



# MONTHLY GUIDED MEDITATION & DHAMMA TALK

LOCATION: First Congregational United Church of Christ  
(406 8th Street, Moorhead, Minnesota)

TIME: 6:30pm - 8:30pm

**Monks from the Minnesota Buddhist Vihara will be joining us through Skype to guide meditation and presentation on following days for 2016:**

**January 16** (\*MN 26 - The Noble Search) • **February 13** (MN 4 - Fear and Dread) • **March 12** (MN 36 - The Greater Discourse to Saccaka | The Bodhisattva's self-mortification) • **April 30** (Discourse to the Kalamas | The Buddha's Charter of Free Inquiry) • **May 14** (MN 60 - The Incontrovertible Teachings) • **June 11** (MN 47 - The Inquirer) • **July 9** (MN 95 - With Canki | The Buddhist way of knowing) • **August 13** (MN 46 - The Greater Discourse on Ways of Undertaking Things) • **September 10** (MN 57 - The Dog-Duty Ascetic) • **October 8** (MN 135 - The Shorter Exposition of Action) • **November 5** (MN 41 - The Brahmins of Sālā) • **December 10** (MN 61 - Advice to

Rāhula at Ambalaṭṭhikā)

\*MN = Majjhima Nikaya (Middle Length Discourses of the Buddha)

*Everyone is warmly welcome to come and practice!*

Mission: The North Dakota Buddhist Vihara is part of the Minnesota Buddhist Vihara and its mission is to share the Buddha's message of Peace and Happiness and help create peace and harmony within ourselves and in the surrounding world. It is open to people of all faith traditions and cultures.

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