

THE HEART OF SERVICE

A Silent Meditation Retreat

With

GAVIN HARRISON

**At Waianuhea, 45-3503 Kahana drive, Ahualoa,
Saturday, July 12, 2008 (9 a.m. to 4:30 p.m.)**

"The deepest truth of who we are is a love that by its nature yearns to serve; this aspect of our true nature is ceaselessly responsive to others and to the world. This service can never be damaging to ourselves or to others; we become less focused on receiving the gifts of spiritual realization and more drawn to being an expression and servant of spiritual truth in each moment of our lives. During this retreat we will explore the possibility of serving wholeheartedly, without burnout..... undivided and wholehearted. It is the birthright of all of us, to become what St Francis of Assisi called: "An Instrument of Thy Peace"

Retreats are for both beginning and experienced meditators. Sitting and walking meditation instructions will be offered. There will be a talk and opportunity for discussion, inquiry and investigation together. Retreats are non-denominational and open to those of all spiritual traditions.

Gavin lives on the Big Island of Hawaii and has practiced Buddhist Insight Meditation for 27 years and has taught internationally. He has a deep interest in finding ways to bring ancient teachings alive in accessible and authentic, ways within the circumstances of our time. Gavin's teachings also draw from the Sufi and Christian mystical traditions.

He is the author of "In the Lap of the Buddha" and a recipient of the "Unsung Hero of Compassion Award", presented to him by H. H. the Dalai Lama for "kindness and quiet dedication to others."

Please register by sending a check or money order, \$25 -\$40 (sliding-scale) to: Gavin Harrison, 75-5621, Mamalahoa Highway, Holualoa, HI 96725. (Registration fees paid above the base rate will be applied directly to the scholarship fund so that those who are unable to afford the fee can nevertheless attend). Please include your telephone number, e-mail address and date of retreat. The registration fee covers retreat costs and scholarships only. Your registration will be confirmed by e-mail along with directions, what to bring and a suggested donation for Gavin.

Gavin gratefully accepts donations to help cover his living expenses.

**For further information and directions, see www.gavinharrison.net
or contact:**

Matilda Tompson (885-9206)

Eliana Sattler (938-4774)

Maggie Kelly (345-4478)

Rose White (329-7770)

Lorraine Highkin (332-3320)

TompsonP001@hawaii.rr.com,

elianasattler@hotmail.com

msmaggiekelly@aol.com

konarose@juno.com

lorraine@kona.net,