

# LOVE, COURAGE AND RESILIENCE RETREAT

with Erin Selover & John Martin

October 7-11, 2020



Dear Friend,

Welcome. We are so glad you can join us on this retreat!

Please read this document in detail as it gives protocols and instructions for being part of this online retreat. Our attempt has been to support both those practicing intensively from home and following a more traditional retreat schedule and period of silence, and those who will be on retreat while also actively engaging in the world. We value both these forms of practice and the retreat is designed to meet both these needs.

Our **one strong request** is that all participants attend the two Guided Practice sessions at 8:15 AM and 4:30 PM. Please let us know **before the retreat** if you will have any difficulty with this request by emailing Kerry, the Retreat Manager at [kerry@selfretreat.org](mailto:kerry@selfretreat.org) so we can be in contact in regards to your needs. This request is designed to support both your personal practice and the whole sangha.

The retreat starts on **Wednesday, October 7 at 8:15 AM** and ends on **Sunday, October 11 at 10:30 AM**. Please try to arrive by 8:05 on Wednesday so we can troubleshoot any potential technical issues.

Our Meditation Hall (Zoom Room) will be open from 8:00 AM to 8:15 PM throughout the retreat. Feel free to use the Meditation Hall for sitting even when sits are not scheduled. This is a nice way to feel the support of the sangha.

Here is our Retreat Hall Zoom Link (Password Required):

**Link:**

<https://us02web.zoom.us/j/82420197932?pwd=QmlIQW9FL3NFK21zMEhuWGp4VkN0Zz09>

**Password:** 108

**Zoom Setup Request:** We ask everyone to display their first name, preferred pronoun and the name of the indigenous peoples whose land you are residing on Zoom. Here is a [link](#) to a map of native lands, and here is a [link](#) on how to edit your Zoom profile settings. You can also temporarily edit your Zoom details [during a meeting](#).

The **Daily Online Practice Schedule**, *except for Sunday*, is as follows:

|                  |  |
|------------------|--|
| <b>8:15-9:15</b> | <b>Guided Practice</b>                   |
| 11:00-11:45      | Sit (Optional)                           |
| 2:00-2:45        | Sit (Optional)                           |
| <b>4:30-5:45</b> | <b>Guided Practice &amp; Dharma Talk</b> |
| 7:30-8:15        | Sit (Optional)                           |

**Sunday Morning Schedule:**

|            |                 |
|------------|-----------------|
| 8:15-10:30 | Closing Program |
|------------|-----------------|

For those who can, we encourage you to make the whole day a day of practice. We encourage you to create your own schedule and include times for work meditation, walking meditation, movement meditation, mindful house chores, mindful relating with others, and eating meditation. Get creative here! If you want to make your own, more detailed schedule, Kerry has some guidelines for retreating at home on her website [selfretreat.org](http://selfretreat.org).

During the guided practice sessions we will offer instructions for walking meditation, and for supporting your practice in all activities.

We suggest you print the retreat schedule to have handy to support your practice each day. If you'd like, please feel free to write additional times for walking, sitting and eating periods on the schedule that you print.

**Practice Discussion Groups**

We will send you the practice meeting schedule on Wednesday morning when the retreat starts.

Everyone will have two group practice meetings. Your meetings will be either Wednesday & Friday or Thursday & Saturday. Your meetings will be at one of the two times below. Please attend both your practice group meetings. If for some reason it is not possible, contact Kerry before the meeting time.

Practice Group Meetings Times:

1:00-1:45

2:00-2:45

### **Tech Support or Questions During the Retreat**

Contact Kerry if you need assistance. If your need is **urgent** please text/call Kerry at 415-488-1935.

### **BEFORE YOUR RETREAT**

#### **Setting up your Retreat Space**

- If at all possible, set up a dedicated space for the retreat where you have internet access. This might be a space for meditation that you already have in your house, or a chair in your office or living room. You might want to create an altar and add some things to the space to remind you of your intentions -a meaningful statue, some flowers, a candle, etc.
- Find a place for walking meditation. This might include walking around the block or in a hallway or larger room. It is preferable not to have to navigate street crossings or traffic.
- Print this document and the retreat schedule prior to the retreat.

#### **Electronic Media**

- We suggest you not have any other device next to you during the sitting periods. We also ask that you “Quit” mail on your device and close any open programs.
- If you are not working during this retreat we highly encourage you to set-up auto-reply **for email and phone as if you were out of town. [turn off your phone/airplane mode]**. If you are working, we encourage you to let go of as many commitments as possible during the retreat time.

#### **Meals**

- If possible, do all of your food shopping before the retreat begins. (You might even prepare some meals ahead of time to last a few days.
- Keep the meals simple.

#### **Family and Housemates**

- Have a conversation with them about your retreat time.
- Acknowledge that it will most likely feel awkward and strange at first, but a rhythm can develop that can work for everyone.

- Talk about noble silence and work out an agreed upon plan. This might be noble silence for the entire retreat, noble silence up until dinner time, or some other variation that is the most practical for you.
- If possible, ask for support in having a quieter overall living space. Ask people to use earbuds or headphones or at least keep the volume low in a separate room. If it is not possible to get support for this, consider how to incorporate this into your practice.
- Post your retreat schedule.
- It may work better for you to switch a sit time with a mealtime to limit interactions in the kitchen.

### **Practicing with Kids**

- If they are old enough, talk with your kids about what you are doing and ask their input for how to create a supportive environment. Enlist them as allies.
- Schedule specific times for interaction with your children, so they know you will be available for them.
- Make interactions with your children part of your practice!
- Navigating interactions with people in your house will be part of the retreat and we will be talking about this during the retreat. Don't worry if it gets weird and challenging. We can learn how to turn toward such challenges with our practice.

### **Additional Materials**

Some of you appreciate getting information beforehand, others of you prefer to start when the retreat begins. For those of you that appreciate having information beforehand we have sent several documents for you to review. These include:

Brahmavihara Phrases  
 Metta Sutta  
 Refuges and Precepts

Please have these handy during the first days of the retreat.

### **DURING THE RETREAT**

#### **Online Format & Etiquette**

- Please don't multitask while online with our community. Engage as fully as you would if we were in person.
- Please be on camera whenever it is possible. Your physical presence creates a stronger retreat container for the whole community. That said, to decrease zoom fatigue, we encourage you to have your screen facing a window so you can look outside, or set up an outdoor space to have your computer and practice.
- If you need to step away during a scheduled sit, please turn off your camera.

## **Working with the Retreat Schedule**

- Our schedule for the teaching sessions will be the same every day.
- Because the instructions and teachings will build on each other, please plan on attending every session, arriving five minutes before the beginning and staying until the end.
- We encourage you to develop your own practice schedule for the times outside of the formal teaching sessions. We will be going over how to work with the schedule in the orientation on the first day.

## **Commitment to Practice**

One of the challenges of home practice is getting swept away and forgetting about formal practice. This is a normal challenge to have. One of the benefits of this kind of retreat is developing and strengthening your commitment to your practice even without the structure of a residential retreat.

We are particularly interested in what we will learn together during this retreat about how to integrate lovingkindness into our home lives. Your successes and challenges are all opportunities to learn together. Ideally, each of us will create practices and habits during the retreat that we will continue after the retreat to support the resilience of our hearts and minds.

## **DANA**

This retreat is offered on Dana, the Buddhist practice of generosity. Your financial offerings go to support Erin, John and Kerry to continue to steward the dharma through teaching, practice and organizational support. For simplicity we are taking offerings to Erin's accounts, please rest assured they will be distributed.

You can make offerings at:

venmo@erinselover or paypal.me/ErinSelover

We deeply appreciate your practice  
and look forward to practicing Metta with you this week!

Warmly,  
Erin and John