

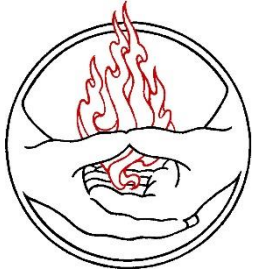
Day-Long Retreat: Living With Uncertainty

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Insight Meditation Community of
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Living With Uncertainty

A Day-Long Silent Retreat with Todd Drake

October 21, 2023



Todd Drake, co-founder and teacher of Insight Meditation Community of Fredericksburg, has been studying and practicing mindfulness for over 15 years. His meditation practice is seated in the Theravada School of Buddhism. His personal training includes: The Power of Awareness Training, sponsored by the Awareness Training Institute, and Mindful Self-Compassion Intensive, sponsored by UC San Diego Center for Mindfulness. Todd has also attended numerous silent meditation retreats over the years, and is an ardent supporter of practicing mindful self-compassion.



Human Beings seek certainty in their lives because it gives them a sense of security and comfort against the flow of change. Unfortunately, life is in a constant state of flux and there is nothing we can do about it. The ground is constantly shifting. Change is inevitable. If anything, it's the only certainty in life. We do our best to hide from it, but it's always there, an itch that can never be satisfied. Sometimes we look to the past for comfort, other times we dream of how we want the future to be. But such efforts only prove illusory and cause dissatisfaction.

During this retreat we will focus on ways to help us cope with uncertainty—the not knowing. It 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 October 21st 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. Tea, water, and light snacks will be provided.