

Hello,

Blooming Heart Sangha Community Directory

As the Blooming Heart community grows, we find increasing desire and inspiration to reach out to one another at different times, by phone and mail as well as online and in person. In order to facilitate that reaching out and growing of community connections, we are collecting names, addresses and phone numbers for those who wish to be included in the Blooming Heart Sangha community directory. If you wish to be included and have not yet sent your contact information to this email address, please do. Next week I'll circulate an updated version of the directory to those who wish to be in it.

Retreats and Day of Mindfulness:

There are a few retreat and retreat related announcements this week.

First, if anyone is attending one of the summer retreats in Estes Park, CO, or NY or California, could you please send an email to this address, bloomingheartsangha@gmail.com. Knowing who is going can help in many ways, from giving us the chance to facilitate ride-sharing, to asking to take flyers about Blooming Heart Sangha to share with others. Julie Vinar will take our flyers to the Estes Park retreat, but **if anyone is going to California or New York, we would greatly love to know**. For those who are available for last minute travel planning, the Estes Park retreat is from August 20-25, and there may be a possibility of someone from the sangha wanting to car pool together.

The Snowflower Sangha in Madison is hosting their retreat the second weekend in October. Wendy will be driving, and would be happy to have others ride along with her. There will be more information about this as the retreat gets closer.

We are planning a Day of Mindfulness here on January 15, 2011. The retreat will be lead by Jack Lawlor, who serves as a Dharma Teacher at the Lakeside Buddha Sangha in Evanston, Illinois. We will have more information on this in the future -- in the meantime, Save the Date.

Sunday Night Sangha: Upcoming Topics:

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| July 25 | Mindful Education – Reading from the summer Mindfulness Bell
Facilitator: Pam |
| August 1 | Fourteen Mindfulness Trainings
Facilitator: Judith |
| August 8 | "In Touch with the Wonders of Life" - based on a guided meditation in <u>The Blooming of a Lotus</u> by Thich Nhat Hanh
Facilitator: Julie |
| August 15 | "In Touch with <i>Suffering</i> and the Wonders of Life"
Facilitator: Julie |
| August 22 | Open Topic |
| August 29 | Bat Nha: A Koan – Article by Thây in the summer Mindfulness Bell
Facilitator: Claudia |