



## Triple Gem Society

# Buddhist Studies & Initiation Workshop

Dear Students and Friends:

I would like to invite you to a special weekend program in Rye, NY. I will be teaching a Buddhist studies program and will have an initiation ceremony for those who are seeking initiation into Buddhism at the end of the program. I am looking forward to seeing you there. Please contact Carmen Navarra for further details. May you be well and happy.

Bhante Wimala.

There is no charge for the workshop; however, each participant is invited to offer Dana or generosity as skillful means for helping cover costs for the workshop. Please consider making a \$100 contribution (or any amount according to your means); however, one's inability to contribute will not prevent anyone from attending the workshop. Each participant will cover the costs for their own lodging and meals.

**When:** October 19, 20, 21, 2007  
**Where:** The Wainwright House in Rye, NY.  
**Contact:** If you have any questions, please email me at [ywimala@juno.com](mailto:ywimala@juno.com), or Carmen Navarra at: [theglasslady2002@yahoo.com](mailto:theglasslady2002@yahoo.com)

Following is the schedule for the workshop.

# Program Details

Friday, Oct. 19 <sup>th</sup>		
<u>Registration</u>	12:00 – 2:00 pm	Registration/Instructions
	2:00 to 3:00 pm	Opening Meditation Taking Refuge & Precepts Benefits of Pali Chants Bell of Mindfulness
	3:00 to 5:45 pm	Life of the Buddha What is Triple Gem? Why Meditate? Practice Pali Chants Adjourn for the Evening
<u>Dinner</u>	6:00 to 7:00 pm	
<u>Orientation</u>	7:30 to 9:30 pm	Orientation meeting for volunteers interested in Triple Gem Prison Ministries
Saturday, Oct. 20 <sup>th</sup>		
<u>Meditation</u>	6:30 am	
<u>Breakfast</u>	7:30 am	
<u>Morning Session</u>	8:00 – 11:30 am	Sitting Meditation The Four Noble Truths The Noble Eightfold Path Practice Pali Precepts
<u>Lunch</u>	11:45 am	
<u>Afternoon Session</u>	1:00 – 5:30 pm	The Five Hindrances Seven Factors of Enlightenment Three Characteristics of Existence
<u>Tea Break</u>	3:00 pm	
<u>Dinner</u>	6:00 – 7:00 pm	
<u>Evening Session</u>	7:00 – 10:00 pm	Orientation to Prison Work Volunteer Registration Rules and Regulations Prison Buddhist Service Teacher's Manual for Prison Volunteers Cell Practice for Meditators-Inmates Resource Directory
Sunday, Oct. 21 <sup>st</sup>		
<u>Meditation</u>	7:00 am	Meditation Refuge and Precepts Practice Pali Chants
<u>Morning Session</u>	8:00 – 9:40 am	Metta, Buddhist Concept of Loving Kindness Loving/Kindness Meditation
<u>Buddhist Initiation Service</u>	10:00 -11:30 am	
<u>Lunch</u>	12:00 – 1:00 pm	
<u>Dhamma Talk</u> (Donations greatly appreciated)	2:00 – 4:30 pm	Law of attraction/Karma How it relates to our relationships and daily lives.

The session will end with a 30-minute guided meditation.

## Cost for Food and Lodging

<u>Attendees:</u>	Friday to Sunday (includes 2 lunches & 2 dinners):	\$190
	One overnight stay with lunch & dinner:	\$105
	One day attendance with lunch & dinner:	\$60

Lodging is retreat style with single beds and shared baths. There are no telephones or televisions in the rooms.

What to bring: Meditation shawl  
Meditation cushion/mat for sitting outside (weather permitting)  
Socks to walk around in the house  
Breakfast (cold or microwaveable hot cereal, fruits, water, tea)  
For those taking initiation to Buddhism on Sunday, please be aware to bring white clothes.

Directions to Wainwright House -- Please visit their website at:  
[www.wainwright.org](http://www.wainwright.org)