

# Join Us for a Day of Retreat: A Christian Sufi Sesshin

...combining the spiritual practices of Christian Dances of Universal Peace, Sufi walking meditations, and Buddhist mindfulness sitting meditations. We will honor Jesus's compassion, enact the vision of Beloved Community he brought to life and celebrate the renewal of life that Easter represents.



Easter Saturday, March 30th  
9:30- 4:00 pm  
Unitarian Universalist Society  
405 Washington Avenue, Albany, NY 12203

Participation is free and open to all, with no experience necessary. A free will donation may be offered at the end to support the event. Lunch will be potluck with a vegan lentil soup provided.



This event will be led by Sam Trumbore and Karuna Foudriat, with musical support by Dahlia Bartz-Cabe. Sam serves as the minister of the the UU Society of Albany and has been practicing mindfulness meditation for 28 years. With retreat experience in both the Sufi and Buddhist traditions, Karuna is a minister of the Sufi Ruhaniat and a certified DUP leader. Dahlia is meditation counselor and sacred musician with a background in leading chant, meditation and dance. They all share a passion for the energy released through the respectful fusion of different spiritual practices.