

When You Don't Get What You Want

An overnight Mindful Man Retreat

November 2-3, 2019

Cedar Valley Retreat Center
West Bend, WI

Led by David Haskin and Stephen
Starr

*You can't always get what you want. But if you try
sometimes, you find ... You get what you need — The
Rolling Stones*



We suffer when we don't get what we think we want, be it money, possessions, fame and even spiritual growth. We also suffer when we actually get what we want and discover that our striving leads only to having more things, not to more happiness. Mindful awareness is the way out of this conundrum and can open the door to a deep contentment and joy.

Please join us at the next Mindful Man overnight retreat at which we will explore how the practice of Mindfulness helps us get what we truly need: the profound happiness and connection that can only be found in our hearts in the present moment. We will explore our desires, including the desires that ill-serve us, and the truth of a richer, deeper happiness that things can never give us.

As always, we will explore this topic by practicing mindful meditation, movement and sharing in a caring, safe and supportive environment. This retreat is appropriate both for men who are new to Mindfulness and meditation and for experienced practitioners.

Prices, food, lodging: Double rooms cost \$140 per person and singles cost \$180 for registrations received by October 2, 2019. Between October 3 and October 25, double rooms cost \$150 and singles cost \$185. Fees cover lodging, towels, bedding, the meeting room, and three vegetarian meals starting with Saturday dinner. All rooms have private baths. *NOTE: If rooms at the retreat center are sold out, you can stay at a near-by motel and your retreat fees will be adjusted accordingly.*

Fees do NOT include compensation for the teachers. Following an ancient tradition, David and Stephen offer these teachings freely and will gratefully accept *dana*, or a free-will offering, at the end of the retreat if you are able and if you find the teachings helpful.

Times and dates: The retreat begins promptly at 1 p.m. on Saturday, November 2. **Please arrive no later than 12:30** so you can get your room assignment and settle in before we begin. We will end our time together after lunch on Sunday, November 3.

Comfort: Please wear comfortable, loose-fitting clothes. If you use a meditation cushion or bench, please bring it. Chairs will be available for meditation. In addition, there may be free time to walk the beautiful grounds of the retreat center, so bring appropriate shoes or boots. Please note that much of this retreat will be conducted in Noble Silence.

The facilitators: David Haskin has practiced meditation since 1971 and is an ordained member of Zen Master Thich Nhat Hanh's core practice community, the Order of Interbeing. He teaches Mindfulness widely, including to men's groups, prison inmates, and those in recovery. Stephen Starr has been a leader of the Chicago Weekly Sitting Meditation Group since 2008. He has warmly helped introduce hundreds of people to the beauty and power of Mindfulness and meditation. He has long had a keen interest in the diversity of spiritual paths that lead us to unity. He considers creative expression to be a fundamental way to express life on our planet.

For more information: Feel free to contact David (dhaskin@gmail.com) with questions about the retreat or about the practice of Mindfulness. Or, find more information at www.mindfulman.org.

Registration (choose one of two payment and registration methods)

1. Using PayPal, send full payment to David Haskin (dhaskin@gmail.com). **PLEASE:** Send to “friends and family,” not “Pay for goods and services.” Then, e-mail the info requested in the form below to: dhaskin@gmail.com.
2. Fill out this form and mail it with a check (payable to *Mindful Man*) for the full amount, to:

David Haskin
5216 Middle Earth Road
Barneveld, WI 53507

Name(s): _____

Address: _____

City: _____ State: _____ ZIP: _____

E-mail address: _____ Phone: _____

Fees:

_____ Single: \$180 per person until October 2; \$185 between October 3 and October 25

_____ Double: \$140 per person until October 2; \$150 between October 3 and October 25

If you select a double room, is there somebody you'd like to room with?

Name of requested roommate, if any: _____

AN IMPORTANT NOTE ABOUT THE PRICE: The prices cited above cover only the bare expenses of putting on this retreat and do NOT provide compensation for the teachers. Following the ancient tradition of Mindfulness teachers, David and Stephen gratefully accept *dana* (the Sanskrit word for generosity) as a free-will offering from those who attend the retreat. Please **do not** add *dana* to the registration fees but, rather, consider offering *dana* at the end of the retreat if you find the teachings helpful and if you are able. Checks for *dana* should be made out to *Mindful Man*.

DEADLINES AND CANCELLATION POLICY: Because of obligations to the retreat center, we must have the following policies regarding registration deadlines and cancellations.

1. For planning purposes, it would be helpful for us (and less expensive for you) if you register by October 2.
2. All registrations must be received by October 25. After October 25, there is some chance you could get into the retreat, but we can't guarantee a spot.
3. Full refunds will be given for cancellations received via telephone, e-mail or U.S. Postal Service by October 2. Between October 3 and October 25, half the fee will be refunded. No refunds can be made for cancellations after October 25. For questions about registration, contact David Haskin at dhaskin@gmail.com
4. If rooms at the retreat center are sold out, you can still attend the retreat and stay at a near-by motel. Your retreat fee will be lowered accordingly.

Directions to Cedar Valley Retreat Center (5349 County Road D, West Bend, WI):

From Chicago/Northern Illinois: Head toward Milwaukee via Interstate 94 (through Kenosha and Racine). As you approach Milwaukee, take the HWY 894 bypass toward Madison. At end of bypass, follow signs to merge onto Highway 45 going North and follow directions, below, from Milwaukee.

From Milwaukee: North on Highway 45 past West Bend to Highway D. West on Highway D for six miles. Cedar Valley is on the left.

From Madison: Highway 151 east to Highway 33. Turn right and follow 33 through Allenton. Turn left on County WW, then right on County D for one mile. The retreat center is on the right.