

“Awakening Heart” CALENDAR 2008

New 8-Week Series: “LET GO AND LET GOD...LET BE AND LET BUDDHA”
(The Wisdom of 12 Modern Buddhist Masters on: “Transformation of Suffering, True vs. False Enlightenment, and How to Create the Life You Are Meant to Live”)

OCTOBER

| SUNDAY | MONDAY | THURSDAY |
|--|---|---|
| 12 All @ UNITY CHURCH OF DALLAS – 4:00p Mindfulness YOGA (w/ Jai) 5:00p Beginners Meditation instruction (brief) 5:30p Awakening Heart MEDITATION (Br. ChiSing speaking, music: Gary Floyd) 7:30p Members BUSINESS Meeting - \$5 dinner | 13 7:00p ART OF MINDFUL LIVING Class @ Center for Spiritual Living (Br. ChiSing facilitating) | 16 7:00p DIVING DEEPER in N. Dallas @ Monica Blossom's house (Br. ChiSing facilitating) |
| 19 All @ UNITY CHURCH OF DALLAS – 4:00p Mindfulness YOGA (w/ Susan) 5:00p Five Mindfulness Trainings CEREMONY 5:30p Awakening Heart MEDITATION (Br. ChiSing speaking, music: Kerri Arista) 7:30p Community Vegetarian Potluck DINNER | 20 7:00p ART OF MINDFUL LIVING Class @ Center for Spiritual Living (Br. ChiSing facilitating) | 23 7:00p DIVING DEEPER in N. Dallas @ Monica Blossom's house (Br. ChiSing facilitating) |
| 26 All @ UNITY CHURCH OF DALLAS – 4:00p Mindfulness YOGA (w/ Jai) 5:00p Beginners Meditation instruction (brief) 5:30p Awakening Heart MEDITATION (Br. ChiSing speaking) 7:30p New Folks DINNER w/ Br. ChiSing & SEVA | 27 7:00p ART OF MINDFUL LIVING Class @ Center for Spiritual Living (Br. ChiSing facilitating) | 30 7:00p DIVING DEEPER in N. Dallas @ Monica Blossom's house (Br. ChiSing facilitating) |

NOVEMBER

| SUNDAY | THURSDAY | SATURDAY |
|---|---|--|
| | | 1 9a-5p DAY OF MINDFULNESS Retreat @ Unity Church of Dallas - \$30 (Br. ChiSing facilitating, music: Michael Gott) |
| 2 All @ UNITY CHURCH OF DALLAS – 4:00p Mindfulness YOGA (w/ Mimi) 5:00p Beginners Meditation instruction (brief) 5:30p Awakening Heart MEDITATION (Br. ChiSing speaking, or TZU CHI) | 6 7:00p DIVING DEEPER in N. Dallas @ Monica Blossom's house (Monica Locrone facilitating) 7:00p MIDCITIES MINDFULNESS @ Unity Church of GRAPEVINE (Br. ChiSing facilitating) | 8 |
| 9 All @ UNITY CHURCH OF DALLAS – 4:00p Mindfulness YOGA (w/ Susan) 5:00p Beginners Meditation instruction (brief) 5:30p Awakening Heart MEDITATION (Br. ChiSing speaking) 7:30p Members BUSINESS Meeting - \$5 dinner | 13 7:00p DIVING DEEPER in N. Dallas @ Monica Blossom's house (Monica Locrone facilitating) 7:00p MIDCITIES MINDFULNESS @ Unity Church of GRAPEVINE (Br. ChiSing facilitating) | 15 <i>(check the website for possible special event)</i> |
| 16 All @ UNITY CHURCH OF DALLAS – 4:00p Mindfulness YOGA (w/ Mimi) 5:00p Five Mindfulness Trainings CEREMONY 5:30p Awakening Heart MEDITATION (Zen Teacher Valerie Pettys speaking) 7:30p New Folks DINNER w/ Br. ChiSing & SEVA | 20 7:00p DIVING DEEPER in N. Dallas @ Monica Blossom's house (Monica Locrone facilitating) 7:00p MIDCITIES MINDFULNESS @ Unity Church of GRAPEVINE (Br. ChiSing facilitating) | 22 <i>(check the website for possible special event)</i> |
| 23 All @ UNITY CHURCH OF DALLAS – 4:00p Mindfulness YOGA (w/ Jai) 5:00p Beginners Meditation instruction (brief) 5:30p Awakening Heart MEDITATION (Br. ChiSing speaking) 7:30p Community Vegetarian Potluck DINNER (Annual pre-Thanksgiving Celebration!) | 27 THANKSGIVING DAY | 29 |
| 30 All @ UNITY CHURCH OF DALLAS – 4:00p Mindfulness YOGA (w/ Susan) 5:00p Beginners Meditation instruction (brief) 5:30p Awakening Heart MEDITATION (facilitated by Sangha members) | | |