



**Montana Open Way Sanghas**  
 Open Way, Missoula  
 Be Here Now, Missoula  
 Flowing Mountains, Helena  
 Open Sky, Kalispell  
 TNH Group, Bozeman



*Dharma Practice in the Tradition of Ven. Thich Nhat Hanh and the Tiep Hien Order (Order of Interbeing)*

## Spring 2018 Family Retreat Confirmation

Hello!

Thank you for registering for the 2018 spring retreat at the Flathead Lutheran Bible Camp in Lakeside, Montana. We are so happy that you will be joining us! Please read through the entire confirmation letter so as not to miss any important information – especially the cancellation policy.

### Check-In

Please check in on Thursday April 26<sup>th</sup> between 4:00-6:00pm. Check in will take place at the large and beautiful Cockrell Dining Hall. Any balance that you may have will be paid at this time as well (in cash or check). A full dinner will be provided starting at 5:30pm. There will be a welcoming and introduction at 7:00pm on Thursday.

### Cancellation Policy

If you need to cancel after April 9<sup>th</sup> you will still need to pay full price for the camp facility. This is a non-negotiable policy of the camp. We will still be charged for you if you cancel after this date. Please keep this in mind. All cancellations made before April 9<sup>th</sup> will be fully refunded, less a \$10 paypal fee if you paid online.

### SAMPLE Retreat Schedule

#### Friday and Saturday

6:00am	Wake Up
6:30am	Sitting & Walking Meditation Reading or Sutra Service
8:15am	Silent Breakfast
9:30am	Dharma Talk <b>(kids program offered)</b>
10:45am	Outdoor Walking Meditation
12:15pm	Silent Lunch
1:00-3:00pm	Personal Time Optional Teacher Interviews
3:00pm	Touching the Earth or Meditation <b>(kids program offered)</b>
4:00pm	Dharma Sharing Groups <b>(kids program offered)</b>
5:30pm	Silent Dinner
7:00pm	Mindfulness Trainings Panel or Q & A <b>(kids program offered)</b>
8:30pm	Walking Meditation
8:40pm	Sitting Meditation
9:00pm	End of Evening, Start of Noble Silence



## Lodging

Rooms: There will be 4-5 people per shared room (each family will have their own room). Rooms have their own bathroom and are well heated. You will need to bring your own bed linens and towels (pillows too!).

Rustic Cabins: Those who will be staying in these cabins (and you know who you are :) will have access to a heated bathhouse with showers. Please know there is no heat in the cabins and the beds are made of simple foam pads on wooden frames. There is electricity and you can bring a space heater to plug in. These cabins are basically one small step up from tent camping, so please pack warm bedding.

Camping: If you will be camping you can bring a tent or a camper. There are NO hookups available on site. You will need to bring all of your own equipment. The temperatures may still be very cold at night, please plan accordingly so that you are not under-prepared. There are shared heated bathhouses for your use.

## What To Bring

Bedding & Pillow

Flashlight/headlamp

Alarm clock

**Ear plugs (for sound sleeping)**

Appropriate footwear for outdoor walking meditation

Warm coat

Loose, comfortable clothing (layers work great)

Toiletries and towel

Meditation cushion (we will have plenty on hand as well)

Water bottle



## Dharma Teacher Dana (Generosity)

By tradition Dharma teachers do not charge for their services. The retreat cost does not include teacher dana. Please consider offering dana for Michael to support his work. For regularly employed people we suggest \$100.00, though any and all amounts are appreciated. To learn more about Michael & his community go to: [www.morningsuncommunity.org](http://www.morningsuncommunity.org) or Michael's personal website [www.truemiddleway.org](http://www.truemiddleway.org)

## Meals

All meals will be vegetarian, provided and cooked by the Lutheran Camp staff, and held in silence (or as much as we can muster with the kiddos :). There will be some vegan & gluten-free options available as well, for those who indicated such needs during registration. Coffee, tea, and snacks will be available between meals. If you have other specific needs we encourage you to bring your own food along as well, to help supplement your diet.

## Silence

We will practice Noble Silence from after the evening program until after breakfast, approximately 9:00pm-9:00am. During this period we will do our best to refrain from all talking. The rest of the day we will practice Mindful Silence. During Mindful Silence we will try to avoid all social or other unnecessary conversations. Please keep in mind that this will be a family retreat and kids will be present so we will also practice going with the flow of having wonderful little voices around :)

## Pets

Pets are not permitted on the grounds. Please leave all pets at home.

## Kids Program

Our kids program will be designed for ages 5 and up. Kids under 5 are welcome but must be accompanied by an adult at all kids program times. Ages 5-12 are asked to attend all of the kids program activities, unless they are sick. Ages 13-18 will have the option to either attend the kids or adults programming, but we do ask that they attend one or the other and not be allowed to skip programs, so that we can all practice joyfully together as a sangha. During our morning kids program we will be splitting into two age groups: ages 5-8 & ages 9-14.

## End of Retreat

The retreat will end on Sunday afternoon at approximately 2:00pm **NOTE:** Please know that on Sunday only one meal will be served, a brunch around 10:00am. We will have cereal and snacks available for the kids in Hagen Hall on Sunday morning but we'd encourage parents to bring additional snacks to have for the road on your trip back home.

## Directions to the Flathead Lutheran Bible Camp

The drive will take approximately 2 hours from Missoula and 3 hours from Helena.

From Missoula take I-90 W to exit #96/US 93 N/MT-200 W to Kalispell. Turn right onto US 93 N and continue to Polson, about 70 miles. From Polson continue on US 93 N, around the west side of the Flathead Lake - it will be about a 35-minute drive to the camp from Polson. Look for Lutheran Camp Road on the right hand side of US 93 N between mile markers 94 & 95. You will see a Lutheran Camp Road sign about 700 feet before the turn off. After you turn right onto Lutheran Camp Rd. you will come to a fork, go left and continue on Lutheran Camp Rd. to the parking lot.

From Helena take US 12 for app. 30 miles and then turn right onto MT-141. Go app. 32 miles and then turn left onto MT-200. In app. 23 miles you'll turn right onto MT-83 and go 91 miles to MT-35 and turn right. Take the first left onto MT-82 then turn left onto US 93. Look for Lutheran Camp Road on the left hand side between mile markers 94 & 95. After turning onto Lutheran Camp Road you'll come to a fork, go left and continue on Lutheran Camp Rd. to the parking lot.

## Questions/Ride Share Info:

### Retreat Co-Director

Nicole Dunn

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Happily in service of the sangha,

Peggy & Nicole (retreat directors)

Bob & Amy (co-directors)

