

Mindful Ecology Retreat Scheduled at Ryumonji

Challenges confronting us as a result of environmental degradation and climate change are being felt all over the world – including here in NE Iowa. Such challenges can become overwhelming and bring about feelings of despair and even grief.

Managing these feelings requires the development of inner resources for honoring our own pain and suffering as well as that of the world around us.

To help create these inner resources, the Decorah Zen Center is sponsoring “Active Hope: A Mindful Ecology Retreat” designed for those wanting to develop new perspectives and tools for working with the effects of deepening global crises. The retreat will be held at Ryumonji Monastery (located near Dorchester) on November 14 -16, 2014.

Based on the book *Coming Back to Life: Practices to Reconnect Our Live, Our World* by activist and educator Joanna Macy, the retreat gives its focus to ways to support a life-sustaining society and will include conceptual learning, spiritual practices drawn from many practices and traditions, and interactive group work.

Though the retreat is being held at the Zen Buddhism Monastery and Training Center, the event is designed for the people of any spiritual inclination.

The retreat begins with a dinner at 5:30 p.m. on Friday, November 14 and ends after a 12:30 p.m. meal on Sunday, November 16. Participants should plan to remain for the entire event. Lodging, meals, and materials will be provided.

Registration is limited to 20 participants on a first come, first served basis. There is no required fee though participants are welcome to make a donation to help cover costs related to the retreat.

To register, contact office@ryumonji.org and include “Active Hope” in the subject line, call 563-380-9144, or send letter of inquiry to Ryumonji Monastery, 2452 Ryumon Road, Dorchester, IA 52140. Registration closes November 1.

For more information, contact decorahzencenter@gmail.com

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