

A HALF-DAY RETREAT WITH BETH GOLDRING

GRATITUDE UNDER FIRE



BRAHMAVIHARA

A BENEFIT FOR THE BRAHMAVIHARA/CAMBODIA AIDS PROJECT

SATURDAY, SEPTEMBER 11TH, 2010, 2:00 TO 4:00 PM

AT THE

UNITY CHURCH CHILDREN'S CLASSROOM

2467 VENEMAN AVE., MODESTO, CA

Please join us for afternoon of meditation, dharma talk and discussion on the topic of "Gratitude Under Fire: Reflecting on some of the difficulties in living humanely and compassionately in the US and elsewhere" led by Beth Goldring. She will discuss how gratitude strengthens our own equanimity, compassion, happiness and liberation; how gratitude does not involve the refusal to see the pain and suffering in ourselves and the world; and how to "be grateful to everything."

This day is offered freely for all to attend by the Insight Meditation Modesto sangha and Beth Goldring. All donations will be given for the benefit of supporting the Brahmavihara/Cambodia AIDS Project.

The Brahmavihara/Cambodia AIDS Project (<http://www.brahmavihara.cambodiaaidsproject.org/>) is a small Buddhist chaplaincy organization providing services to Cambodian AIDS patients too poor to access traditional resources. It began in 2000, at a time when antiretroviral (ARVs) and other life-prolonging medicines were not available. Since the introduction of free ARVs to Cambodia beginning in 2001 and with their current broad availability, the work has expanded to include extensive referrals, coordination and some material support. An essential point of the work is chaplaincy: helping people realize that the Buddha's compassion is already fully present, even and especially in the midst of their suffering; to help people awaken their own capacities for meaningful and compassionate life and death.

Beth Kanji Goldring: Beth, an American Zen nun in the Japanese Rinzei tradition, founded Brahmavihara/Cambodia AIDS Project in 2000. She is a former ballet dancer, university humanities teacher and human rights worker. She was ordained in 1995. Currently she studies vipassana with Gil Fronsdal. Beth has received a number of awards for Brahmavihara's work. Brahmavihara founder Beth Goldring accepted two new awards on behalf of the organization in 2009. She received the First Annual Karuna Award from Insight Meditation Center Redwood City on September 27, 2009. The second award, much more formal, was given as part of the ceremonies on the opening of Avalokitesvara's Great Compassionate Stupa of 10,000 Buddhas and the Sawang Kuan-Um Thammasathan Foundation at the Kwan Yin Temple in Bangkok on December 9, 2009.

For additional information, please contact Lori Wong at 209-343-2748 or visit
<http://insightmeditationmodesto.wordpress.com/>