



# EMPOWERING THE LIBERAL HEART

*“Mindfulness, Transformation and Awakening”*

**A SPECIAL DAY RETREAT WITH BROTHER CHISING**

FOR **UNITARIAN UNIVERSALISTS** & EVERYONE ELSE!

**SATURDAY, MAY 16, 2009**

**9:00 AM - 5:00 PM**

**Treat yourself and your friends to a Heart-opening SABBATH  
Day of Peace, Joy, Wisdom, Inspiration & Community through:**

- \* Sitting Meditation
- \* Walking Meditation
- \* Eating Meditation
- \* Mindful Movement
- \* Teachings / Q & A
- \* Journal-Writing
- \* Silence & Music
- \* Sharing & Discussion, etc.

**BEGINNER-FRIENDLY**

*open to people of all faiths, ethnicities, orientations and levels of experience*

**INTERFAITH “DAY OF MINDFULNESS” RETREAT**

Facilitator: **BROTHER CHISING**, M.Div., M.A.

\$50 donation requested (*includes lunch*)

**AT: COMMUNITY UNITARIAN  
UNIVERSALIST CHURCH**

**2875 E. Parker Road**

*(east of Jupiter Rd.)*

**Plano, Texas 75074**

**(972) 424-8989**



*Please register online by May 15 at:*

**WWW.AWAKENINGHEART.ORG**

