**Dharma Centre of Canada**

*1267Galway Road*

*Kinmount, Ontario K0M 2A0*

*705 488 2704*

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*retreats@dharmacentre.org*

**Server Meditator Programme (SMP)**

Thank you for your offer of service to the Dharma Centre of Canada (DCC) for the duration of your retreat. The DCC relies on the generosity of its volunteers including Server-Meditators (SM). SM’s are those who offer service in exchange for the opportunity to attend retreats and courses.

The Server Meditator position is designed for meditation practitioners who want to volunteer at the DCC while integrating practice with daily life, all within a supportive and friendly environment. Applicants must have an established meditation practice, and retreat experience of at least two, week-long retreats.

SM’s will work alongside our Property or Kitchen staff in exchange for housing, and access to the retreat environment. The assignments depend on applicant’s skills and the needs of the DCC at the time of service. The SM support during a retreat will be in the kitchen as well as some light property maintenance tasks such as gardening or weeding flowerbeds. Outdoor tasks vary depending on the season and the weather. Most work projects are designed to require minimal supervision and interaction with exception of functional speech in the kitchen.

Our Server Meditator Program (SMP) is for the duration of a course or retreat only.

The DCC is committed to providing a safe and peaceful environment for all visitors, staff and Teachers. To help realize this goal, all staff, volunteers and SM’s are expected to observe the five precepts and develop the Paramis (https://www.dharmacentre.org/ethics) at all times during their stay. These are rich and powerful contemplations that deepen one’s meditation both on and off the cushion while creating a positive environment for others.

**Five precepts:**

1. **I undertake to train myself to abstain from killing or harming.**
2. **I undertake to train myself to abstain from taking that which is not freely given.**
3. **I undertake to train myself to abstain from over indulgence of sense activities.**
4. **I undertake to train myself to abstain from false speech.**
5. **I undertake to train myself to abstain from taking substances that cause intoxication and non-clarity**

**Paramis:**

1. **Generosity**
2. **Ethical Conduct**
3. **Patience**
4. **Energy**
5. **Concentration**
6. **Wisdom**

**Server Meditator Application Form**

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Contact Information: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Street \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Apartment # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City & Province/State \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Country \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Postal/Zip Code\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Telephone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Mobile Ph.# \_\_\_\_\_\_\_\_\_\_

E-mail \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If working, current occupation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Retired \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student \_(name of program and institution) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Employer \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please briefly describe why you have chosen to volunteer at the DCC:

Indicate the date(s) you are available?

Do you have any prior meditation or retreat experience?

Do you have any previous experience of volunteering at the DCC or any other not-for-profit or charitable organisation? Please list other organizations you have volunteered for and describe your role(s), date(s), and any other pertinent details:

What are your skills? Please list and briefly describe the level of your expertise and experience.

The DCC is located on 400 acres of pristine woodland and can best be described as a rural setting that includes rugged terrain between the eating, teaching and sleeping facilities (i.e., deep snow and ice covered paths in the winter, muddy paths in the spring, etc..). Are there any type(s) of volunteer activity that need to be considered when volunteer tasks are assigned?

While many meditation practices are beneficial, some practices and retreat experiences may be powerful, negative, or disturbing, and not all retreats are suitable for every person. Those with mental illness or mental health concerns may have a particularly difficult time with some practices. If you are under the care of a doctor for a physical or psychological condition we recommend speaking to them about whether this type of intensive work is appropriate for you. If you have concerns or questions, please contact the Dharma Centre directly to be put in touch with the retreat instructor who can help you determine if this retreat is right for you.

Do you have any other physical or mental health considerations you’d like us to know about?

This health information will be received by the retreat administrator and/or HR Chair Mark Eisenberg and may be shared with a core teacher to determine suitability. This information will remain confidential and will be securely disposed of after your stay.

Do you have any food intolerance or special food requirements? Please give details of your current diet:

**Fill out the following section if your area of volunteer interests includes outdoor, kitchen, maintenance, carpentry:**

Please briefly describe your level of strength and stamina. (i.e., gardening work 2-3 hours per day, standing in the kitchen 2 hours per day, etc….)

Are you able to safely and easily lift 20 kg (45 lbs.)? \_\_\_\_Yes\_\_\_\_no\_\_\_\_uncertain

Please identify any machinery you are familiar with or licensed to operate:

Are you legally eligible to drive in Ontario (i.e., you possess an Ontario Driver’s license) and will you be bringing a car or truck to the DCC?

As a Server Meditator you will be required to do 4-6hrs of work per day and participate in retreats in exchange for your free accommodation. During week 1 and 2 you will be required to pay $25 per day for food. Week 3 and onward you will be required to do a maximum of 6 hrs of work (no banking of time) with free accommodations and food.

Please submit your applications to the Retreat Administrator or the HR Chair Mark Eisenberg. All applicants will be reviewed by the HR committee of the DCC. Special considerations will be considered.

If you wish to provide your own food please note that there will be limited time between classes, meals and service hours to attend to your own food preparation. We therefore recommend that you choose to have your meals provided by us.

We regret that we are unable to provide special foods and cannot support strict diets and intermittent fasting. During on-site courses the DCC expects that all staff/volunteers partake in the nutritious meals offered to the retreatants. Please also bear in mind that when retreats are hosted, the menu will be at the discretion of the teacher leading the retreat and staff/volunteers are expected to participate in the meals provided.

If you wish you can supplement your diet by bringing your preferred food items.

All participants must sign a waiver and a volunteer agreement upon arrival. Applicants from abroad are strongly recommended by the DCC to take out a travel and or medical insurance before entering the country and on doing so to provide details to the Dharma Centre. The Dharma Centre will not be responsible for any individual’s medical expenses.

During the time I am at the Centre I agree to observe and develop the five precepts and the Paramis as an extension of my practice.

***'All drugs and alcohol are strictly prohibited at The Dharma Centre of Canada, and all applicants must be able to completely abide by this policy.’***

By signing this application I agree to the above outlined conditions.

Applicant signature and date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Thank you*