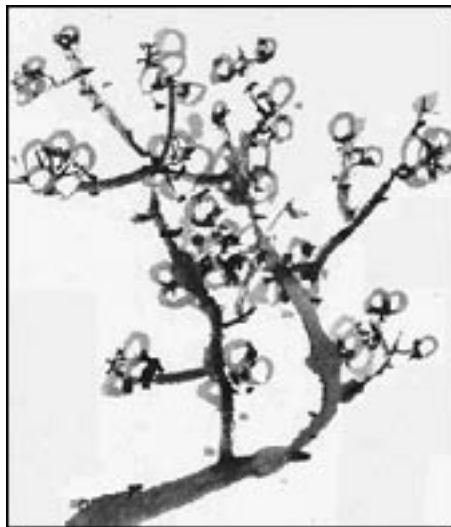


# Finding Peace: In Ourselves, Our Relationships, Our World



A Day of Mindfulness with Br. Chan Huy  
Sponsored by Plum Blossom Sangha  
Saturday, November 15, 2003  
St. Andrews Presbyterian Church  
14311 Wells Port Drive  
Austin, Texas  
8:00a.m. to 5:00p.m.

"What is most important is to find peace  
and share it with others."  
- *Thich Nhat Hanh*

Join us for an opportunity to slow down, relax, and touch our deepest source of inspiration and insight.

Br. Chan Huy, mindfulness teacher and student of Zen Master Thich Nhat Hanh, will help us deepen our understanding of mindful living through dharma talks and discussion. Through sitting and walking meditation, singing and chanting, and mindfully sharing a meal together in silence, we invite you to practice opening yourself to the abiding peace, calm and joy in each breath, and to respond to yourself, your loved ones, and your society with understanding and compassion.

Plum Blossom Sangha in Austin, Texas, is a Buddhist community that supports practicing, studying, and living the Mahayana Buddhist teachings of the venerable Zen master, Thich Nhat Hanh.

For more information, please visit: <http://www.plumblossomsangha.org/nov15retreat/>  
Questions? Please call: (512) 458-2952

## Day of Mindfulness Registration Form

Cost: \$45, includes lunch

Please submit your registration by  
November 5.

Limited scholarships are available.  
Scholarship request deadline: Nov. 1  
If you are able, please consider donating  
to the scholarship fund.

A confirmation of registration receipt  
will be mailed to you.

For questions or more info: (512) 458-2952

Please print:

Name:	
Address:	
City:	
State:	
Zip:	
Phone:	
Email:	

Amount enclosed:	\$
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Make checks payable to: **Plum Blossom Sangha**

Mail check and registration form to: Jane Shaughness  
3905 Avenue B  
Austin, TX 78751