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# FALL RETREATS

## Men's Intensive 12-Step Retreats

Sept. 13-15 & Sept. 20-22

Open to members of designated AA groups from New England and New York.

## Meditation weekend

Sept. 28-30

Enjoy peak Vermont foliage and peak spiritual awareness in long moments of silence. This two-day retreat will be led by Theravada Buddhist master, Monk Bhante Rathana from Sri Lanka.

The focus will be on personal spiritual awareness through meditation, spiritual reading and long moments of silent contemplation.



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## The Presence Process

Oct. 11-14

This retreat amid Vermont's Green Mountains will offer a progressive process for acquiring *present moment awareness*, a successful means of integrating emotional experience into full awareness of our true Presence.

A marvelous set of emotional tools will be presented which help us to escape "a mentally-driven nightmare" in which we recoil from ghosts of the past and imagined phantoms from our future.

**Purpose:** learning to trust our *Divine Inner Presence* and healing our inner child.

## "Out of the Matrix Retreat — Vermont"

Oct. 18-20

A retreat based on the principles of *A Course in Miracles*, led by Rev. Tony Senf. "The Matrix" — the world in which we live, is evolving at an alarming rate.

How do we maintain peace and happiness and the message of Love in a world where hate and pretense are more valued?

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# THE DUMAINE HOUSE

## Meditation Weekend (Silent Retreat)

Nov. 2-3

A serene weekend amid the Vermont woods. Meditation with a Theravada Buddhist master, Monk Bhante Rathana from Sri Lanka.



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