

“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)		