

## ABOUT



### Rabbi Rami Shapiro

Rabbi Rami co-directs the One River Foundation, and is the author of three dozen books on religion and spirituality including Perennial Wisdom for the Spiritually Independent, The World Wisdom Bible, and The Sacred Art of Lovingkindness. You can find Rabbi Rami at [rabbirami.com](http://rabbirami.com) or email him at [rabbirami@gmail.com](mailto:rabbirami@gmail.com)

### The Center at St. Andrew's

The Center at St. Andrew's is an outreach and ministry of St. Andrew's Episcopal Church. The Center offers a variety of workshops, quiet days, classes and other learning opportunities, as well as special events and celebrations. The Center is open to everyone and all are welcome!

[www.saintandrewsseattle.org](http://www.saintandrewsseattle.org)

### Contemplative Outreach Northwest

Contemplative Outreach Northwest is one of the original local chapters of Contemplative Outreach Ltd. CONW offers Centering Prayer workshops, retreats and support for daily practice alone or in groups.

<https://contemplativeoutreachnorthwest.org/>

## Registration Information

### Perennial Wisdom

#### Tuesday Night Only

Includes light snack and beverages  
Early Bird, Seniors and Students-\$15.00  
After March 15th - \$25.00

### Be a Blessing Retreat

#### Wednesday and Thursday Only

Includes continental breakfast and lunch  
Early Bird, Seniors and Students-\$115.00  
After March 15th - \$140.00

### All Three Days

Early Bird, Seniors and Students-\$125.00  
After March 15th - \$150.00

### To Register On-line Go To

<https://www.brownpapertickets.com/>

Enter 4092750 or 1-2-3 Blessing

In the Search Line

For More Information Contact

[thecenter@saintandrewsseattle.org](mailto:thecenter@saintandrewsseattle.org)

or call

206-523-7476, ext. 304.

Be a Blessing®  
is a project of

One River Foundation.

Visit us at [oneriverfoundation.org/](http://oneriverfoundation.org/)



11022 Everest Circle  
Huntsville, AL 35803

The Center at St. Andrew's  
*and*  
Contemplative Outreach  
Northwest  
*present*

A RETREAT WITH  
Rabbi Rami Shapiro  
*Perennial Wisdom*

*And*

*The Five Essential Questions*

*Tuesday, April 9 7:00 PM - 9:00PM*

*Be a Blessing Retreat*

*Wednesday, April 10 9:00AM-5:00PM*

*Thursday, April 11 9:00AM-1:00PM*



### VENUE

The Center at St. Andrew's  
111 NE 80th Street  
Seattle, WA 98115



**Rabbi Rami's** teaching, the One River Foundation, and the **Be a Blessing Project**® and retreat are rooted in **Perennial Wisdom**, the mystic heart of the world's religions.

**Tuesday Evening**, drawing from his books, *Perennial Wisdom for the Spiritually Independent*, and *The World Wisdom Bible*, **Rabbi Rami** will explore the Four Points of Perennial Wisdom and the Five Essential Questions at the heart of almost every spiritual quest.

"In the context of **Perennial Wisdom**, truth is that which transcends the binaries of sacred and profane, Creator and creation, and allows us to cultivate an awareness wherein we may encounter every mundane finite, nameable "this" as a manifestation of the infinite, ineffable, and Divine That of which we are all a part.

In the context of Perennial Wisdom truth is that which leads us beyond alienation and isolation; beyond tribalism and triumphalism, ignorance and arrogance to the understanding that we are all one community of seekers.

**Perennial Wisdom** reveals the interconnectedness and interdependence of all beings challenging us to engage all beings with justice and love, and to **be a blessing all the families of the earth**.

**Wednesday and Thursday**

## BE A BLESSING RETREAT

Drawing upon the Perennial Wisdom and contemplative practices of a number of religious, spiritual, and philosophical traditions, **Be a Blessing**® provides you with a clear understanding of what it is to be a blessing to all the families of the earth (Genesis 12:3), and a practical and powerful way to live that understanding in the midst of the fire of everyday life.

### HUMANITY IS EXPERIENCING A DARK NIGHT,

a time of environmental and spiritual collapse. Millions of us have lost our sense of meaning, mission, and purpose. We're frustrated, frightened, adrift and angry, and as a result all too many of us fall victim to narcissism, nihilism, hatred, drugs and suicide.

"**You shall be a blessing** to all the families of the earth - human and otherwise" (Genesis 12:3) is an antidote to this dark night; an ethical teaching against which to measure your behavior and every teaching, custom, and law regarding your behavior from whatever source: religious, political, economic, social, etc.

"**Be a Blessing**® is the path of Karma Yoga, the way of the Bodhisattva, walking the Great Tao, living the Kingdom, cultivating *jen* (human heartedness), *Al-Islah* (reformation) and *Tikkun haOlam* (repairing the world). **Be a Blessing**® helps you reclaim a sense of meaning, mission, and purpose that just might move us through this dark night into a new dawn." –Rabbi Rami

### OPEN MINDS

The prerequisite for being a blessing to all the families of the earth is what the Hebrew Bible calls *lech lecha*, *the challenge* to free yourself from the constricting narratives that trap you in zero-sum thinking and pit person against person and person against planet. **Be a Blessing**® explores the stories that enslave us and offers techniques for freeing ourselves from them.

### OPEN HEARTS

"Love and kindness are the very basis of society. If we lose these feelings, society will face tremendous difficulties; the survival of humanity will be endangered," (H.H. the Dalai Lama, *A Policy of Kindness*). **Be a Blessing**® examines how we lose our human-heartedness, and how we can regain it and establish it as the foundation of our daily living.

### OPEN HANDS

The act of being a blessing arises from living a nonzero life: a life rooted in unity, interdependence, and mutual engagement and reciprocity. **Be a Blessing**® helps you create concrete action plans for being a catalyst of blessing, healing, justice, and compassion in the midst of the madness that is all too often our everyday lives.