

*Dear friends, it is with great happiness that I offer this trip again this year. Thank you for the joy these times create. With kindness, Jeanne Corrigan*

# ***Mindfulness Camping and Canoe Weekend***

***Uniting inner and outer nature  
Exploring our interconnection with all beings***

*With the wilderness as our teacher, join in exploring our true nature in a community of silent support and lovingkindness*

*Attention is the connector between the person and the energies of nature. It induces resonance between the tree and person. Things or beings resonate sympathetically, they vibrate sympathetically.*  
– Warren Grossman

***Aug 5-8, Anglin Lake  
Drive to beautiful lake side group tenting campground***

*This trip is for beginning or experienced practitioners, who also have basic canoe skills and comfort on the water. We will share reflections on Nature and the Dharma the first night, and then hold silence for two days, within the stillness of the surrounding spruce, lake, earth, sky. We may hear loons, swim in sparkly water, experience deep rest, and we may meet ourselves in a new inner landscape. We will be supported by each other's presence, and by a relaxed schedule of meditation, reflective time, mindful paddling, and optional sharing circles.*

*Cost: shared food, supplies, canoe rental and camping fees (about \$150)  
dana for Jeanne*

*Please register as soon as possible, or by July 16.*

*I look forward to hearing from you, at (306) 653-2325, or [jeannecorrigan@sasktel.net](mailto:jeannecorrigan@sasktel.net)  
In lovingkindness, Jeanne.*

### ***Trembling with Joy***

*The great sea has set me in motion,  
set me adrift,  
moving me like a weed in a river  
The sky and the strong wind  
have moved the spirit inside me  
til I am carried away  
trembling with joy.  
- Inuit Shaman Uvavnuk*

### ***Black Spruce***

*Black Spruce, black spruce  
Heart of the winding river  
Through the glass I'll ripple  
Clouds and trees I'll know  
I am the wind sigh night through the jackpine  
I am the flurry of birds on the wing  
I am the silence – answer calling  
I am the whisper at the heart of your longing  
Comfort your heart, slip through this door.  
- Ian Tamblyn*