

“DANA”
(A Pali word meaning ‘generosity’ is pronounced “dah-na”)

The practice of “*dana*”, or generosity, is a joyful aspect of the Buddhist tradition and is universally recognized as one of the most basic human virtues. It began over 2600 years ago by the Buddha as an expression of mutual support and teaching of the interdependence between those who offer the teachings and those who receive them. In this tradition, the teachings are given freely. This retreat follows this tradition by offering the teachings on a donation basis and we invite dana as support for the teachers and appreciation for the teachings.

It is a challenge to step out of the usual profit and loss mentality that governs our society and recognize “*dana*”, an act of giving, as a precious gift which arises from within when we open our hearts and show appreciation and support, without expectation, of anything in return. The practice of generosity develops our ability to let go and cultivates a spirit of caring and connectedness in the shared experience.

For this weekend non-residential retreat, there will be a minimal registration fee of \$125.00 which will cover all administrative costs, lunches for 2 days and other expenses incurred in planning for the day. Dana will be invited for the teachers. There will be a table with a bowl in the room for your Dana. There is no recommendation for “how much” to give. That will depend on your own circumstances. It is hoped that this opportunity to give support for the teachings will help you to:

- recognize the goodness in you that brought you to make this gift
- feel joy, knowing that your offering is of benefit to others
- develop lovingkindness and compassion
- deepen awareness of our interconnectedness

Profound thanks is offered for your practice.

Donna Paige and Kate Partridge