

Our Home in Buddhist Practice

Fall Practice Period

with Mindfulness Community of Puget Sound

September 27th to November 23rd, 2009

This fall, the Mindfulness Community of Puget Sound will come together for a concentrated 8 week-long course of study and practice to touch our common ground in Buddhist understanding.

Eileen Kiera, Dharma heir of Thich Nhat Hanh, will guide us as we explore the teachings the Buddha offered 2600 years ago as they relate to our daily life in the 21st century. Dharma talks by the ven. Thich Nhat Hanh on DVD will also be presented from time to time.

This is a special time where we make a commitment to ourselves and receive the support of the Sangha;

to maintain a daily practice,
to attend all practice opportunities, and
to deepen in our mindfulness, and our understanding.

The merit of our practice we offer as blessing to our home, this beautiful earth, and our companions who walk the earth with us.

Monday Night Dharma talks

Seattle Practice Center, 6:30 to 8:30 p.m.

September 28th

October 12th

October 26th

November 9th

November 23rd

Days of Mindfulness

September 27th – Blessings of the Trees and Shrubs

at Seattle Practice Center from 10am to 5pm

October 25th – Blessings of the Animals,

2-legged, 4-legged, winged, and finned.

At Mountain Lamp community from 10am to 5pm

Non-residential retreat – Blessings to Life in the 21st Century

Seattle Practice Center

November 20th, 21st, and 22nd, 2009