

*Interfaith Buddhist*

**LUNAR NEW YEAR**

*“Celebration of Joy”*



**SUNDAY, FEBRUARY 10, 2008 (5:00 PM)**

# Breath of Life

## INTERFAITH MINDFULNESS FELLOWSHIP

*inspired by the Universal wisdom and compassion of Buddhist spirituality*



**Every SUNDAY**

**@ 5:30-7:30 pm**

**(optional early meditation @ 5 pm)**

includes: sitting & walking meditations, music & chanting, mindful movement, inspirational & practical teachings, sharing circles, community-building, etc.

*Location:*

**UNITY CHURCH OF DALLAS**

6525 Forest Lane

*(between Preston & Hillcrest)*

Dallas, Texas 75230

*\* American Sign Language (ASL)*

*Interpretation available each week*

☺ **beginner-friendly, inclusive & diverse!**

Facilitator:

**Br. ChiSing, M.Div., M.A.**

*(an ordained disciple of Zen Master*

***Thich Nhat Hanh***)

**MEDITATION & MORE**

*"...so much more than just meditation..."*

**[www.InterMindful.com](http://www.InterMindful.com)**



# WELCOME!

\* Please accept this colorful program and the white “kata” (*blessing scarf*) as our gift to you (*you may take both home*).

\* You may keep your shoes on if you choose to sit on a chair, and you may take your shoes off if you choose to sit on a floor cushion.

\* Please feel free to stay afterwards for dinner & refreshments (*our musicians will share more music with us then as well*).

\* Thank you for your supportive presence and generous donation of \$5 - \$20 or more (*the expenses for tonight’s event are about \$1,000*).

\* Please join us again next Sunday (*we meet every Sunday for “meditation & more” at 5:30 pm*). We also have retreats, classes, and individual counseling available. To find out more, visit us at: [www.InterMindful.com](http://www.InterMindful.com)



**THANK YOU “SEVA” TEAM VOLUNTEERS!**

*John Lochner, Claudette Galen,  
Melissa Cunningham, Larry Snyder, etc.*

# Breath of Life

Spirituality, meditation, and “**The Art of Mindful Living**” are the basis of our weekly Sunday Sangha gatherings. Buddhist spirituality, as it was originally intended by the Buddha, is not exclusively “Buddhist” but **universally** applicable and beneficial for people of all faiths. The word “Buddha” simply means to be “**awake**” or “**enlightened**,” which is the potential in every person. **Mindfulness** is not limited to one religion, it is an ecumenical spiritual practice and a non-sectarian way of life that can benefit anyone and everyone, whether Buddhist, Christian, Jewish, or those of other faiths as well as the non-religious.

We are intentionally very **beginner-friendly**, and we warmly welcome and affirm people of all ages, religions, genders, ethnicities, sexual orientations, abilities, classes and levels of meditation experience. We especially **welcome** those who have been spiritually abused by religious fundamentalism and who are seeking a safe refuge for inner healing within **genuine spiritual community**.

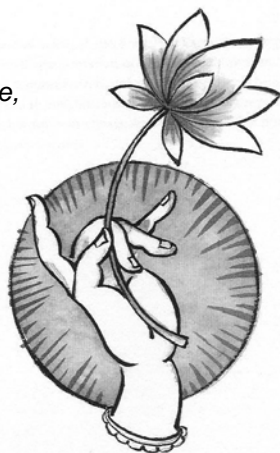
Whoever you are, and wherever you are on life’s journey, you are welcome here. “**You have arrived, you are home.**”

## **AFFIRMATION:**

*Noble Community, we gather here now  
to honor the Way of Peace and Non-violence,  
the Way of Wisdom and Compassion,  
the Way of Joy and Beauty,  
**in solidarity with one another,  
with all Humanity,  
and with all Life on Earth.***

*Friends on the Path, we gather here now  
to deepen our solidity like a mountain  
and to renew our freshness like a flower  
**through mindful sitting and walking,  
mindful singing and breathing,  
and mindful speaking and listening.***

*Sisters and Brothers of Awakening, we gather here now  
to celebrate the One Light that shines  
through many religions, many cultures, many teachers;  
to practice the teachings of our ancestral teachers,  
including Siddhartha Gautama the Shakyamuni Buddha,  
and of our contemporary teachers, including Thich Nhat Hanh;  
**and to affirm our faith in the capacity within ourselves  
and all persons, both men and women  
of every race, orientation and class,  
to realize full and perfect Enlightenment.***



# “YEAR OF THE WAKING BUDDHA”

5:00 Part 1: Gathering Music (“Oneness Blessings”)  
5:30 Part 2: “MEDITATION & MORE” Celebration  
7:30 Part 3: Dinner & Refreshments (*w/ music*)

## PART 1

### **CHANT – “Namō tassa Bhagavato Arahato Samma Sambuddhasa”**

*During the instrumental music, “Oneness Blessings” (deeksha) are available with Paul Carlson and his spiritual community.*

**Sacred Drumming** – Michael Kenny, etc.

**Song** – Charity Lankford

## PART 2

**WELCOME** & Opening Ritual

**Opening Words** – Rev. Petra Weldes (*Center for Spiritual Living*)  
and Veronica Valles (“*Season for Nonviolence*”)

**Song** – Robin Hackett

**Circle Dance** – **The Ocean refuses no river, no river** (2x)  
**Bodhi svaha! Bodhi svaha! Bodhi . . . svaha!** (2x)

**MEDITATION** (20 min.)

**Refuge Bows** to the Three Jewels

**Song** – Lainey Bernstein & Debra Ramaker

**Dance** – Monica Lecrone

**MESSAGE: “I Am Home”** – Br. ChiSing

**Song** – Gary Floyd

**Candlelight Prayers** – Patti Generes, RScP, and All

**Blessings** – Amy “MoonLady” Martin, Rev. Donna Little, etc.

**CLOSING** Song, Announcements & Bodhisattva Bows

## PART 3

**DINNER** & Refreshments (*and more music, etc.*) . . .

### **SPECIAL THANKS to all who helped in our program, including:**

Willie Breedlove (*ASL Interpreter*), Cynthia Stuart (*piano, etc.*),  
Cornell Kinderknecht (*world flutes*), Frank Lunsford (*percussion*),  
Jodi Roberts (*Tibetan singing bowls*), Cynthia Rexroat (*ritualist*),  
Dorayne Breedlove (*storyteller*), Alva Baltimore (*ritualist*), etc.

# PLEASE SUPPORT OUR FRIENDS:

**A Season for Nonviolence**

*www.64-days.org*

**Unity Church of Dallas**

*(Rev. Ed Townley & Rev. Kurt Condra)*

**Center for Spiritual Living**

*(Rev. Dr. Petra Weldes)*

**Unity Center of Light – McKinney**

*(Rev. Donna Little)*

**The Global Heart – Dallas**

*(Rev. Robert Mitchell)*

**Earth Rhythms**

*(Amy “MoonLady” Martin)*

**RADIANT: Chinese Herbs & Tea Lounge**

*4021 Beltline Rd. #302, Addison, 972-385-7222*

**Unitarian Universalist Church of Oak Cliff**

*(Rev. Mark Waltz)*

**Shambhala (Meditation)**

*(Tuesdays at 7 pm at First Unitarian Church of Dallas)*

**Maria Kannon Zen Center**

*www.MKZC.org*

**Bo-Hyun (Korean Buddhist) Temple & Zen Center**

*1130 Abrams Rd., Richardson (Saturdays at 10 am)*

**Peace and Justice Center – Arlington**

*(Len Ellis)*

**Happiness Workshops with Sandi Smith**

*www.BrainWaysTraining.com*

**Interfaith Environmental Alliance**

**& the Christian Zen Ministry of the**

**Episcopal Church of the Transfiguration (Gary Stuard)**

**Oneness Blessings**

*(Paul Carlson)*

**Move Studio (Dance & Yoga)**

**Cosmic Café – Oak Lawn**

**Ananda (Meditation & Yoga)**

**Etc.**



# Day of Mindfulness

A Unique Retreat of Meditation, Inspiration and Transformation

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



**SATURDAY**  
**March 29, 2008**  
**9:00 am - 5:00 pm**

Treat yourself and your friends to a heart-opening day of peace, joy, wisdom and community through:

- ▼ Sitting Meditation
- ▼ Eating Meditation
- ▼ Teachings / Q&A
- ▼ Silence & Music
- ▼ Walking Meditation
- ▼ Mindful Movement
- ▼ Journal-Writing
- ▼ Sharing & Discussion

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

**BEGINNER-FRIENDLY**

*Location:*

**Unity Church of Dallas**

6525 Forest Lane  
*(between Preston & Hillcrest)*  
Dallas, Texas 75230

**Space is limited to 30 persons –**  
*(please bring your own vegetarian lunch)*

**Sliding Donation: \$50 - \$70**  
*(scholarship rate: \$30 - \$50)*

***“A SEASON FOR NONVIOLENCE”***

**Please register online by March 24:**



**[www.InterMindful.com](http://www.InterMindful.com)**

# “I AM HOME”



I am *(at)* home *(in the here and now).*  
I AM *(THE)* HOME *(GOD/BUDDHA/ALL).*  
I Am *(a)* Home *(for all beings).*