

## ABOUT THE VENERABLE THICH NHAT HANH



**Thich Nhat Hanh** (affectionately called “*Thay*” by his students) is a world-renowned Buddhist teacher of the “Art of Mindful Living.” Millions around the world from all faiths have benefited from his over 80 published books and his family-friendly meditation retreats for beginners. He has many Jewish and Christian students, several of whom are priests, rabbis and ministers. Thomas Merton, the famous Catholic author, called him a true brother and friend. And Rev. Martin Luther King, Jr., nominated him for the Nobel Peace Prize in 1967. Some of his books have become national bestsellers, including the classic: *Living Buddha, Living Christ*, an inspiring book on Interfaith dialogue and spiritual practice in modern times.

In collaboration with his community, he has authored Fourteen principles as the foundation of his spiritual work in mindfulness. Here is one of them:

### *Nonattachment to Views*

*Aware of the suffering created by attachment to views and wrong perceptions, we are determined to avoid being narrow-minded and bound to present views. We shall learn and practice non-attachment from views in order to be open to others’ insights and experiences. We are aware that the knowledge we presently possess is not changeless, absolute truth. Truth is found in life, and we will observe life within and around us in every moment, ready to learn throughout our lives.*

Thich Nhat Hanh is contributing to a gentle, transformative revolution in religion, ecology, education and social action through this compassionate, non-dogmatic and practical approach to spirituality and life. For more information, you may visit his website at: [www.IAmHome.org](http://www.IAmHome.org)

*“Para poder entrar en el Reino de los Cielos no es necesario morir, sino que, en realidad, debemos estar plenamente vivos.”*



## *Interfaith*

# DAY OF MINDFULNESS

*An experiential retreat on the practice of being deeply present to Life in oneself, in others and in all of Nature*

**“A RETURN TO SPIRIT:  
Simplicity, Surrender and Surprise”**



**Saturday  
April 28, 2007  
9 am - 5 pm**

Facilitated by  
**Br. ChiSing, M.Div., M.A.**  
*(an ordained disciple of  
Zen Master **Thich Nhat Hanh**)*

*located at:*

**MAYFLOWER Community  
Congregational CHURCH  
(UNITED CHURCH of Christ)**  
106 E. Diamond Lake Rd.  
Minneapolis, MN 55419  
Contact: 612-824-0761

*register online at:*

**[www.INTERMINDFUL.com](http://www.INTERMINDFUL.com)**

*co-sponsored by:*

United Theological Seminary, MN Council of Churches,  
SDT of the MN Conference of the UCC, etc.

# DAY OF MINDFULNESS

**Good for beginners and non-beginners  
of Christian, Buddhist, and other faiths:**

- ▼ Sitting meditation
- ▼ Teachings / Q&A
- ▼ Silence & Music
- ▼ Walking meditation
- ▼ Journal-writing
- ▼ Small group sharing
- ▼ Eating meditation
- ▼ Mindful movement
- ▼ Discussion, etc.

**ALL ARE WELCOME!**



**Saturday, April 28, 2007 (9 am - 5 pm)**

Suggested donation: \$40-\$60 (includes vegetarian lunch)

*Clergy and students may request a scholarship*

**Register by April 25 at: [www.INTERMINDFUL.com](http://www.INTERMINDFUL.com)  
or send email to: [ChiSing@InterMindful.com](mailto:ChiSing@InterMindful.com)**

**Include the following information in your e-mail:**

- (required):* Name, E-mail Address, Phone Number
- (optional):* Mailing Address, City/State, Zip Code
- (helpful):* How did you hear about this retreat?  
What is your Church or Religious Affiliation?  
What is your experience, if any, in meditation?  
Why do you want to participate in this kind of retreat?

**At: MAYFLOWER CHURCH, 106 E. Diamond Lake Rd., Minneapolis, MN 55419**

## ABOUT THE FACILITATOR

**Br. ChiSing, M.Div., M.A.**, is an Interfaith retreat facilitator, spiritual director, ritual artist, musician, and the founder of “Interfaith Mindfulness Ministries.” He was born and raised in Texas, lived in California for ten years and in Minneapolis for one year, and currently lives in Dallas, Texas, near his family. He has a B.A. in Religion from a Protestant university, a M.A. in Spirituality from a Catholic college, and a Master of Divinity degree from a Unitarian Universalist seminary.



His primary meditation teacher is the Venerable Thich Nhat Hanh, and he was ordained by him into the “Order of Interbeing” (*Unified Buddhist Church*) in 2003 with the spiritual name of “True Wonderful Happiness.” He was also commissioned into ministry by a congregation of the United Church of Christ (UCC) in 1995.

In the past, he has collaborated on several events and retreats with S.F. Bay Area spiritual teachers Matthew Fox (*Creation Spirituality, Original Blessing, Techno Cosmic Mass*) and Christian de la Huerta (*Q-Spirit, Coming Out Spiritually, Revolutionary Wisdom*). He has led and spoken at several retreats for Interfaith, Buddhist, and Christian communities from as small as 10 to 80 persons to as large as 300 to 800 persons, and he founded three young adult spiritual/social/discussion groups in San Francisco, Berkeley and Los Angeles, as well as a large meditation community in San Francisco. He has also served as a Youth Director, Children's Director and Religious Education Director at various churches. He is the founder of “Awakening Heart Sangha” (*Community of Mindful Living*), “Gentle Zen,” and “Breath of Life” (*Interfaith Mindfulness Fellowship*) at the Cathedral of Hope UCC.

Br. ChiSing's vision for ministry is to encourage Christian, Buddhist and other faith communities to practice Mindful Spirituality in an Interfaith Earth-based way, with an emphasis on creativity, music and the arts.

### **Some of Br. ChiSing's past Interfaith work:**

- *keynote speaker at the Annual Forum for The Center for Progressive Christianity (TCPC).*
- *facilitated music and ritual for Interfaith services at the Unity Church of Dallas and other New Thought communities.*
- *facilitated meditation retreats for college students at the University of North Texas (UNT) in Denton and the University of Minnesota (UMN) in Minneapolis.*
- *preached at several Unitarian Universalist churches in Texas and UCC congregations in California on “Interfaith Buddhist Spirituality.”*
- *facilitated a workshop on “Gifts of Asian Spirituality for Christians” at the MCC denominational bi-annual conference.*
- *guest speaker and panelist at several churches, temples, centers, conferences, etc.*