

**‘Joyfully Together’  
Sangha Gathering for All Ages  
29th August – 3rd Sept 2006  
Unstone Grange, Derbyshire  
<http://www.unstonegrange.co.uk>**

Following our successful family-friendly retreat with Sisters Annabel and Jewell in 2004, at beautiful Unstone Grange, we are delighted to offer a further sangha gathering in 2006.

Monastics will be invited to attend as before, to lead our programme. We will practice together, there will be a children’s programme for 5 - 12s, a young people’s group if there are any teenagers, and we shall be creative in using the talents we have in our midst. Last time we enjoyed storytelling, music-making, yoga sessions and more. Childcare for under fives can be shared on a rota basis to free parents to participate in activities.

Please come, and volunteer your ideas and energies for mindfulness and fun activities that can be shared. We shall also need help in co-ordinating catering groups, before and during the retreat, and help on both the adults’ and children’s programme during the retreat. There is a choice of camping or accommodation in small rooms. We will be self-catering together as a group so that everyone will have the chance to practice kitchen meditation!

Costs will be as follows:

Camping		Accommodation	
Adult	£75	Adult	£115
Child (under 12)	£42	Child (under 12)	£64

For those unable to pay the full costs, we will endeavour to provide bursaries based on the generosity of donations to a bursary fund. Bursaries will be considered and finalised in early June 2006. Bursary applications should be sent by mail to Judy Lewis (address below).

Please contact Teri West with suggestions or offers of help for the children’s programme (email [teri.west@btinternet.com](mailto:teri.west@btinternet.com) or phone 01237 451 588). Please contact Judy Lewis on all matters relating to booking (address below, or phone 01273 475260).

For booking, please send a non-refundable deposit of **£40 per adult and £20 per child (cheques to Community of Interbeing)** along with the following details to:

**Judy Lewis  
105 Valence Rd  
Lewes  
East Sussex, BN7 1SJ**

Adults: Deposit:  
Name/s . . . . . £ . . . . .

Children:  
Name/s and Age/s . . . . .  
. . . . . £ . . . . .

Total deposit: £ . . . . .

Donation to a Bursary Fund £ . . . . .

Total enclosed £ . . . . .

Address for Group . . . . .

. . . . . Postcode . . . . .

Telephone Number . . . . . Email Address . . . . .

**The balance of the booking will be due on 30th June 2006.**