


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>(☐)</p> <p>3p Meditación (español)</p> <p>* 5-7p AWAKENING HEART (this is our large main Meditation service) - Brother ChiSing *</p>	<p>(31)</p> <p>8-10p NEW YEAR'S EVE Meditation & Ritual - Ven. Tashi Nyima, Bobbie Perkins & Brother ChiSing *</p>	<p>1 <i>New Year's Day 2013</i></p> <p>* Free* NEW YEAR'S DAY Afternoon Retreat (1:00-5:00p) <i>Brother ChiSing</i></p>	<p>2</p> <p>12:00-12:45p Meditation 2:00-3:15p YOGA - Andy (7:00-8:30p MKZC)</p>	<p>3</p> <p>12:00-12:45p Meditation 6:00-6:45p Meditation 7:00-8:15p YOGA - Andy 7:00-900p MEDITATION & Pure Land - Tashi</p>	<p>4</p> <p>12:00-12:45p Meditation</p> <p>7:00-9:00p First Fridays: DRUM Circle - Dorayne B</p>	<p>5</p> 
<p>6</p> <p>9:30/10:00a Med./Mass</p> <p>3p Meditación (español)</p> <p>5-7p AWAKENING HEART (this is our large main Meditation service) - Helen Cortes (MKZC)</p>	<p>7</p> <p>12:00-12:45p Meditation 2:00-3:15p YOGA - Andy</p>	<p>8</p> <p>12:00-12:45p Meditation 2p Vajra YOGA - Tashi 7:30-8:30p Chakras -Jyoti</p> <p>7-9p YOUNG ADULTS (20's & 30's) Meditation</p>	<p>9</p> <p>9:30a TAI CHI - Janna 12:00-12:45p Meditation 2:00-3:15p YOGA - Andy 5:30p TAI CHI - Janna (7:00-8:30p MKZC)</p>	<p>10</p> <p>12:00-12:45p Meditation 6:00-6:45p Meditation 7:00-8:15p YOGA - Andy 7:30p QIGONG - Jyoti 7:00-900p MEDITATION & Pure Land - Tashi</p>	<p>11</p> <p>12:00-12:45p Meditation</p> <p>* 7:30-9:00p Medicine Buddha HEALING Service - Br. ChiSing* & Ven. Tashi Nyima (monk)</p>	<p>12</p> <p>* 9:00a-12:30p Retreat: Mindful ZEN Meditation - Brother ChiSing *</p> <p>* 2:00-6:00p Workshop: BEGINNERS Meditation - Brother ChiSing *</p>
<p>13</p> <p>* 9:00a-12:30p YOGA & MEDITATION Retreat - Andy & ChiSing *</p> <p>3p Meditación (español)</p> <p>* 5-7p AWAKENING HEART (main Meditation) - Brother ChiSing *</p> <p>7p Community Meeting</p>	<p>14</p> <p>12:00-12:45p Meditation 2:00-3:15p YOGA - Andy</p> <p>* 6:00p ZEN - ChiSing *</p> <p>*7:30p Beginner-friendly GUIDED Meditations - Brother ChiSing *</p>	<p>15</p> <p>* 6:30-7:00a MORNING Meditation - ChiSing *</p> <p>12:00-12:45p Meditation 2p Vajra YOGA - Tashi 6:00p VIPASSANA -CS* 7:30p Chakra Med. - Jyoti</p> <p>* 7-9p YOUNG ADULTS (20's & 30's) Meditation*</p>	<p>16</p> <p>9:30a TAI CHI - Janna 12:00-12:45p Meditation 2:00-3:15p YOGA - Andy 5:30p TAI CHI - Janna (7:00-8:30p MKZC)</p>	<p>17</p> <p>12:00-12:45p Meditation 6:00-6:45p Meditation 7:00-8:15p YOGA - Andy 7:30p QIGONG - Jyoti 7:00-900p MEDITATION & Pure Land - Tashi</p>	<p>18</p> <p>12:00-12:45p Meditation</p> <p>7:30p CHANNELING Spiritual Wisdom - "Jacob" (Bobbie Perkins)</p>	<p>19</p>
<p>20</p> <p>9:30/10:00a Med./Mass</p> <p>3p Meditación (español)</p> <p>* 5-7p AWAKENING HEART (this is our large main Meditation service) - Brother ChiSing *</p> <p>7p Veg. Potluck Dinner 7:30p TaKeTiNa -Michael</p>	<p>21</p> <p>12:00-12:45p Meditation 2:00-3:15p YOGA - Andy</p> <p>7:15p Gentle YOGA-Roya *6:00p ZEN - ChiSing *</p> <p>*7:30p Beginner-friendly GUIDED Meditations - Brother ChiSing *</p>	<p>22</p> <p>* 6:30-7:00a MORNING Meditation - ChiSing *</p> <p>12:00-12:45p Meditation 2p Vajra YOGA - Tashi *6:00p VIPASSANA -CS* 7:30p Chakra Med. - Jyoti</p> <p>* 7-9p YOUNG ADULTS (20's & 30's) Meditation*</p>	<p>23</p> <p>9:30a TAI CHI - Janna 12:00-12:45p Meditation 2:00-3:15p YOGA - Andy 5:30p TAI CHI - Janna (7:00-8:30p MKZC)</p>	<p>24</p> <p>12:00-12:45p Meditation 6:00-6:45p Meditation 7:00-8:15p YOGA - Andy 7:30p QIGONG - Jyoti 7:00-900p MEDITATION & Pure Land - Tashi</p>	<p>25</p> <p>12:00-12:45p Meditation</p> <p>8:00p MUSIC Concert - Cornell Kinderknecht & Cynthia Stuart</p>	<p>26</p> <p>2-5pm Three Female Buddhas – Tashi Nyima</p>
<p>27</p> <p>3p Meditación (español)</p> <p>5-7p AWAKENING HEART (this is our large main Meditation service) - Ven. Tashi Nyima</p>	<p>28</p> <p>12:00-12:45p Meditation 2:00-3:15p YOGA - Andy 7:15p Gentle YOGA-Roya 6:00p ZEN - sub for CS 7:30p Beginner-friendly GUIDED Meditations - (substitute for ChiSing)</p>	<p>29</p> <p>6:30-7:00a MORNING Meditation - sub for CS</p> <p>12:00-12:45p Meditation 2p Vajra YOGA - Tashi 6:00p VIPASSANA – sub 7:30p Chakra Med. - Jyoti</p> <p>7-9p YOUNG ADULTS (20's & 30's) Meditation</p>	<p>30</p> <p>9:30a TAI CHI - Janna 12:00-12:45p Meditation 2:00-3:15p YOGA - Andy 5:30p TAI CHI - Janna (7:00-8:30p MKZC)</p>	<p>31</p> <p>12:00-12:45p Meditation 6:00-6:45p Meditation 7:00-8:15p YOGA - Andy 7:30p QIGONG - Jyoti 7-8p Supplication (open) 8-9p Buddha Chanting - Ven. Tashi Nyima</p>	<p>Director: Brother ChiSing</p> <p>Assistant: Bobbie Perkins</p> <p>Communications: Cornell Kinderknecht</p>	<p>AH & DMC aspire to be:</p> <p>INTERFAITH INCLUSIVE INTEGRAL INSPIRED</p>

AWAKENING HEART

JANUARY 2013 – NEW EARTH, NEW YEAR



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

- * 1-5-13 **MANIFESTING WITH MANDALAS** (Bobbie Perkins) – Saturday, January 5, 10:00am – 1:00pm
- * 1-11-13 **MEDICINE BUDDHA Healing Service** (Ven. Tashi Nyima & Brother ChiSing) – 7:30 – 9:00pm
- * 1-12-13 **MINDFULNESS Morning Retreat** (Brother ChiSing) – Saturday, January 12, 9:00am – 12:30pm
- * 1-12-13 **BEGINNERS Meditation Workshop** (Brother ChiSing) – Saturday, January 12, 2:00 – 6:00pm
- * 1-13-13 **YOGA/MEDITATION RETREAT** (Andy McDonald & Brother ChiSing) – Sun., 9:00am – 12:30pm
- * 1-18-13 **CHANNELING SPIRITUAL WISDOM** (Bobbie Perkins) – Friday, January 18, 7:30 – 9:30pm
- * 1-25-13 **MUSIC CONCERT** (Cornell Kinderknecht & Cynthia Stuart) – Friday, January 25, 8:00 – 9:30pm

*** SUNDAYS (5:00 - 7:00 pm) *** - ALL ARE WELCOME! ☺

☸ **“AWAKENING HEART” (Community of Mindful Living)** – Facilitated by Brother ChiSing & others, this Interfaith Buddhist Meditation Community (*inspired by the teachings and practices of Thich Nhat Hanh and other great spiritual teachers*) is our largest main meditation gathering of the week (30-50 persons) with walking and sitting meditations, kirtan chanting & music, inspiring messages, and community sharing (*open to all levels of meditation experience, both beginners and more experienced meditators*). Monthly Potluck Dinner. Childcare every Sunday. ☸

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| * January 6 – | Helen Cortes * | Special Guest Speaker from the Maria Kannon Zen Center |
| * January 13 – | Brother ChiSing * | “Bringing Home the Dharma”
* (community planning meeting afterwards) |
| * January 20 – | Brother ChiSing * | “Three BUDDHAS of Wisdom, Love & Healing”
* (vegetarian potluck dinner afterwards) |
| * January 27 – | Ven. Tashi Nyima (monk) | “NO HOPE – NO FEAR” |

MONDAYS (7:00 - 9:00 pm) - suggested donation: \$10-\$25

Weekly GUIDED MEDITATIONS Group (beginner-friendly) – Facilitated by Brother ChiSing, this Guided Meditations group (12+ persons) is the perfect weekly group for beginners (*and also for more experienced meditators who want to supplement their silent practice with guided meditations*). ALL ARE WELCOME.

- Guided Resting Meditation** (25 min.) – deep relaxation while lying down with pillow & blankets
- Guided Walking Meditation** (10 min.)
- Guided Sitting Meditation** (25 min.) – you may sit on a chair or on a floor mat / cushion
- Spiritual Teachings & Sharing Circle**

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