging with these truths as practices is an ennobling pursuit. During the retreat, we will be considering such a lens in which our active engagement with these truths lead to an affirmation and integration of the Four Noble Truths in our lived experience. A lens in which these teachings are a call to action, to activity that leads us to meet the givens of our human existence in a manner that is ennobling.

This day-long retreat will include periods of guided and silent meditation, a dharma talk, lunch shared in silence, and time for discussion and questions. It is suitable for those new to meditation practice, as well as experienced meditators.

When: Saturday January 22nd 9:00 am – 3:30 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 [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. Bottled water will be provided, but no tea or snacks because of COVID. **UUFF requires that all persons entering the facilities wear masks. We will be honoring that requirement.**

Bill Brooks, co-founder and teacher of [Insight Meditation Community of Fredericksburg](#), has been studying and practicing mindfulness for over 15 years. He was trained by senior teachers Tara Brach, Hugh Byrne, Pat Coffey and Jonathan Foust through the [Meditation Teacher Training Institute](#). While much guidance has been provided by these teachers, Bill has found the very real experiences of life to be his greatest teachers. He also leads daily meditations as a teacher for [Telesangha](#) and provides mindfulness instruction around Fredericksburg.

