

18th Annual AMILA Ramadan Spiritual Retreat

“Cultivating Faith, Joy, and Patience”

Point Montara Lighthouse, August 29-30, 2009



Welcome to the 2009 annual AMILA Ramadan Retreat. Below are some details of this year's Ramadan Retreat planned for the weekend of August 29-30, 2009. The Ramadan Retreat is an opportunity for participants to spend time exploring our faith and ourselves in a thoughtful and peaceful environment. Our annual Ramadan Spiritual Retreat is now an AMILA tradition, and we look forward to sharing this special time with you.

The theme for this year's retreat is *Cultivating Faith, Joy, and Patience in Times of Tribulation*. The nation is facing turbulent times, but challenges are also a part of the human condition and will remain so long after the economy recovers. How can we cultivate these three important traits in our hearts and actions when faced with trials? While patience and faith are topics that are more often addressed in lectures, we rarely hear about the role of joy and creativity in Islam and in our lives. Our goal for this year's retreat is to explore and reflect upon how we may serve Allah, our Ummah, and our fellow Americans by embodying faith, joy, and patience more beautifully.

Packing List

- ☉ Blanket or sleeping bag
- ☉ **WARM** clothes (dress in layers)
- ☉ Qur'an & prayer rug, an inspirational reading (of any genre or author) to read aloud
- ☉ Walking shoes, flashlight, pen and notebook
- ☉ Hostel will provide: Pillow, Pillow Case, Bottom Sheet, Top Sheet, Fleece Blanket
- ☉ Water Bottle, Reusable plate, bowl, mug, utensils

Most sessions will be led by community members and others by group members. Our speakers this year include veteran speakers as well as first time presenters. Specifically, we are very happy to have Imam Faheem Shuaibe, Sr. Ameena Jandali, and Br. Babak Ayazifar presenting. More information about our honored guests will be included in your final registration packet.

AMILA's Eighteenth Annual Ramadan Spiritual Retreat will, Insh'Allah, be held the weekend of August 29-30, 2009. The retreat will start on Saturday at 11:00 AM and end on Sunday at 3:00 PM. It will be held at the Point Montara Lighthouse and Hostel off of Highway 1 (7 miles North of Half Moon Bay and 25 miles South of San Francisco). The program will include lectures, discussions, group reflections on the Qu'ran and Hadith, iftar, dinner and suhoor, individual meditation, inspirational readings, taraweeh and tahajjud prayers, and outdoor hikes along the coast.

Two years ago the AMILA retreat went “green”. We found it to be a great success, as many participated in our request for minimizing the use of paper products. We would like to keep our “green” efforts going and again request that participants bring a plate, a bowl, a mug, a water bottle and utensils. This will eliminate the use of styrofoam and plastic. We will still have limited quantities of these items but we ask that each of us continue to do our part for the environment.

The cost of the retreat is \$75 for AMILA members and \$90 for non-members. You may pay the 2009 AMILA membership fee of \$40.00 (\$75 for couples) when you register for the retreat, and receive the AMILA member discount. Payment confirms your place at the retreat as long as space is available, and is **non-refundable**. Space is limited (approx. 30 people) and **the retreat fills up every year** so please register early. Registration fee covers meals, overnight lodging, day use of the facilities and other costs. Packets with directions, readings and registration materials will be *e-mailed* upon receipt of payment. This year only on-line registration is available.

The retreat is an opportunity for reflection. This environment is geared for adults and can be challenging for young children. Please contact Sylvia Chan-Malik at (510) 333-1450 or swchan77@berkeley.edu, by August 15th, if childcare is a limiting factor for your attendance.



About AMILA - Founded in 1992, American Muslims Intent on Learning and Activism (AMILA) is committed to spiritual enrichment, intellectual freedom, and community service.

Questions about the retreat? Please contact: **Sylvia Chan-Malik** at (510) 333-1450 or
swchan77@berkeley.edu

Please look for updates at <http://www.amila.org>

REGISTRATION FORM

To reserve a space, register on-line

Please Note:

Priority is given in order of date & time of registration as noted on PayPal when registration is submitted with payment.

Please use PAYPAL at www.amila.org, include the following information:

AMILA Ramadan Retreat

Member - Registration Only - \$75

Non-Member - Registration Only - \$90

(Best Value!) Member - Registration & Dues (Single)- \$110

Name _____ E-mail _____ \$ _____

Name _____ E-mail _____ \$ _____

Phone _____ Total Amount Enclosed \$ _____

Address _____

Please indicate any special needs, including dietary, if any _____

***** Registration deadline is August 15, 2009*****



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