

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

...combining meditation practices of the Christian, Sufi, and Buddhist traditions. We will honor Jesus's compassion, enacting the vision of Beloved Community he brought to life, as well as celebrate the Divine Feminine in the renewal of life and the earth that Easter and Earth Day represent.



Easter Saturday, May 19th

9:00- 4:00 pm

First Unitarian Universalist Society
405 Washington Avenue, Albany, NY 12206

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 soup provided.



This event will be led by Sam Trumbore and Karuna Foudriat. Sam serves as the minister of the the UU Society of Albany and has been practicing mindfulness meditation for 29 years. With retreat experience in both the Sufi and Buddhist traditions, Karuna is a spiritual guide, dance leader, and minister of the Sufi Ruhaniat International. They both share a passion for the energy released through the respectful fusion of the practices from different spiritual paths.