

SUNDAY SANGHA 5-7 PM

* The white "kata" scarf symbolizes blessing, devotion & community

(Optional Early Meditation at 4:30 pm)

PRELUDE (Chanting)

WELCOME & SONG

OPENING 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 solidarity 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 INFINITE 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 complete Enlightenment.**

CHECK-IN & POINTERS

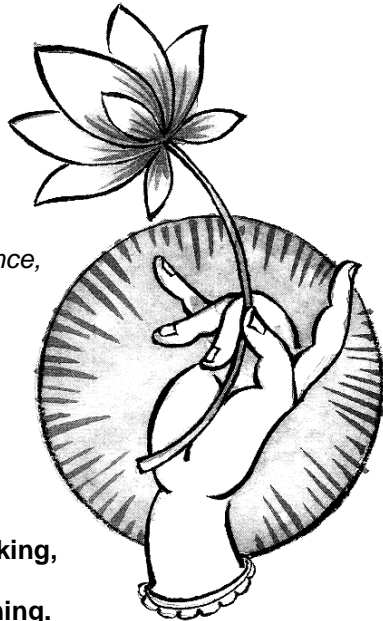
SONG

WALKING MEDITATION (15 min.)

you may opt to do Resting Meditation instead

SITTING MEDITATION (25 min.)

please respect the stillness and silence of this time



REFUGE CHANT: "The Three Jewels"

Om Namo AMITABHA Buddhaya:

AMITABHA Buddhā Sharanam Gacchami –

We take refuge in the Awakening Heart of INFINITE LIGHT,
that which shows us the Way in this life.

Om Namo AMITABHA Dharmaya:

AMITABHA Dharmam Sharanam Gacchami –

We take refuge in the Awakening Path of INFINITE LIGHT,
the Way of understanding and of love.

Om Namo AMITABHA Sanghaya:

AMITABHA Sangham Sharanam Gacchami –

We take refuge in the Awakening Community of INFINITE LIGHT,
those who live in harmony and awareness.

SONG & DHARMA TEACHING (20 min.)

SHARING CIRCLE(S) & SONG(S)

ANNOUNCEMENTS

*Please practice "dana" (generosity). Our bare minimal budget is about
\$6,000 / month. Please consider making a monthly donation of \$100 or more.*

SILENT BLESSING: "Dwelling in Divine Love, Compassion, Joy and Equanimity"

Brahmavihara Maitri (Metta):

May we and all beings be happy and free.

Brahmavihara Karuna:

May we and all beings transform our suffering.

Brahmavihara Mudita:

May we and all beings rejoice in all joys.

Brahmavihara Upeksha (Upekkha):

May we and all beings be at peace;
awakening to the Truth of who we are:

AMITABHA – Infinite Light, Infinite Love, Infinite Life!

CLOSING CHANT: "The Four Vows of Awakening Beings"

Countless beings, we vow to free.

Ceaseless afflictions, we vow to end.

Limitless Truth doors, we vow to open.

The deepest paths of Awakening, we vow to realize.

OTHER CHANTS:

1. *Namo Tassa Bhagavato Arahato Samma Sambuddhasa*
2. *Om Mani Padme Hum / Om AMITABHA Hrih / Om Ah Hum*
3. *Namo Buddhaya, Namō Dharmaya, Namō Sanghaya: namo namah*
4. *Namo Shakyamunaye Buddhaya / Om Namo AMITABHA Buddhaya*
5. *Om Lokah Samasthah Sukhino Bhavanthu / Sabbe Satta Sukhi Hontu*

*Interfaith * Integral * Inclusive * Inspired*

Spirituality, meditation, and “**The JOY of Mindful Living**” are the basis of all our Sangha gatherings. Interfaith 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. “**I have arrived, I AM HOME.**”

Welcome to “**AWAKENING HEART: Community of Mindful Living**” (**Sunday Sangha**), an Interfaith, Integral and Inclusive spiritual community inspired by the engaged “Unified Buddhist” tradition of Thich Nhat Hanh (“*Order of Interbeing*”) and the new “**ONE DHARMA**” tradition which practices the essential insights of the Theravada and Mahayana schools of Zen, Pure Land and other lineages in a contemporary way. We also honor the paths of Yoga, Qigong, and other genuine spiritual practices.

If you are new to Interfaith Buddhist practice or to our tradition, you may be unfamiliar with some of the forms we use, such as bowing, sitting, walking, chanting or sharing. What matters is not the outer forms but the inner essence of what we are all about, which is simply and deeply to awaken as our True Self, Buddha Nature. Please feel free to practice comfortably in your own way. You do not need to feel obligated to do anything here other than to honor your own Heart.

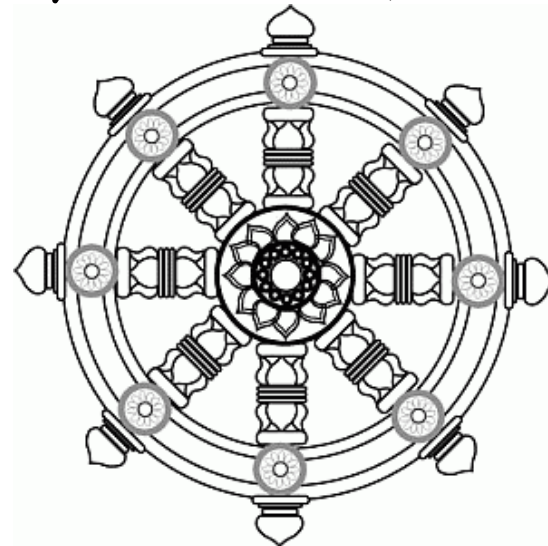
It is not necessary for a person to enjoy every single practice here to benefit from the Sangha. We present several different practices so that everyone will find at least one practice that deeply nourishes them. If you can focus on even just one practice, then eventually the other practices will also begin to resonate with you as well.

www.AWAKENINGHEART.org

AWAKENING HEART

Community of Mindful Living

Interfaith Buddhist Spirituality



Every SUNDAY at 5:00 PM

4:00 Set-up by volunteers

4:30 Optional early meditation

5:00 MEDITATION, MUSIC, MESSAGE & MORE

Founder: **Brother ChiSing**, M.Div., M.A.

(an ordained disciple of Zen Master Thich Nhat Hanh)

DALLAS MEDITATION CENTER

810 W. Arapaho Road, Suite 98, Richardson, TX 75080