

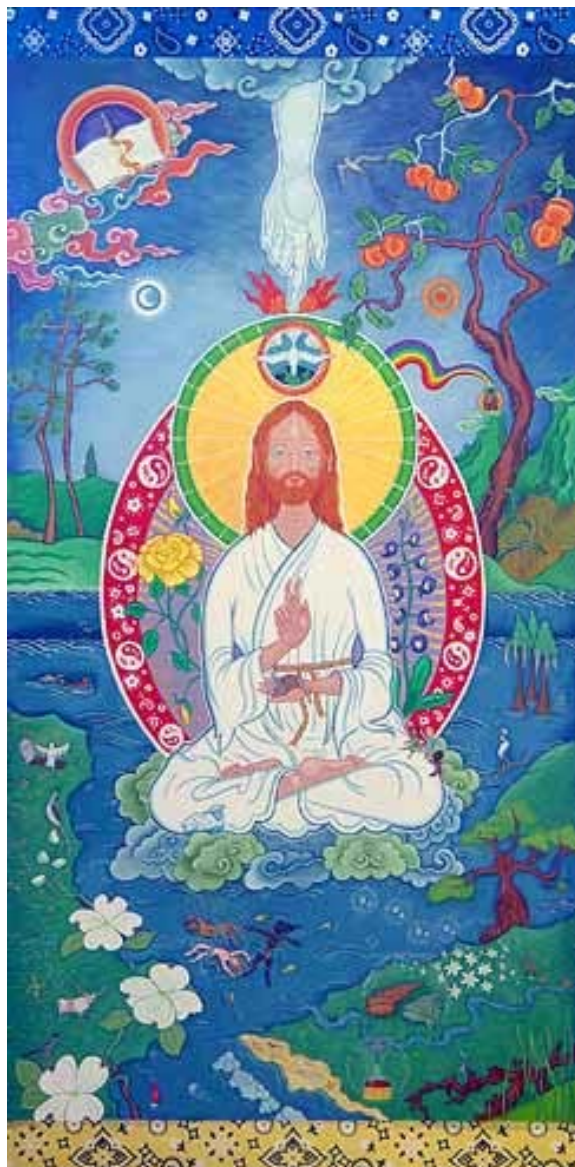
# *Interfaith Christian* “EVENING OF MINDFULNESS”

## **Meditation, Inspiration, and Transformation**

**The Art of Being Deeply Present to God in Oneself, in Others and in All Creation**

Friday, January 25, 2008 (6:30-9:30 pm)

Facilitated by: **Br. ChiSing, M.Div., M.A.**



**First Congregational Church of Oakland UCC**  
2501 Harrison St. (at 27<sup>th</sup> St.)  
Oakland, CA 94612

(a few blocks from 19<sup>th</sup> St. BART;  
across from Whole Foods Market)

*“In wholeheartedness, our entire being is united in its aim toward God, toward the deep Center within.”*

~ Sue Monk Kidd

*“The great spiritual teachers of all religions have themselves practiced and taught mindfulness. To be mindful is to live in the present moment, not to be imprisoned in the past nor anticipating a future that may never happen. When we are fully aware of the present, life is transformed.”*

~ Bede Griffiths

*“In the Christian vision of meditation, the whole purpose of this process is to free your spirit to be open to Infinity. Allow your heart and your mind, your whole being, to expand beyond all the barriers of your isolated self and to come into union with All, with God.”*

~ John Main

*“We do not have to die to arrive at the gates of Heaven. In fact, we have to be truly alive. The practice is to touch life deeply so that the Kingdom of God becomes a reality. This is not a matter of devotion. It is a matter of practice. The Kingdom of God is available here and now.”*

~ Thich Nhat Hanh

*“We may think of prayer as thoughts or feelings expressed in words. But this is only one expression. Contemplative Prayer is the opening of mind and heart -- our whole being -- to God, the Ultimate Mystery, beyond thoughts, words and emotions. We open our awareness to God whom we know by faith is within us, closer than breathing, closer than thinking, closer than choosing -- closer than consciousness itself. Contemplative Prayer is a process of interior purification leading, if we consent, to Divine Union.”*

~ Thomas Keating

**Suggested Donation: \$10 - \$30**

**For more info, contact Grant: (510) 292-6758**