

RETREAT 1

Not Jane Curtain, but then some of you are too young to remember Weekend Update on SNL back in the days when it was GOOD.

WEATHERWISE:

78 for the highs
60 for the nights

PERFECT Weather - tho mind you, a bit cool for swimming in MY humble opinion.

There are 6 lakes to fish in and a PA fishing license is required.

Email being sent to finalize things and to give emergency contact number.

NOTICE --- Do NOT park on the street. and OBSERVE all speed limits. They have CAMERAS! (can you believe it) Don't get a ticket...drive below the posted speed OK!!!!!!!!!!

See you in a few.

- By amar
- August 11th, 2009



Globosity - Updates on Saturday Menu

Ok, after three phone calls from the specialty groceries:

black bean, plum sauce and chili paste Korean Beef Short Ribs

Argentinean Rib-eyes in a chimichurri marinade

Two whole roasted organic Chickens
one with a cilantro lime, garlic marinade

the other in a Thai Satay

grilled veggies

Cous Cous with scallions and currents and toasted pecans

- By amar
- August 10th, 2009



ROAD TRIP

Artificial deadline to get all kinds of insignificant things done. Why do I do that?

Meanwhile, do the priority first! Seems simple...not.

Prep car or confirm travel arrangements.

Pack. (take cell phone, its charger and valid credit card...that covers everything forgotten.)

Carry essentials.

GO!

Any leftover time can be used to iron, polish silver, and clean the ceiling fans. (And if you don't know what an iron is?, congrats.)

24! There will be desserts.

24 days

- By amar
- July 20th, 2009



Retreat Menu



The deposits are in and we're finalizing the preparations for our August getaway in the Poconos.

We're posting the menu, frankly because global is a fabulous chef and we're advertising lol, but also for feedback if you have special needs. Anyway for your gourmet speculation:

Friday night:

Kale Salad- shredded kale with avocado and fresh tomato dressing with a hint of hot pepper

Penne Pasta with fresh garden vegetables. Hmm, think tomatoes, basil, broccoli with bit of garlic

Lasagna with Meat Sauce baked with ricotta, mozerella & parmesan cheese and complemented with Italian sausage and ground steak in a tomato & pepper sauce.

Saturday breakfast: assorted cereals, juice and coffee

Saturday lunch: **Great American BBQ Fare** - grilled juicy hamburgers & hot dogs with all the fixings out on the deck. Maybe we can find watermelon for the seed spitting contest.

Saturday dinner:

THE GRILLMEISTER

Global's delight - a mixed array of choice prime cuts of meats, a medley of vegetables....all on the grill and then couscous for the palate.

Sunday morning:

FREE FOR ALL BRUNCH - all the leftovers for our pleasure.

So the question for attendees - do you want to bring your own special desserts to supplement this? Or, heaven forbid, should we go without brownies?

- By amar
- July 12th, 2009



RETREAT ACCOMODATIONS



Here's the house! We've committed! The retreat is happening - get your reservations in today.

The living room features a large stone fireplace and hardwood floors. The modern kitchen is fully equipped and also has a great island that seats four, and is adjoined by the dining area.



The lower level of the home has is partially finished, with a ping pong table and electronic darts. This home also has a nice deck with a BBQ grill, and is located on a small, quiet road, with great foliage views.

Amenities - there are amenities.

Enjoy the pools, private golf course, gourmet restaurant and pub, indoor and outdoor tennis and basketball, miniature golf, volleyball, horseshoes, bocce ball, and many other activities in the community.

INSIDER'S NOTE: the best restaurant is wherever Global cooks...hint! hint.

Send your deposit in before July 6, 2009 to reserve your space. Looking forward to meeting all of you soon.

- By amar
- June 29th, 2009



Retreat Flyer

Global State of Mind Retreat



Big Bass Lake
Pocono, Pennsylvania
Friday, August 14, 2009 -
Sunday, August 16, 2009



Global State of Mind 2009 Retreat

Global state of mind invites you to a weekend of fellowship, fun and serenity.

Location is Big Bass Lake in the Pocono Mountains of Pennsylvania. Nearest airports are ABE (Allentown, Bethlehem and Easton), Scranton, and with prior arrangements we can make pickups in Harrisburg, NYC or Philly.

Only bring what is comfortable. We'll have no cabs. We hope the weather is nice for lake swimming or hot tubing if it is available.

Be open-minded and flexible. We'll share in the choices, joys and challenges. Please remember that this is an anxiety-free membership. Request permission for any photos.

Any of you on special diets will need to bring your own required food items. While we hope to accommodate most people, please be flexible with your expectations.

Looking forward to being with you all there.

\$50 Non-refundable deposit due by July 6, 2009. Total cost is \$100.

Tentative Schedule

- **Friday afternoon** - Arrivals after 5 pm. Time to settle in, meet new arrivals, sit by lake, enjoy a light dinner at 7 pm. Afterwards, Global's opening circle.
- **Saturday** - early breakfast of cereals, fruits, and breads. We will have a 12 step meeting in the morning for those interested in attending.
- We will have an art project in the mid-day followed by a workout.
- Speaker sessions lead by Angel Wright & Global in the late afternoon.
- For evening, we have light dinner while we listen to our entertainment - a guest band. We encourage those with talents to join us.
- **Sunday Morning** - Arise's sunrise meditation circle followed by light brunch. Closing circle with Global.
- Early departures.

Please email globalstateofmind@gmail.com if you would like us to email you a flyer. I will try to get a pdf file link up later this week. Namaste.

- By amar
- June 16th, 2009



GLOBAL STATE OF MIND RETREAT: Aug 14 - 16, 2009

Retreat: a period of group withdrawal for prayer, meditation, study, or instruction

The heart of my soul is restored in the small gatherings of an informal retreat. The smell of freshly brewed coffee, the morning air shared with new friends with a common goal, the meditations in a new environment, the sharing of fellowship.

Committing to a retreat brings all sorts of objections...futile resistance because based on my past experience, it is SO worth it. Our retreats are collective productions - we share in the leadership, chores, fun, and gifts. We have a safe place to be who we are. We allow and support each other to change...and most importantly we have a chance to STOP our normal routine, to be, and to listen to our Higher Power, however we may define it.

Our retreat, the first to be held in the Poconos, Pennsylvania, USA, will be held from Friday, Aug. 14 until departures on Sunday. Tentatively...evening snacks on Friday as we finally meet each other, all meals on Saturday, and on Sunday...a sunrise meditation and brunch before we head home.

We're looking forward to meeting everyone. For planning purposes, we hope to keep your costs under \$125. We can also coordinate airport pickup with advance notice. Please send an email to us at globalstateofmind@gmail.com if you are interested.

Namaste,

Amarjah

Global State of Mind Retreat
August 14-16, 2009
Poconos, PA

We are in the planning stages, but excited enough to say...hey save the date. We expect to keep costs reasonable, lodging simple and enjoy some live entertainment.

We'll have LIVE, FACE 2 FACE meetings and real hugs instead of virtual ones. Since global is head chef...we'll have great food. Spouses/significant others are invited.

It's a great chance to meet a lot of your cyber friends. Let us know if you're interested in attending.

Amar & Global