

Dearest Sangha:

No meeting this Sunday because of the Memorial Day holiday.

Schedule:

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.

The new Shambala magazine just arrived and Thay is on the cover. Inside is one of the most accurate and profound descriptions, acknowledgments and tributes to his teachings, being, life (McLeod) and several other in depth articles/interview with and about him. It can be purchased at bookstores, you can subscribe, don't know if its on-line or not. Enjoy. Judith.....

An afternoon of Mindfulness is being offered by sangha friend - Chi Sing - on Saturday June 5 at Clouds in Water. Called "The Joy of Mindful Living" it is from 1-5pm. More info at www.cloudsinwater.org.

Breathe!

Hetal