

# A “*Spiritual Tune-up*”: CHRISTIAN MINDFULNESS

## Meditation, Inspiration, and Transformation

The Art of Being Deeply Present to God in Oneself, in Others and in All Creation

**Saturday, February 16, 2008 (10:00 am-2:00 pm)**

**Facilitated by: Brother Chi Sing, M.Div., M.A.**

**River Bottom Saloon, 112 Sidney Street, Soulard**

***Lunch provided***

**Join us for this half-day retreat led by Brother Chi Sing, acclaimed spirituality instructor from Dallas, TX.**

**Our time together promises FUN and JOY-infused meditation experiences and community building.**

**Cost is a suggested free-will offering of \$10-\$30.**

*“To be mindful is to live in the present moment, not to be imprisoned in the past nor anticipating a future that may never happen. When we are fully aware of the present, life is transformed.”*

**~ Bede Griffiths**

*“In the Christian vision of meditation, the whole purpose of this process is to free your spirit to be open to Infinity. Allow your heart and your mind, your whole being, to expand beyond all the barriers of your isolated self and to come into union with All, with God.”*

**~ John Main**

**R.S.V.P. DEADLINE:  
THURSDAY, FEB. 14<sup>th</sup> 5:00 p.m.**

**To R.S.V.P. or for more information, please contact:**

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**Br. Chi Sing Eng, M.Div., M.A.** is a retreat facilitator, spiritual director, ritual artist, and musician. A native of Dallas, Texas, Brother Chi Sing carries degrees from Protestant, Catholic and Unitarian Universalist schools, as well as extensive study of meditation techniques. His retreats draw on the spiritual priorities of Jesus, meditation traditions of the ancient Christian church, and mindfulness techniques of the East.

