

*** Please note the change of time from the previous bulletins.*

INTERFAITH MINDFULNESS SERIES **@ The Cathedral of Hope UCC**

- (1) **Sunday, January 21, 5:30-7:30 PM**
**Buddhist-Christian Dialogue:
An Interfaith Approach to Life**
- (2) **Sunday, January 28, 5:30-7:30 PM**
**Buddhism, Science and
Interfaith Spirituality**
- (3) **Sunday, February 4, 5:30-7:30 PM**
**Interfaith Buddhist Meditation
and "The Art of Mindful Living"**

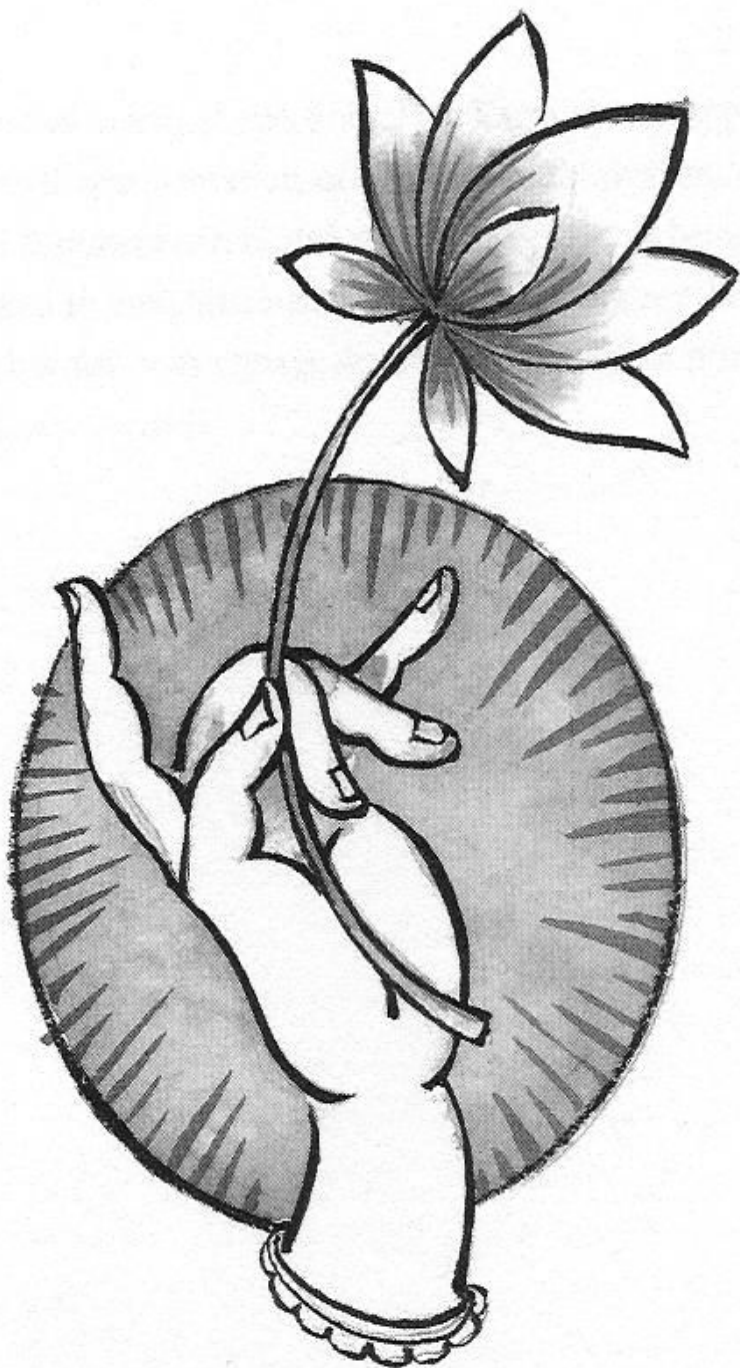
Sunday, February 18, 5:30-7:30 PM

**Interfaith Multicultural
LUNAR NEW YEAR
"Celebration of Peace"**

* "BREATH OF LIFE" (Interfaith Mindfulness Fellowship)
on 1st & 3rd Sundays @ **5:30-7:30 PM** starting on March 4, 2007

*Facilitated by Br. ChiSing, M.Div., M.A.
(ordained disciple of Zen Master Thich Nhat Hanh)
ChiSing@InterMindful.com*

www.INTERMINDFUL.com



ABOUT THE FACILITATOR



Br. ChiSing, M.Div., M.A., is an Interfaith retreat facilitator, spiritual director, ritual artist, musician, and the founder of “Interfaith Mindfulness Ministries.” He was born and raised in Texas, lived in California for ten years, and currently lives in Dallas, Texas, near his family. He has a B.A. in Religion from a Protestant university, a M.A. in Spirituality from a Catholic college, and a Master of Divinity degree from a

Unitarian Universalist seminary.

His primary meditation teacher is the Venerable Thich Nhat Hanh, and he was ordained by him into the “Order of Interbeing” (*Unified Buddhist Church*) in 2003 with the spiritual name of “True Wonderful Happiness.” He was also commissioned into ministry by a congregation of the United Church of Christ (UCC) in 1995. In the past, he has collaborated on several events and retreats with S.F. Bay Area spiritual teachers Matthew Fox (*Creation Spirituality, Original Blessing, Techno Cosmic Mass*) and Christian de la Huerta (*Q-Spirit, Coming Out Spiritually*).

He has led and spoken at several retreats for Interfaith, Buddhist, and Christian communities from as small as 10 to 80 persons to as large as 300 to 800 persons, and he founded three young adult spiritual/social/discussion groups in San Francisco, Berkeley and Los Angeles, as well as a large meditation community in San Francisco. He has also served as a Youth Director, Children’s Director and Religious Education Director at various churches. He is the founder of “Awakening Heart Sangha” (*Community of Mindful Living*) in Dallas, “Gentle Zen,” and the up-and-coming “Breath of Life” (*Interfaith Mindfulness Fellowship*) at the Cathedral of Hope UCC on 1st & 3rd Sunday evenings of the month.

Br. ChiSing’s vision for ministry is to encourage Buddhist, Christian and other faith communities to practice Mindful Spirituality in an Interfaith Earth-based way, with emphasis on creativity, music and the arts.

Some of Br. ChiSing’s past Interfaith work:

- facilitated “Interfaith Christian” retreats co-sponsored by the Minnesota Council of Churches and UCC congregations.
- facilitated a workshop on “Gifts of Asian Spirituality for Christians” at a General Conference of the Universal Fellowship of Metropolitan Community Churches (UFMCC).
- keynote speaker on “Buddhist Spirituality” at an Annual Forum of The Center for Progressive Christianity (TCPC), etc.

www.InterMindful.com

ABOUT THICH NHAT HANH



The Venerable Thich Nhat Hanh

(affectionately called “Thay” by his students) is a world-renowned Buddhist teacher of “The Art of Mindful Living.” Millions around the world from all faiths have benefited from his over 80 published books and his family-friendly meditation retreats for beginners. He has many Jewish and Christian students, several of whom are priests, rabbis and ministers. Thomas Merton, the famous Catholic author, called him a true brother and friend. And Rev. Martin Luther King, Jr., nominated him for the Nobel Peace Prize in 1967. Some of his books have become national bestsellers, including the

classic: *Living Buddha, Living Christ*, an inspiring book on Interfaith dialogue and spiritual practice in modern times.

In collaboration with his community, he has authored Fourteen principles as the foundation of his spiritual work in mindfulness. Here is one of them:

Nonattachment to Views

Aware of the suffering created by attachment to views and wrong perceptions, we are determined to avoid being narrow-minded and bound to present views. We shall learn and practice non-attachment from views in order to be open to others’ insights and experiences. We are aware that the knowledge we presently possess is not changeless, absolute truth. Truth is found in life, and we will observe life within and around us in every moment, ready to learn throughout our lives.

Thich Nhat Hanh is contributing to a gentle, transformative revolution in religion, ecology, education and social action through this compassionate, non-dogmatic and practical approach to spirituality and life.

Each year in late summer/early autumn, Thay and dozens of his monastic disciples come to the United States to facilitate retreats in Massachusetts, Vermont, Colorado, California and other states.

www.PlumVillage.org