

Inward Practice, Outward Action: Living the Paramis

with
Tim Geil and Keri Pederson

Saturday, January 25, 9 – 4 pm &
Sunday, January 26, 9 – 4 pm, 2020

Red Cedar Dharma Hall
1021 N. Forest St. Bellingham, WA



* Tim and Keri will also be giving a public talk Friday, January 24th at 7-9 pm at the hall *

The Teachers:

Tim Geil began practicing Insight Meditation in 1996. He has taught meditation since 2006 under the guidance of Rodney Smith and is a graduate of the IMS/Spirit Rock Teacher Training Program. Tim is a Co-Guiding Teacher of Seattle Insight Meditation Society. He has inhabited many roles: husband, father, wilderness ranger, martial artist, hospice volunteer, massage therapist. His relationship with his wife and daughter are a joyful and fundamental part of his dharma practice.

Keri Pederson began meditating in 1998. She began formal retreat practice in the tradition of S. N. Goenka, and has since sat retreats with a variety of lay and monastic teachers in the U.S., Thailand, and India. Rodney Smith invited her to teach in 2007 and she was authorized to teach by Spirit Rock/IMS/IRC after a four year retreat-teacher training. Keri also works in elder-care and lives on Vashon Island with her husband and young son.

The Topic:

For most of us, the time we spend meditating, attending dharma talks, and going on retreats is a small fraction of our lives. We see urgent needs and distress in the world and often wonder if our practice is effectively translating into the action required to respond effectively. Buddhism identifies a set of innate human qualities that are both the natural expressions of the awakened heart as well as forces of character that can be developed and relied upon right within the intensity of everyday life in the world. In this weekend retreat, we will explore together how we might use the Ten Paramis —qualities like resolve, patience, truthfulness, equanimity — as both an inward cultivation and as a template for wise action in the world.

Cost: \$25.00 for BIMS (Bellingham Insight Meditation Society) pledge-members, \$50.00 for non-members. In order to encourage young people to attend, we are asking a \$25 fee for anyone 35 and younger, regardless of pledging status. There is also an opportunity to offer dana (donation) for Tim and Keri. For information on becoming a BIMS-pledge member please visit us online at <http://www.bellinghaminsight.org/>.

Please note that no one will be turned away for lack of funds.

REGISTRATION FORM

Geil & Pederson non-residential meditation retreat January 25 & 26, 2020

**** Tim & Keri will be giving a public talk on Friday, January 24th, 7-9 pm,
at the hall****

Weekend retreatants are encouraged to attend this talk

Name _____ Phone _____

Address _____

City _____ State/Prov. _____ Zip/Postal Code _____

Email Address (used to confirm and mail any necessary info) _____

Check all that apply:

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|---|--|
| I am a BIMS member. I am enclosing a check or money order for \$25, U.S. Funds only. | |
| I am not a BIMS member. I am enclosing a check or money order for \$50 (\$25 for 35 or younger), U.S. Funds only. | |
| I would like to contribute to BIMS scholarship fund. Amount: _____ | |

Cushions: The Red Cedar Dharma Hall has many cushions, mats & sitting benches, though you may bring your own if you prefer. Also, there are many chairs available.

Payment: Make checks payable to ***BIMS (Bellingham Insight Meditation Society)***.
Send check and completed form to the registrar:

Michelle Mielke
3700 Alabama St, #201
Bellingham, WA 98229

Email: BIMSretreats@gmail.com

Confirmation: A confirmation letter with additional information, including directions to the Hall, will be emailed (or posted) to you after your registration form and check have been received.

Early registration is appreciated – thank you!

For registrar use only:

Registrar record: Check # _____ Check Amt \$ _____ Scholarship amt. awarded \$ _____
Retreat Fee Paid \$ _____ Contribution to scholarship fund \$ _____ Date rec'd _____
Confirmation sent _____