

Dear Sangha,

This month our Day of Mindfulness will be held on [insert date] from 9:00am to 5:00pm.

[insert description of event here]

Throughout the day we will observe Noble Silence as a way of facilitating our deepening practice. You are welcome to bring your own meditation items, e.g. cushions, zabuton, shawl, meditation stool, etc. A number of chairs will be provided for those who prefer to sit during meditation.

Please bring your own lunch. The new Quaker kitchen has a fridge, dinnerware and eating utensils; tea and filtered water will be provided.

The retreat is held at the Quaker Friends Meetinghouse, corner of 19<sup>th</sup> and Sheridan Streets in Port Townsend. Please arrive a bit early to facilitate registration and settling in. The retreat will begin promptly at 9am.

To facilitate a peaceful day and care for the group energy, we ask that you hold the intention to stay for the entire day. If you know you must leave early, please let the facilitator know beforehand.

To register for the retreat send an email to [ptsangha@gmail.com](mailto:ptsangha@gmail.com) or register online at <http://ptsangha.org/sangha/monthly-sits/>.

We look forward to sharing the day with you.

[sign name here]