

Desert Cactus Sangha

JOIN US for a mindfulness retreat in the lineage of Zen Master Thich Nhat Hanh

Desert Cactus Sangha is pleased to host a two-day non-residential retreat featuring three monks from Deer Park Monastery in Escondido, CA. Phoenix is excited to be their first stop on a 10-state tour traveling 5,000 miles in six weeks.

8 a.m. – 7:30 p.m. Friday, August 13
8:30 a.m. – 3 p.m. Saturday, August 14
Shepherd of the Hills Church, Social Hall
5524 E. Lafayee Blvd, Phoenix, 85018

The three monks who will join us arriving in their “Dharma Wheelzzz” (motor home) are:

Thay Ngo Khong (Brother Freedom), Dharma Teacher and acng abbot at Deer Park, was “born” in Plum Village France, practiced in Blue Cliff Monastery, New York and Deer Park. His heart’s greatest desire is to deepen connection within and between humans, and to create sacred spaces, be it physical or musical.

Thay Phap Con (Brother Gem), Dharma Teacher, practiced in Tu Duc Temple, Vietnam and Plum Village France, and joined the Deer Park brothers in June 2020. Brother Gem speaks English and Vietnamese, has a deep understanding of Thay’s teachings and loves to play the guitar.

Brother Minh Dia (Brother Earth), the youngest brother on tour! Brother Earth is of Vietnamese origin, grew up in the US and is bilingual. He is a warm and super kind practitioner, loves to build siblinghood, listen to people’s life stories, enjoys nature and riding his bicycle.

IMPORTANT INFORMATION

Meals: bring your own vegetarian/vegan meals – lunch and dinner on Friday and lunch on Saturday. There is a large refrigerator in the kitchen, and you can bring your own cooler if you wish.

Cost: registration fee is a sliding fee from \$50 to \$100. Some scholarship assistance is offered. The fee goes directly to the monk’s traveling expenses including motor home rental, gas, food, etc. Check is made out to: **Thich Nhat Hanh Foundation**. **On subject line: Road Retreat**

Dana: There will be an opportunity to offer financial dana at the end of the retreat to support the monks and their practice. Dana is a practice of generosity and helps remind us of the fundamental “interbeing” nature of life.

Local Health Guidelines: ** The monks are fully vaccinated since March 2021. We ask that all attendees be fully vaccinated. You may choose to wear a mask at any me during the retreat. Anyone who wishes to attend who is not fully vaccinated must wear a mask at all times except during meals. This is important for the monk’s health as they will be traveling to many locations throughout the west.

Five Mindfulness Trainings transmission will be offered.

MINDFULNESS RETREAT REGISTRATION

Pre-registration required.

Name _____ e-mail _____

Address _____

City _____ State _____ ZIP _____ Phone _____

FEE: The retreat fee is offered on a sliding scale. Please select your fee according to the value you place on the nourishment and healing you expect to experience this weekend and the amount you can afford.

\$50 ___ \$75 ___ \$100 ___ Other _____

If you need scholarship assistance, please let us know your need.

With respect for diverse needs, the retreat is fragrance-free.
Contact us for other special needs you might have.

To register, mail this form and your check payable to **Thich Nhat Hanh Foundation** to:

Dr. Hey Okvat
Box 41057
Mesa, AZ 85274

****Registration deadline is Monday, Aug. 9**

For further information, contact:

Marcie Colpas, 602-696-6164, mcolpas@yahoo.com

The Deer Park Monastery monks will be offering the transmission of the Five Mindfulness Trainings.
Would you be interested in receiving them? _____

Desert Cactus Sangha was established in 1993 to practice mindful living in the tradition of Zen Master Thich Nhat Hanh. We meet monthly for meditation, including sing and walking and dharma discussion. Additional opportunities for nurturing and support of our Buddhist practice are provided through retreats, mindful eating, deepening practice study group and other social functions and practices. For more information, contact mcolpas@yahoo.com