

MURLI NOTICEBOARD – 17/04/2004

☪ BK SILENCE RETREATS FOR 2004 – CASA SANGAM, GUBBIO, ITALY ☪

Dear Brothers and Sisters,

The BK Silence Retreats for 2004 to be held at Casa Sangam in Gubbio, Italy will be:

Silence One – Arrival Tues. 1st – begins 2nd morning and finishes 8th evening – departure Wed. 9th June

Silence Two – Arrival Sun. 1st – begins 2nd morning and finishes 8th evening – departure Mon. 9th August

Silence Three – Arrival Mon. 30th Aug. – begins 31st morning and finishes 6th evening – departure Tues. 7th Sept.

Before booking for these retreats there are a few things to please keep in mind:

- Registration forms must be completed and sent to Casa Sangam either by fax or e-mail at least two weeks in advance of the retreat.
- For those living in an EU Member State, Iceland, Norway or Switzerland, please bring with you a stamped E111 form. This will make it easier for you to receive immediate, urgent medical care should you become ill or have an accident. The form can be obtained from your doctor's office, post office or Department of Health website. Without it you will have to pay for any doctors/hospital visits or treatment you receive.
- **Please don't book your flights without first checking with Casa Sangam as numbers are limited this year.**
- Our e-mail address is info@casasangam.it or Fax: (+39) 075-922 3946. Please make your enquires for the attention of Sister Lorna.
- This year we are lucky in that Ryanair once again has a flight that arrives in Ancona in the afternoon from Stansted. It is by far the best option. It is only a one hour train journey from Ancona Falconara train station to Fossato di Vico train station (this is the nearest stop to Gubbio).
- Please plan your travel so that you do not arrive in Casa Sangam after 9pm.

Om Shanti

SILENCE BHATTI

Casa Sangam – Registration Form (for BKs only)

Name

Age

Years in Gyan

From which Centre

Contact Tel. &/or e-mail address

Arrival Airport & Flight Number

Date & Time of arrival

Departure Airport & Flight Number

Date & Time of departure

Special food requirements (if any)

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SILENCE BHATTI'S 2004

Participant's Checklist

1. Please bring the following:
 - enough clothes so that you will do only minimum washing
 - notebook for journal entry and murli notes
 - toiletries, flashlight, batteries, personal medicines.(Art materials such as pencils, crayons, paints etc. are available here for use.)
2. **For those arriving in Ancona**, if you are travelling by yourself (not with a group), you will have to take a train from Ancona (Falconara M.ma) to Fossato di Vico where we can meet you. Please telephone Casa Sangam from Ancona to let us know the time of arrival of your train in Fossato di Vico.

The cost of transportation (by coach) for groups from Ancona to Casa Sangam and back to Ancona is approx. 30 euros (15 each way) per person, depending on how many people there are and the size of the coach required, to be paid to Sister Lorna before your departure from Casa Sangam.

For those arriving in Rome (Ciampino Airport), take the Ryanair Shuttle Bus from the airport to the Roma Termini Train Station (it costs about 8 euros one way). Then, take a train from Roma Termini station to Fossato di Vico. We will meet you there. Please telephone Casa Sangam from Rome to let us know which train you will be taking and its time of arrival in Fossato di Vico.

Casa Sangam telephone number: (39) 075-922 0644

Transport from Fossato di Vico by the Casa Sangam minibus will cost 5 euros per person per trip. A taxi from Fossato di Vico costs 20 euros.

3. If you have any special food requirements, please indicate on the registration form and send via e-mail one week in advance if possible.
4. Please stick to the dates indicated for arrival and departure.