

One Step at a Time – Finding Peace in This Moment

With Susan Stone, Ph.D.

March 29th, 2008

Sponsored by Ekoji Richmond – Vipassana

(www.ekoji-richmond.org)

Description: We each want peace, equanimity, clarity, and loving kindness – all of the desirable qualities that are cultivated through our mindfulness practice. And, we want these things right away, feeling that something is wrong when we are not experiencing them. We are discontent with our discontent. However, the only time and place where peace and others can be found is here and now, and the way to find them is by identifying and embracing our resistance to the content of this moment, however painful or unjust that content may appear. This is a tall order. In this non-residential retreat, we will focus on practicing mindfulness in order to recognize our resistances and on loving kindness in order to embrace them; in this way, we enable ourselves to take one step at a time – this step – in peace.

Date: March 29th, 2008

Time: 9:00am – 4:30pm

Location: Unity of Richmond Church (800 Blanton Avenue, near Byrd Park)

Registration: Sign up using the accompanying Registration Form

Fee: \$40 per person

Make checks payable to: **Richmond Vipassana Group**

For questions, contact: Lois Lommel at (804) 320-6201

Mail to: 2636 Traymore Road, Richmond, VA 23235

Please register by March 22nd, 2008

About the Teacher:

Susan Stone, Ph.D. has been formally engaged in meditative spiritual practices for 25 years in the Zen and Theravada traditions. She has lived in Zen and Theravadan monasteries for 3 years. Ordained as a Zen lay priest, Susan is author of *At the Eleventh Hour* (present Perfect Books 2001), about mindfulness and caregiving. The book was nominated for ForeWord Magazines' Book of the Year award for 2001. She is co-author of *The American Mosaic* (McGraw Hill 1995), about workforce diversity; and is author of articles on Mindfulness. Susan is a guiding teacher with the Insight Meditation Community of Charlottesville, Virginia (www.imesitation.org). She teaches Mindfulness-Based Stress Reduction at the University of Virginia, where she is a member of the faculty. She founded a Mindfulness group at a maximum-security men's prison, and currently co-leads a similar group at a women's prison at Fluvanna Correctional Center for Women. She is a hospice volunteer and Reiki master who has worked with AIDS patients. Susan leads meditation retreats and workshops in the multi-state area.

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