

Deep Listening for Peace

“Listening well takes time, skill, and a readiness to slow down, to let go of expectations, judgments, boredom, self-assertiveness, defensiveness. When people experience the depth of being listened to like this, they also begin to listen to others in the same way”.

Kay Lindahl, The Listening Center



Schedule: This one-day retreat will be held at the La Jolla Meeting House.

June 15, 2024

9:00 am — Introductions and video

9:30 am — Guided meditation

10:30 am — Discussion

11:30 am — Final Questions

12:00 pm — Lunch from Girard Gourmet

1:00 pm — Worship sharing groups

2:00 pm — Free time: games, jigsaw, walk-and-talk

4:00 pm — Line dancing, singing, community sharing of talents and fun

5:00 pm — Dinner from Girard Gourmet

Presenter: Diana Shimkus, LCSW, was professionally trained at the Univ. of Massachusetts Medical Center from 1996 to present and has been actively studying, practicing, and teaching mindfulness-related programs since then. She has offered mindfulness training to numerous organizations including Salk Institute, Jewish Family Services-Senior Center, Community

Resource Center, Scripps Hospital, University of San Diego. She is a founding member of the Encinitas Mindfulness Community.



Friends may want to read this relevant online article:

[Listening Deeply for Peace | Lion's Roar \(lionsroar.com\)](https://lionsroar.com), by Thich Nhat Hanh, March 2022

(Ctrl+Click on the above link if using the electronic version of this flyer)

Registration Form

To RSVP, *please either mail or e-mail this form, or call Steve Hobbs:*

Steve Hobbs

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Phone: 858-560-7385

Lunch and dinner will be provided, or bring your own. You may wish to bring your own cup, napkin, and table service; disposable ones will be provided.

A financial policy of "Pay as you're led" will again be used this year. Income collected will help provide meals, stipends for speakers, and other costs of the retreat. Please send any payment to Steve Hobbs, address above. As some Friends desire to know the true cost of retreat, we estimate it may be \$55 per person.

Name(s) of retreatants:

Amount you feel led to contribute:

Meals will consist of fruit, sandwiches or salads, and cookies or other simple dessert. We will buy lunches and dinners on a per-person basis.

Number of lunches: _____

Number of dinners: _____

Please specify either:

- Vegetarian**
- Non-vegetarian (e.g. turkey, chicken, ham)**