

Dear Blooming Hearts,

How the week flies when you spend most of your time trying to generate body heat! A perfect time for the seed catalogs to start arriving.

Please note the change of the Cheri Maples retreat follow-up discussion back to this coming Sunday.

**Upcoming Dharma Discussions - SUNDAY, 7 - 9 PM:**

- 1/10/2010 - "Our Aspirations, Our Practice," as inspired by the teaching of Cheri Maples at the retreat, in the Autumn 2009 Mindfulness Bell, <http://www.iamhome.org/articles/mb52-pt2.pdf> and in the Winter 2009 edition of Tricycle.
- 1/17/2010 - Winter Retreat: Joining the Community at Estes Park (recorded dharma talk from Aug. '09 retreat with the monks and nuns of Plum Village), facilitated by Pam Costain
- 1/24/2010 - Winter Retreat: Joining the Community at Estes Park , facilitated by Claudia Crawford
- 1/31/2010 - Winter Retreat: Joining the Community at Estes Park , facilitated by Lori Zook-Stanley
- 2/7/2010 - The Five Mindfulness Trainings - recitation and discussion
- 2/14/2010 - Winter Retreat: Joining the Community at Estes Park
- 2/21/2010 - Dharma Teachers in Our Daily Lives: Relationship as Dharma Door, facilitated by Judith Lies
- 2/28/2010 - Winter Retreat: Joining the Community at Estes Park
- 3/7/2010 - The Fourteen Mindfulness Trainings
- 3/14/2010 - Winter Retreat: Joining the Community at Estes Park

**Thich Nhat Hanh's New Year's Dharma Talk**

Here is the link to the dharma talk given by Thay at Plum Village for the New Year. There are also links to a number of earlier talks. <http://tnhaudio.org/2010/01/01/practices-for-the-new-year/>

Smile kind of frozen in place,

Joyce