



**MARCH 24-31, 2019 (Sunday 4:30 pm to Sunday 1:00 pm)**

## Befriending Our Lives

*A Seven-Day Mindfulness Meditation Retreat  
with Mary Grace Orr, Anne Briggs, and Larissa Kitenko*

How can we meet all the varied and often difficult experiences of our lives open heartedly, with ease and friendliness? The simple technique of mindfulness, taught by the Buddha, teaches us to do just that. This silent retreat will have periods of sitting and walking meditation, opportunities to talk with a teacher, and formal presentations. It is suitable for both beginners and experienced students.

**Mary Grace Orr** is a senior teacher at Spirit Rock Meditation Center in Marin County (CA) and the founding teacher of Insight Santa Cruz. A beloved teacher at Pendle Hill, Mary Grace has led retreats here since 1997. She now lives in Hawai'i and teaches retreats both there and throughout the United States.

**Anne Briggs** is a lifelong Quaker who also leads the Insight Meditation Community of Chestertown (MD). She completed the Community Dharma Leader Training (CDLT) at Spirit Rock Meditation Center and has assisted Mary Grace for many years.

**Larissa Kitenko**, a longtime practitioner of Insight Meditation, studies and practices Buddhism in the Theravadan tradition. She completed the CDLT at Spirit Rock Meditation Center with Mary Grace as mentor, and the Mindfulness-Based Stress Reduction (MSBR) Program teacher training with Jon Kabat-Zinn. A volunteer hospice and hospital chaplain, Larissa teaches MSBR, leads the Easton Meditation Group, and leads classes and retreats in Eastern Maryland.

### *Registration*

Visit [www.pendlehill.org](http://www.pendlehill.org),  
or call Ext. 137 at 610-566 4507  
or 800-742-3150 (toll-free in US)

### *Accommodations*

Private room \$ 1165  
Shared room \$ 980  
Commute \$ 685

**Note: The fee for this retreat does not include any payment to the teachers. There will be an opportunity to make a donation directly to them at the end of the retreat.**

### *Travel*

Pendle Hill is just fifteen minutes from Philadelphia International Airport, and twenty minutes outside the city. The campus is near the Wallingford train station. Take the SEPTA Media/Elwyn line from Philadelphia and call for a pick-up.



338 Plush Mill Road  
Wallingford, Pennsylvania  
610-566-4507, ext. 137,  
[www.pendlehill.org](http://www.pendlehill.org)



**PENDLE HILL**  
A Quaker Study, Retreat, and Conference Center