

A Day of Gratitude and Generosity

with Ayya Anandabodhi and Ayya Santacitta



Saturday, Dec. 15, 2012, 9:00 am to 4:00 pm
at the
Unitarian Universalist Fellowship
of Stanislaus County
2172 Kiernan Ave., Modesto, CA

Recognizing that much of our suffering comes from the sense of 'me and mine', as we try to find security and comfort in an ever changing world, we will explore opening our hearts and minds to the abundance of what is already here. Following desire does not lead to the ending of desire, but offering gratitude and generosity enables us to connect more deeply with the joy we all seek.

Since the beginning of Buddhism over 2500 years ago, Buddhist nuns and monks have depended on almsfood. In this spirit, you are invited to bring vegetarian food to offer to the nuns and that will be shared with others.

All are welcome. This day is freely offered to all. Donations are welcome for the Saranaloka Foundation which supports the nuns and for future Insight Meditation Modesto offerings.

For the sake of those who may have sensitivities or allergies, please do not wear scented or perfumed products. If you have a meditation cushion, please bring it. Chairs will be available.

Ayya Anandabodhi and Ayya Santacitta are bhikkhunis (Buddhist nuns) in residence at the Aloka Vihara in San Francisco. Both nuns have been practicing meditation for over 20 years and have received training as monastics in the Thai Forest Tradition of Ajahn Chah since 1992. They received full ordination as Theravada bhikkhunis in 2011 and offer teachings in the wider Bay Area and occasionally other parts of the US.

For more information visit: www.saranaloka.org.

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