

Dear Sangha Friends,

Another gorgeous day. Celebrate!

News from the Sangha:

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

**5/23/2010** - Book Study - *Essential Writings*, by Thich Nhat Hahn - Week Three - The Sun My Heart, Chapter 2, pp. 53-75, facilitated by Lori Zook-Stanley

**5/30/2010** - NO MEETING (Memorial Day)

**6/6/2010** - Five Mindfulness Trainings (refer to *Essential Writings*, pp. 157-163, facilitated by Lori Zook-Stanley

**6/13/2010** - Book Study - *Essential Writings*, by Thich Nhat Hahn - Week Four - Seeds of Compassion, Chapter 3, pp. 79-96

**June 20** - Book Study - *Essential Writings* by Thich Nhat Hanh pp 96 - 115 facilitated by Julie.

**June 27** - Book Study - - - - pp 117 - 146 Contact Julie if you'd like to facilitate.

**Service Opportunity Reminder from Wendy**

A great opportunity for engaging the practice is in helping unload trucks and bagging and distributing free food to needy people with the Minnehaha United Methodist Church's food shelf. Arrive at 8 am Saturday May 22nd at 3701 East 50th Street to help. It lasts for a few hours. More information can be found at: <http://www.minnehahachurch.com/modules/content/index.php?id=67> or contact Wendy with questions. If you are interested or planning on attending advance notice is appreciated, but drop-ins are definitely welcome.

**Sangha Potluck Scheduling Change**

We've realized the original date for the potluck conflicts with the sangha Council meeting. so, the new date for the potluck is **Sunday, May 23, 5PM**. Meet in Longfellow Park, across from Heartwood, bringing something to share and things to eat off and with. If the weather's bad, we'll meet at my (Joyce's) house instead, 3118 33rd Ave. So. (612-722-6680). Someone will leave a note on the door of Heartwood if this is the case.

**About Maria!** Maria's surgery went well; she is recovering at home. If you are able to help with meals, driving, shopping or gardening, sign up on <http://doodle.com/r8b3y8mgn8txqts2>

**Jack Lawlor retreat:** Blooming Heart Sangha will host a Day of Mindfulness led by Jack Lawlor on January 15, 2011! Jack is a long-time student of Thich Nhat Hanh's and was ordained as a Dharma teacher by Thay in 1992. Jack facilitates the Lakeside Buddha Sangha in the Chicago area and frequently leads retreats and Days of Mindfulness. A DOM committee has been formed. Please contact Julie if you would like to be on the committee.

**Council Meeting:** The next council meeting is July 15 at 5:15 preceded by the Jan. 15 Day of Mindfulness committee meeting at 4:15.

**Sangha address and phone directory.** We continue to gather address and phone information for those who would like to share that with other members of the Sangha. Please send your information to the Sangha email address, [bloomingheartsangha@gmail.com](mailto:bloomingheartsangha@gmail.com). It's not our intention to make this public

beyond the other members of the sangha directory. If you don't wish to be listed, it's ok too. Next week, I'll be circulating the directory to those who asked to be included.

**Website volunteer needed.** Blooming Heart Sangha's lovely website was created by Lisa Andrews, who continues the quiet work of maintaining the site and keeping us connected through the Sangha's home on the world wide web. This summer Lisa would like to invite another member of the Sangha to take over the website duties. Lisa has graciously offered to train anyone who is willing in heart but uncertain in technical facility. Send a message here if interested.

**Retreat Opportunity with Judith.** Dear Sangha, just wanted to let you know that i am offering a residential retreat in Lansboro, MN in a beautiful old white farm house 20 feet from the Root River bike trail, and five miles outside Lansboro in the lovely countryside. We will be living in Sangha with plenty of time for afternoon biking, hiking (state park on edge of the property), naps, porch sitting etc. It starts on Fri eve June 25 - Sunday June 27, 3PM. You can check the website for details [www.seedsofminfulness.com](http://www.seedsofminfulness.com). Deadline for registration is May 21. This is not a retreat entirely in the tradition of Thay but will have aspects of it, of course. Just wanted you to know of this opportunity. Judith

One of our Dharma sisters, Pam, has submitted an article for the Mindfulness Bell. Look for it in one of the next issues. How wonderful.

**Cultivating our Family Gardens - Retreats at Deer Park.** For the past 6-8 years, the monastery at Deer Park has offered two retreats in the summer - one for teens only (ages 13-17) and another for families. For the teen retreat, no parents are allowed and the teens camp together for the entire retreat. It really is a blast! Though the family retreat has many children in attendance (40-50 kids!), other types of family units also attend and participate. One year, a family came together with four generations! Another time an adult son came with his mom to spend time together on the mountain.

**Teen Camp** - Rebel Buddha! June 16 – 20 <http://goo.gl/mfKY>

**Family Retreat** - Opening the Family Up June 30 - July 4 <http://goo.gl/OoKY>

**Reading Material:** The latest edition of Pine Gate is now available online. If this is of interest please go to: <http://www.ianprattis.com/007new.html> and scroll down for the Vol 9, Issue 2: Spring 2010 edition. Thay's Koan; Gina Biegel's Stress Reduction Workshop for Teens; Community Ed for Sustainable Living; Nelson Mandela; Neuroplasticity; Forgiveness; Inner Peace Alert and The Dharma Detective – just to give you a taste.