



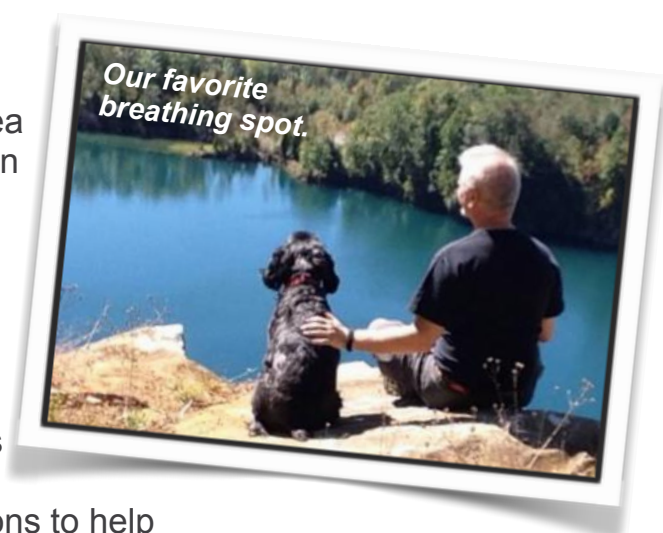
## You Are Invited To Our Monthly Practice

**Beginners, please feel welcome!**

The practice of meditation is a deeply meaningful part of my life. It has taught me to look within to find my happy, safe home. It has also taught me the irreplaceable value of *Sangha*, which is a Pali and Sanskrit word meaning "Community" or "Family." Therefore I am excited to invite you into our Sangha, to share in this beautiful practice on a monthly basis.

Our free meditation group will meet in the evening, encouraging restful sleep at the end of a hectic first weekday. No preparation of any kind is necessary, simply come as you are and bring all that you are; anyone aged 16 or older is invited. Here are some additional thoughts to orient you and help you find comfort when you join us:

- ❖ Please bring whatever you'd like to make yourself comfortable.
  - Bring a bottle of water or thermos of hot tea if it relaxes you. There are drinks for sale in our facility as well.
  - We'll be sitting on a padded floor, but if you'd like to bring a bolster, meditation bench, zabuton, or firm pillow, you might find that position more manageable. We will also have chairs if you prefer to use one.
  - You might bring blanket(s) for sitting on as well, or draping around your shoulders.
  - There will be a basket for small contributions to help support our space, if you feel so inclined.



- ❖ It might help to arrive a bit early so you have time to park in our lot, orient yourself, and find your seat. Please park diagonally in our lot.
- ❖ When you arrive, you will likely find practitioners already seated mindfully. Please settle in silently so as to support the meditation practice of others, then enjoy your breathing and the fact that there is absolutely nothing you must do. Soon you will hear the bell.
- ❖ We have a bathroom in the front and changing rooms in the rear. If you'd like, you can even wear jammies! Our practice would be perfectly followed by going home and curling up in your warm bed.

**We meet at 8:30 p.m. on the  
first Monday of each month**

*Granite Forest Dojo  
501 Constitution Avenue  
Perkasie, PA 18944*

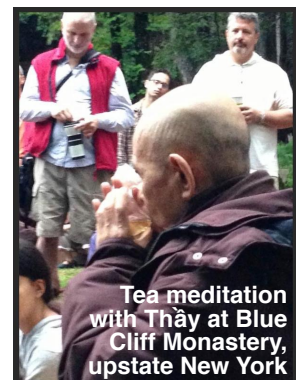
*info@GraniteForest.org*  
*215-896-1126*

## **About Granite Forest Sangha**

**Mindfulness Meditation as taught by Zen Master Thích Nhất Hạnh**

Our monthly, secular, **spiritual** gatherings will enjoy **sitting meditation**, **walking meditation**, selected readings, **songs**, and **dharma sharing**. Occasionally we may also share guided meditation, deep relaxation, dharma presentations and other practices.

**Bruce Costa** (Tâm Chân Bi -- "Heart of True Compassion") is a lay aspirant to the Order of Interbeing under the mentorship of **Valerie Brown**. After receiving the transmission of the Five Mindfulness Trainings in 2007, he was honored to be given his dharma name in Easton, Massachusetts by Thầy **Thích Nhất Hạnh** himself.



Tea meditation  
with Thầy at Blue  
Cliff Monastery,  
upstate New York