



MINDFULNESS AND MEDITATION - 2018

Monthly Guided Meditation & Discussion with monks from MN Buddhist Vihara

LOCATION: FIRST CONGREGATIONAL UNITED CHRIST OF CHURCH
406 - 8th Street, Moorhead, Minnesota

TIME: 6:30PM - 8:30PM

Monks will be joining us through SKYPE to guide meditation and discussion

DATES & TOPICS:

January 20	-	<i>Four Noble Truths</i>
February 17	-	<i>Noble Eight Fold Path - Morality</i>
March 17	-	A Day Retreat
April 21	-	<i>Noble Eight Fold Path - Concentration</i>
May 19	-	<i>Noble Eight Fold Path - Wisdom</i>
June 16	-	<i>Universal Characteristic of existence</i>
July 14	-	<i>Dependent Origination</i>
August 18	-	<i>Recognizing anger and overcoming it</i>
September 15	-	A Day Retreat
October 20	-	<i>Developing loving-kindness and compassion</i>
November 17	-	<i>Sympathetic-joy and equanimity</i>

All ARE
**CORDIALLY
INVITED**
to come and
practice meditation
with us in order to
cultivate spiritual
energy and to
experience inner
peace and happiness.

*Real peace,
real
harmony
comes from
a calmed
and
meditative
mind.
-BUDDHA*

NORTH DAKOTA BUDDHIST VIHARA is a part of Minnesota Buddhist Vihara and its mission is to share the beautiful teachings of the Buddha to create inner peace and harmony within and surrounding. It is open to all faith traditions and culture.