

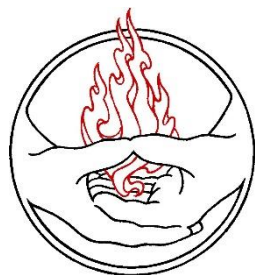
# Day-Long Retreat: In The Service of Life

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Insight Meditation Community of  
Fredericksburg  
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## In The Service of Life

A Day-Long Silent Retreat with Carolyn Stachowski

May 9, 2026



**Carolyn Stachowski** has been studying and teaching since 2009. She was in the first teacher training cohort under Tara Brach, Pat Coffey, Jonathan Foust, and Hugh Byrne. She has a consistent retreat practice and the good fortune of learning from Bhante Gutaratana, Ayya Santacitta, Ayya Anandabodhi, Guy Armstrong, Carol Wilson, Michelle MacDonald, Mark Nunberg, Thanissara and Kittisaro. She currently teaches with Insight Meditation Community of Richmond and Insight Meditation Community of Washington DC. She is a founder and current Program Director of Insight on the Inside.



There is suffering in the world. How can we be of service? In this daylong retreat, we will explore service as an orientation in our practice. This will be a meditative inquiry of the heart.

When we wake up, start the day, go to work, talk, read, walk, we can practice: going from a life of "what is in it for me?" to "how can I be of service?" As the importance of liberation from the bondage of suffering becomes clear, we are inspired to this orientation.

Through reflections on Dhamma, small group inquiry, and guided and non-guided meditations, we are seeing the connections between how we hold and grasp and harden our hearts, suffering, and the freedom that is possible in letting go.

This retreat is suitable for those new to meditation practice, as well as experienced meditators.

**When:** Saturday May 9<sup>th</sup> 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. There is refrigerator space if you choose to bring a bag lunch and food service nearby. There will be chairs for your use. If you prefer sitting on the floor, please bring whatever sitting materials you need. Tea, water, and light snacks will be provided.