



ALL-DAY CONTEMPLATIVE RETREAT PROGRAMME

Friends Meeting House, 5 Boa Vista Rd, North Hobart

Saturday 2nd May 2026

“Cultivating Inner Peace”

- **10.15 to 10.30am** Arrivals and preparation
- **10.30 to 10.45am** Welcome and introduction – Lighting our candle - Julian McGarry
- **10.45 to 11.00am** "What are you cultivating in your spiritual garden?" - Ven. Shih Jingang ⁴
- **11.05 to 12.15pm** “Creating inner peace: the power of reflection” - Terry Sussmilch
- **12.15 to 1.00pm** Lunch ¹
- **1.00 to 1.45pm** Mini-workshop: “Letters from Love” - Helen Kwiecien ⁵
- **1.45 to 2.00pm** Free time
- **2.00 to 3.00pm** Sacred music, song, chants, and meditative movement ³
- **3.00 to 3.15pm** Free time
- **3.15 to 3.50pm** Sacred sharing and deep listening
- **3.50 to 4.00pm** Ceremony of farewell

1. Please bring your own lunch. There will be snacks and beverages provided. Lunchtime is an opportunity to continue the contemplative stillness. For this reason, the dining room will be set aside for communal silence. Of course, If you want to chat with others, that is perfectly fine; there are suitable locations both inside and outside the building.
2. You may want to bring a cushion and a notebook and pen
3. Our sacred music section is an opportunity to share music or poetry or whatever inspires you with the group, that reflects your personal spiritual place of peace. Please feel free to participate! There will be musical expressions that you will be able to join, or you may choose to remain in a quiet, meditative space.
4. Jingang will speak about spiritual foundations related to the cultivation of loving-kindness, compassion and wisdom.
5. Helen will guide participants in a communion with unconditional love via a letter writing practice coined by writer Elizabeth Gilbert. What begins as imagination soon becomes connection.

It would be appreciated if attendees could RSVP (interspiritualpeace.org@gmail.com) by the 29th of April

Please just come when you can and leave when you have to!

With loving wishes from the CIP Planning Team – Julian, Anne, Jingang, and Terry