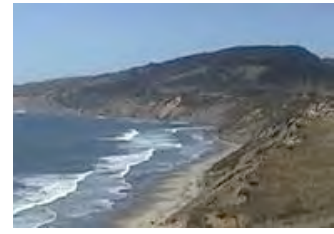




Pacific House (Retreat Location)

San Francisco Meditation Group
385 Ashton Avenue
San Francisco, CA 94112
(415) 584-8270



The Backyard

ANNUAL RETREAT

Fri.-Sun. November 20th–22nd, 2015

You are cordially invited to attend the annual retreat of the San Francisco Meditation Group **Friday–Sunday, November 20th–22nd** (the weekend before Thanksgiving). This year’s theme is **“Devotion—Make the Effort”**. The retreat will take place at the **Pacific House** at the beautiful **Commonweal Retreat Center** in Bolinas, Marin County, CA. This site, overlooking the Pacific Ocean, is situated amidst some of nature’s most beautiful and peaceful scenery, which is especially conducive to a spiritual retreat. **We will be having a silent retreat and ask for silence within the immediate vicinity of Pacific House. Please be aware of your voice when communicating on the grounds.**

Accommodations:

- Separate accommodations are arranged for men and women. The facility can accommodate 26 overnight guests. **The rooms are allocated on a “first come, first served” basis.**
- Each room can accommodate two people, but there is only one bed. Please bring a sleeping bag and pad and be prepared to sleep on the floor if necessary.
- If the rooms fill up, people can sleep in the common room on the first floor.
- **Please Register by November 13th to determine the need for additional overnight space.**

What is Provided:

- Friday Night Light Meal
- Saturday and Sunday Light Breakfast for overnight retreatants.
- Saturday Potluck Vegetarian Dinner (The Pacific House offers a full kitchen but limited space).
- Sunday Lunch (leftovers from the Saturday night dinner).
- Access to the Commonweal grounds through Sunday afternoon (the retreat closes after lunch, but you may remain on the grounds through the afternoon).

What to Bring:

- Bag Lunch for Saturday.
- Vegetarian Dish (salad, hot/cold entrée, or dessert) for the Potluck Dinner Saturday night.
- All food should be prepared in advance to minimize kitchen activity due to space limitations. Please leave your dish in the refrigerator under the kitchen counter and the volunteers will take care the rest!
- If staying overnight, you will need a sleeping bag and pad (or bedding for sleeping on the couch cushions downstairs), and personal items; towels are provided.
- Warm clothing and rain gear are advised.
- Slippers if you like; shoes are not worn in the retreat house.

Directions and Arrival Instructions:

- Saturday Attendees: please arrive no later than 9:30 am for group Energization Exercises.
- Travel time from the Golden Gate Bridge is approximately 40 minutes.
- Following is a detailed map and directions. Signs will be posted to help guide you to the retreat.
- A Ride Sharing Signup Sheet is posted at the SFMG chapel.
- When you arrive at the Commonweal entrance road, please follow the posted signs to Pacific House. Note that other groups may be occupying buildings along this drive. Please do not disturb them.

Suggested Donation:

- This year, due to a change in policy, the retreat facility is asking us to pay for the entire weekend, including Friday night. As a result we are increasing our fees:
 - Friday through Sunday — \$125 (*overnight accommodations included*)
 - Saturday (*day only*) — \$65
- Please submit payment with the Registration Form on the last page of this packet.
- The retreat is available for all SRF devotees regardless of ability to meet the suggested contribution.
- Limited scholarships are available.

Contact Information:

Retreat Coordinator: James Michel (415) 584-8270 bolinas@srf-sanfrancisco.org

We hope that you will plan to join us in meditation and spiritual fellowship as we combine our efforts to commune with God. In Divine Friendship, **San Francisco Meditation Group.**

**SAN FRANCISCO MEDITATION GROUP
ANNUAL BOLINAS RETREAT — NOVEMBER 20th–22nd, 2015**

SCHEDULE

FRIDAY, November 20th

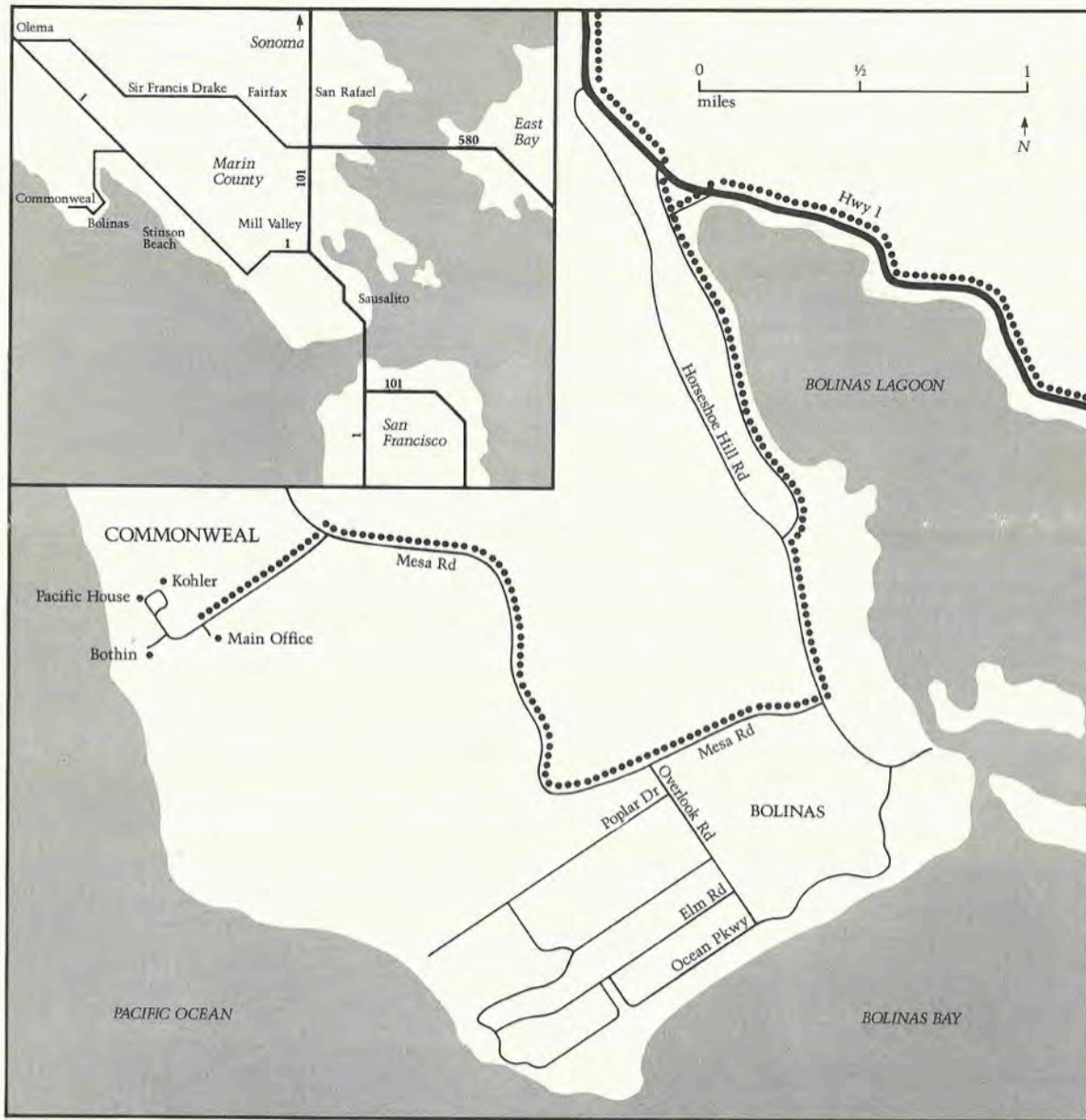
3:00 – 8:00 pm	Check-in/Room Assignments
5:00 – 6:00 pm	Light Meal
6:00 – 6:45 pm	Clean-up
7:00 – 9:00 pm	Individual Meditation (Silence begins)
10:00 pm	Front door of the retreat house will be locked

SATURDAY, November 21st

7:00 – 9:00 am	Light Breakfast
9:00 – 9:30 am	Clean-up
8:00 – 9:30 am	Saturday Arrivals
10:00 – 10:15 am	Group practice of Energization Exercises
10:15 – 10:25 am	Welcome and Orientation
10:25 am – 1:00 pm	Guided Meditation
1:00 – 3:00 pm	Lunch & Free Time
3:00 – 3:15 pm	Group practice of Energization Exercises
3:15 – 5:00 pm	Group Meditation
5:00 – 6:00 pm	Free Time & Dinner Preparation
6:00 – 7:00 pm	Dinner
7:00 – 7:30 pm	Clean-up
7:30 – 8:00 pm	Inspirational CD
8:00 – 9:00 pm	Kirtan & Meditation
9:00 – 10:00 pm	Individual meditation
10:00 pm	Front door of the retreat house will be locked

SUNDAY, November 22nd

7:30 – 9:00 am	Buffet Breakfast & Free Time
9:00 – 9:15 am	Group practice of Energization Exercises
9:15 – 11:00 am	Group Meditation
11:00 am – 12:00 pm	Reading Service & Worldwide Prayer Service
12:00 – 1:00 pm	Lunch & Clean-up (Silence ends)



DIRECTIONS TO COMMONWEAL

From San Francisco

Cross the Golden Gate Bridge; go approximately 4.5 miles, take the Stinson Beach/Highway One turnoff. Continue on for 12.5 miles to the stop sign in the town of Stinson Beach. Go another 4.4 miles and take the first road to the *left* (no Bolinas sign, just a yellow sign with black cross indicating crossroad), just past the end of the lagoon (*just beyond mile marker 17.00*). Make a *left* again at the end of this short connecting road – a few hundred feet – so you are headed back south, on the opposite side of the lagoon from Stinson / Highway One side. Go 1.3 miles and turn *left* at the first stop sign (Bolinas Nursery on your left). Go 1/2 mile, turn *right* at the next stop sign (Mesa Road). Go 2.3 miles (you can see antenna field), turn *left* at gate marked Commonweal, 451 Mesa Road.

From East Bay

Take the Richmond-San Rafael Bridge. Shortly after coming off bridge, take the Sir Francis Drake Blvd. turnoff.

Continue on SFD Blvd. *all the way* to Olema, where it ends at State Highway One (approximately 20 miles). Turn *left* on Highway One, toward Stinson Beach. Go 9+ miles, take *right* turnoff (first right after Horseshoe Hill Road, no Bolinas Sign, only yellow sign indicating road to right) *just past mile marker 17.29*. Go 1.3 miles and turn *left* at first stop sign (Bolinas Nursery on your left). Go 1/2 mile, turn *right* at the next stop sign (Mesa Road). Go 2.3 miles (you can see antenna field), turn *left* at gate marked Commonweal, 451 Mesa Road.

From Marin

Follow directions headed "From East Bay," starting with "Continue on SFD Blvd. all the way to Olema etc."

From Sonoma

Take Highway 101 South to Sir Francis Drake Blvd. exit. (You want to head west on SFD Blvd.) Then follow directions headed "From East Bay", starting with "Continue on SFD Blvd. all the way to Olema ... etc."

COMMONWEAL

P.O. Box 316, Bolinas, California 94924 (415) 868-0970

Bolinas Retreat Registration Form

Friday through Sunday, November 20th–22nd, 2015

How to Register and Pay:

- Complete this Registration Form.
- Include check payable to “San Francisco Meditation Group”.
- Mail to: SFMG, 385 Ashton Ave., San Francisco, CA 94112, Attn: Retreat Registrar.
- If payment is in cash, bring form and monies to the SFMG Chapel on Ashton Avenue.
- You will then be automatically registered unless contacted.
- **Payment is due by November 13th, 2015.**

If you can't pre-register, please email bolinas@srf-sanfrancisco.org or call 415.584.8270.

Space is limited. Please register early to guarantee your reservation.

Suggested Donations: Give what you are able. All SRF devotees are welcome regardless of ability to meet the suggested day or overnight cost.

- Friday through Sunday** _____ attendees at \$125.00 per person
- Saturday (day only)** _____ attendees at \$65.00 per person

Enclosed is my check / money order (or cash) payable to the “San Francisco Meditation Group”

for: _____ **or indicate if you:** **Need a Scholarship.**

Name(s): _____

Address: _____

Telephone: _____

Email Address: _____

(Please provide telephone number and email address if you are volunteering)

A confirmation list for all overnight reservations will be posted on the bulletin board in the SFMG Fellowship Room.

Volunteers are needed to help in the following areas.

Please check if you are able to help:

- Set-up (please arrive by 3:00 pm on Friday)
- Volunteer for Kitchen Staff (silence will be observed)
- Lunch and clean-up at the close of the retreat (12:00 noon to about 1:00 pm Sunday)

Those who are planning to help with the set-up on Friday need to arrive by 3:00 pm. Please make a note of your volunteer duties. A list will be posted in the kitchen of the Pacific House to serve as a reminder.

This form may be duplicated for additional persons wishing to attend the retreat.