

# Awakening Heart

## COMMUNITY OF MINDFUL LIVING

INTERFAITH BUDDHIST SPIRITUALITY inspired by the inclusive teachings and integral practices of Zen Master THICH NHAT HANH as facilitated by BROTHER CHISING

+ November 22 - December 28, 2009 +

### “SERENITY SUNDAYS” 5:30 PM

#### UNITY CHURCH OF DALLAS

6525 Forest Ln (btwn Preston & Hillcrest), Dallas 75230

4:00 Mindfulness YOGA w/ Susan Rainey

5:00 (optional early meditation)

5:30 MEDITATION, MUSIC, MESSAGE, etc.

\*\*\* CHILDCARE is provided EVERY Sunday \*\*\*

\*Nov. 22 – **Pre-Thanksgiving Celebration!**

Speaker: *Brother ChiSing*

Music: *Gary Floyd, etc.*

\*Pre-Thanksgiving Potluck

Vegetarian Dinner @ 7:30 pm

Nov. 29 – Speaker: *Jai Johnston (yoga)*

Music: *Lainey Bernstein*

Dec. 6 – Speaker: *sangha members*

Music: *Shelly Niebuhr*

\* Dec. 13 – **AMITABHA Blessing Ceremony**

Speaker: *Brother ChiSing*

Music: *Gary Floyd*

\* Dec. 20 – **“Countdown to 2012:  
The Next 3 Years”  
Winter Solstice Eve Ceremony**

Speaker: *Brother ChiSing*

Music: *Robin Hackett*

\* Winter Solstice Eve Potluck

Vegetarian Dinner @ 7:30 pm

Dec. 27 – Speaker: *Jay Eilers (earth)*

Music: *Gary Floyd*

### “MINDFUL MONDAYS” 7:00 PM

#### UNITY CHURCH IN GRAPEVINE

1650 Hughes Rd (Hwy 121 & Glade), Grapevine 76051

6:00 Mindfulness YOGA w/ Lynne Clem

7:00 MEDITATION, MUSIC, MESSAGE, etc.

\*\*\* CHILDCARE is available upon advance request \*\*\*

\*Nov. 23 – *Brother ChiSing* facilitating:  
**Pre-Thanksgiving Celebration!**

Nov. 30 – *Josh Hodnett* facilitating

Dec. 7 – *Josh Hodnett* facilitating

\*Dec. 14 – *Brother ChiSing* facilitating

\*Dec. 21 – *Brother ChiSing* facilitating:

**Winter Solstice Celebration!**

Dec. 28 – *Josh Hodnett* facilitating

### Upcoming Events

\* *Brother ChiSing* will be attending the Parliament of World Religions in Australia on December 3-9.

You may send financial support to him at:

**Brother ChiSing, P.O. Box 863961, Plano, TX 75086**

\* *Brother ChiSing* will be away at a monthlong retreat after December 22. He will return to speak at the Sanghas on January 24 & 25.

\* “Morning of Mindfulness” retreat – February 6

\* Lunar New Year Celebration – February 21

\* “Day of Mindfulness” retreat – March 6



Buy Brother ChiSing's new music CD –

**“AWAKENING HEART:  
Music for Spiritual Living”**

\$15-\$25 (low income/students: \$5-\$15)

**WWW.AWAKENINGHEART.ORG**



# ZEN

# flow

Ancient Wisdom ❁ New Expression

*Energize, Enlighten & Empower Your Life . . . with Brother Chi Sing*

**SATURDAY, NOVEMBER 21, 2009**

**9:00 AM - 12:30 PM**

- 9:00 Welcome & Introduction
- 9:15 Healing Yoga & Qigong
- 9:45 "ZEN flow" Meditation 1
- 10:15 Mindful Walking
- 10:30 "ZEN flow" Meditation 2
- 11:00 Creative Expression
- 11:15 Wisdom Teachings
- 11:45 Community-Building
- 12:15 Sacred Circle Dance
- 12:30 Conclusion

\* Love Offering (suggested donation: \$30-\$50)

### **CENTER FOR SPIRITUAL LIVING**

International Place – 4801 Spring Valley  
Dallas, Texas 75244  
tel: (972) 866-9988



*"We have more possibilities available  
in each moment than we realize."*

**~ Thich Nhat Hanh**

*Walk-ins are welcome; however, online pre-registration will help us prepare to serve you better:*

[www.AWAKENINGHEART.org](http://www.AWAKENINGHEART.org)