

The Rhode Island Community of Mindfulness invites you to

Peacefully Together: Mindfulness Practices for Cultivating Peace in Ourselves, Our Families, and the World

A DAY OF MINDFULNESS IN THE TRADITION OF THICH NHAT HANH FOR PEOPLE OF ALL AGES



Saturday, September 29, 2012

South County Land Trust Barn, 17 Matunuck Beach Road, Wakefield, RI 02879

10 am – 2 pm

art by Emma

All ages are invited to join us for this wonderful opportunity to stop and enjoy being together in a beautiful setting as we learn practices for increasing peace within ourselves, our families, and the world. There will be singing and a children's Dharma talk, followed by a talk for adults, and games and mindful activities for children. We will practice walking meditation, eating meditation, and deep relaxation, ending our day with an informal tea ceremony. The facilitator for our day is Dharma Teacher Joanne Friday (joannefriday.com), a student of Buddhist monk and Zen Master Thich Nhat Hanh and an ordained teacher in his Order of Interbeing.

A suggested registration donation of \$15 for individuals, couples, or families will help with rent and smaller expenses incurred in organizing this day. An offering for Joanne is not included in this donation. Joanne considers the Dharma to be the greatest gift she has received and in gratitude offers her teachings freely as a practice of generosity. The Rhode Island Community of Mindfulness invites you to offer a donation to her in proportion to your means.



**Please bring
a vegetarian bag lunch**

(optionally) **one flower from the roadside or your garden per child**
pillows and blankets for floor sitting – chairs will be available

(optionally) **a non-perishable food item** for McAuley House

or a non-food-stamp covered essential (e.g. diapers, toiletries, school supplies, pet food) for the Westminster Sharing Locker

Please help us minimize waste by bringing, if possible, a cloth napkin, a mug, and a nametag.

Please wear comfortable clothing suitable for outdoor walking meditation (rain or shine)



For more information about the day of mindfulness, please contact our coordinator, Jennifer, at jennifercawley@gmail.com or 401-261-4241 or our registrar, Ann, at goldmoore41@gmail.com or 860-535-0430.

To register by mail, please send the form below by September 21 to Ann Moore, 7 East Grand Street, Stonington, CT 06378, together with a check for your registration donation made out to Ann Moore. To register online, please send your information and responses to dom929register@gmail.com and, as above, mail your registration donation to Ann.

Name _____ Email _____
Names and ages of children _____ Total family number _____
Address _____ Amount enclosed _____
Phone _____ Food allergies _____

If you would like to donate snacks and/or service, please indicate what you would like to bring and/or do:

I am willing to bring _____ tea _____ ½ gallon cider _____ fruit plate _____ vegetable plate _____ (chocolate- and nut-free) cookies

On the 29th, would you be willing to help with set up? _____ clean up? _____ with children? _____

(Volunteers working with children will likely miss some of the day's activities, including Joanne's Dharma talk.)