



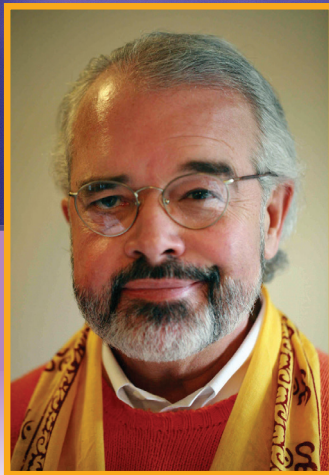
unity  
church in albany

a *positive* path  
for *spiritual* living

# Living Beautifully in challenging times



UNITY'S ANNUAL FALL RETREAT with  
Ramananda John E. Welshons



## Ramananda John E. Welshons

is a highly respected contemporary spiritual teacher who lectures and leads meditation retreats across North America. He is the author of three critically-acclaimed books:

- *One Soul, One Love, One Heart,*
- *Awakening From Grief,* and
- *When Prayers Aren't Answered.*

### LIVING BEAUTIFULLY IN CHALLENGING TIMES

In our sacred time together, we will reflect upon:

***Quieting the Mind:*** Meditation

***Opening the Heart:*** Spiritual Relationship

***The Bodhisattva Vow:*** Serving One Another;  
Social Action

***Spiritual Surrender:*** Embracing What Is

***Tools for Spiritual Life:*** Embracing What Is;  
Embracing Impermanence

**Cost** - \$200 includes meals & snacks, private bedroom.

**Registration Deposit** - \$75.00 Due with registration form.  
Non-refundable. A payment plan can be arranged.

**Check In:** 5:00 PM on Friday, October 6

**Retreat begins:** 6:00 PM Friday with dinner

**Program sessions:** Fri. 7:00 - 8:45 pm, Sat. 9:00 am - 5:00 pm

**Retreat ends:** 5:30 - 6:30 pm dinner on Saturday, October 7

# FRIDAY-SATURDAY, OCTOBER 6-7

DOMINICAN RETREAT & CONFERENCE CENTER, NISKAYUNA, NY

Website: [unityalbany.org](http://unityalbany.org) • Church office: (518) 453-3603 • Email: [unityalbany@yahoo.com](mailto:unityalbany@yahoo.com)