


| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
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| 1 11:30a NEW THOUGHT <i>3p Meditación (español)</i> 5-7p AWAKENING HEART (this is our large main Meditation service) - Bobbie Perkins | 2 9:30-10:30a TAI CHI 11:30a-1:00p Silent ZEN Meditations - MKZC 2:00-3:15p YOGA - Andy 5:30-6:30p TAI CHI 7:00p 12-Step (CA) 7:20p Breaking Free (UA) | 3 <i>Full Moon</i> 12:00-12:45p Meditation 2:00-3:15p YOGA -Tashi | 4 <i>Independence Day</i> CLOSED for the HOLIDAY | 5 12:00-12:45p Meditation 6:00-6:45p Meditation 7:00-8:15p YOGA - Andy | 6 7:00p DRUM Circle - Dorayne Breedlove | 7 9a-12:30p MEDITATION REJUVENATION Retreat - Brother ChiSing * 2:00-6:00p BEGINNERS Meditation Workshop - Brother ChiSing * |
| 8 9:30a Christ. Meditation 10:00a Universalist Mass 11:30a NEW THOUGHT <i>3p Meditación (español)</i> * 5-7p AWAKENING HEART (main Meditation) - Brother ChiSing * (7p Planning Meeting) | 9 11:30a-1:00p Silent ZEN Meditations - MKZC 2:00-3:15p YOGA - Andy 7:00p 12-Step (CA) 7:20p Breaking Free (UA) | 10 12:00-12:45p Meditation 2:00-3:15p YOGA -Tashi 7-9p YOUNG ADULTS 20's & 30's Meditation | 11 9:30-10:30a TAI CHI 12:00-12:45p Meditation 3:15-4:30p YOGA - Andy 5:30-6:30p TAI CHI 7:00-8:30p Silent ZEN Meditations - MKZC | 12 12:00-12:45p Meditation 6:00-6:45p Meditation 7:00-8:15p YOGA - Andy 7-9p "Karma & Rebirth" - Ven. Tashi Nyima | 13 8:00p MUSIC Concert (flutes & cello) - Cornell Kinderknecht & Sarah Reinke | 14 10:00a-12:30p REIKI Fellowship - Sue Siebens 5:00-9:00p "Heart of the Cedar" FLUTE Circle |
| 15 11:30a NEW THOUGHT <i>3p Meditación (español)</i> 5-7p AWAKENING HEART (this is our large main Meditation service) - Ven. Tashi Nyima, monk | 16 11:30a-1:00p Silent ZEN Meditations - MKZC 2:00-3:15p YOGA - Andy 7:00p 12-Step (CA) 7:20p Breaking Free (UA) | 17 12:00-12:45p Meditation 2:00-3:15p YOGA -Tashi 7-9p YOUNG ADULTS 20's & 30's Meditation | 18 9:30-10:30a TAI CHI 12:00-12:45p Meditation 3:15-4:30p YOGA - Andy 5:30-6:30p TAI CHI 7:00-8:30p Silent ZEN Meditations - MKZC | 19 <i>New Moon</i> 12:00-12:45p Meditation 6:00-6:45p Meditation 7:00-8:15p YOGA - Andy | 20 7:30-8:30p INTERFAITH HEALING Service - Brother Lawrence, Sister Anne, Brother ChiSing, * Ven. Tashi Nyima, etc. (all healers invited) | 21 * 9:00a-12:30p YOGA & MEDITATION Morning Retreat - Brother ChiSing * & Andy McDonald |
| 22 9:30a Christ. Meditation 10:00a Universalist Mass 11:30a NEW THOUGHT <i>3p Meditación (español)</i> * 5-7p AWAKENING HEART - Bro. ChiSing * (7p Potluck Dinner) 7:30p TaKeTiNa -Michael | 23 11:30a-1:00p Silent ZEN Meditations - MKZC 2:00-3:15p YOGA - Andy * 7-9p BUDDHA LIGHT Chanting & Meditations - Brother ChiSing * | 24 12:00-12:45p Meditation 2:00-3:15p YOGA -Tashi * 7-9p Beginner-friendly GUIDED Meditations - Brother ChiSing * | 25 9:30-10:30a TAI CHI 12:00-12:45p Meditation 3:15-4:30p YOGA - Andy 5:30-6:30p TAI CHI 7:00-8:30p Silent ZEN Meditations - MKZC | 26 12:00-12:45p Meditation 6:00-6:45p Meditation 7:00-8:15p YOGA - Andy 7:00p Supplication-closed | 27 7:30p CHANNELING Spiritual Wisdom - "Jacob" (Bobbie Perkins) | 28 10a-12p YOGA - Tashi 2-5p "Phowa" - Tashi 7:00-9:00p GONG Music Meditation - Kenny Kolter 7:30p "CONNECTION PARTY" - Cathy Vartuli |
| 29 11:30a NEW THOUGHT <i>3p Meditación (español)</i> 5-7p AWAKENING HEART (this is our large main Meditation service) - Andy McDonald | 30 11:30a-1:00p Silent ZEN Meditations - MKZC 2:00-3:15p YOGA - Andy 7:00p 12-Step (CA) 7:20p Breaking Free (UA) | 31 12:00-12:45p Meditation 2:00-3:15p YOGA -Tashi 7-9p YOUNG ADULTS 20's & 30's Meditation |  | Director: Brother ChiSing Assistant: Bobbie Perkins Communications: Cornell Kinderknecht | DMC Office Hours: Mondays - Thursdays 11:00 am - 4:00 pm | AH & DMC aspire to be: INTERFAITH INCLUSIVE INTEGRAL INSPIRED |

AWAKENING HEART

JULY 2012

Monthly SATURDAY Retreats & Workshops - please register online or get more info at our website

- * First Saturday – **Meditation REJUVENATION Retreat** (Brother ChiSing): **July 7,** 9:00 am - 12:30 pm
- * First Saturday – **BEGINNERS Meditation Workshop** (Brother ChiSing): **July 7,** 2:00 pm - 6:00 pm
- * Third Saturday – **YOGA & MEDITATION Retreat** (Andy McDonald & ChiSing): **July 21,** 9:00 am - 12:30 pm

Some SPECIAL EVENTS - please see the calendar and website for a full list and description of all upcoming events

- * Interfaith **HEALING Service** (Lawrence, Anne, ChiSing, Tashi, etc.) – **Friday, July 20,** 7:30 - 8:45 pm
- * **BUDDHA LIGHT Chanting & Meditations** (Brother ChiSing) – **Monday, July 23,** 7:00 - 9:00 pm
- * **Beginner-Friendly GUIDED MEDITATIONS** (Brother ChiSing) – **Tuesday, July 24,** 7:00 - 9:00 pm

*** Every SUNDAY (5:00-7:00 pm) *** - inspired by THICH NHAT HANH

☸ **“AWAKENING HEART” (Community of Mindful Living)** – Facilitated by Brother ChiSing & others, this Interfaith Mindfulness Community is our largest main meditation gathering of the week (40-60 persons) with music, kirtan chanting, walking and sitting meditation, inspiring messages, and community sharing (open to all levels of meditation experience, both beginners and advanced). Monthly Potluck Dinner. **Childcare every Sunday.** ☸

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| July 1 – | Bobbie Perkins: | “Waves of IMPERMANENCE on the Ocean of ETERNITY” |
| * July 8 – | Brother ChiSing: | “Twelve ESSENTIAL Teachings of the BUDDHA” (part 4) (monthly community planning meeting afterwards) |
| July 15 – | Ven. Tashi Nyima (monk): | “TRANSFORMING Difficult EMOTIONS” (part 2) |
| * July 22 – | Brother ChiSing: | “Twelve ESSENTIAL Teachings of the BUDDHA” (part 5) (monthly vegetarian potluck dinner afterwards) |
| July 29 – | Andy McDonald: | “The ART of MINDFUL Living...One Day at a Time” |

Monday 7 pm “BUDDHA LIGHT Chanting & Meditations” will meet once on July 23 and resume weekly on August 13; please join the Sunday 5 pm Meditation instead.

Tuesday 7 pm “Beginner-Friendly GUIDED Meditations” will meet once on July 24 and resume weekly on August 14; please join the Sunday 5 pm Meditation instead.

* **Save This Date: OCTOBER 5-7, 2012 Autumn Weekend Retreat ***

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