

Gather in Generosity: NorCal Day of Mindfulness

Sunday, September 17, 2023
Garin Regional Park, Hayward, CA

You're invited to gather as a community dedicated to cultivating generosity. This day of practice offers an opportunity to experience mindfulness and generosity, to connect with local sanghas in the Plum Village tradition of Thich Nhat Hanh, and to practice with your own sangha if you already have one — or to find a sangha if you don't.

We will also **raise funds to support building the monks' residence at Deer Park Monastery**, fostering a space for monastics to live and for lay people to take refuge.

Let's practice the spirit of dana: receiving when we need it and giving when we have enough.

Location: Garin Regional Park (outdoors)

Date and time: Sunday, Sept. 17, 8:45am - 3:30pm

- 8:45 Gather
- 9-10 Walking meditation
- 10:00 - 10:30 Guided sitting meditation
- 10:30 - 11:30 Dharma talk by Dharmacharya Denise Bergez
- 11:30 - 12:00 Mindful movement
- 12-1 Lunch
- 1-2 Dharma Sharing: A chance to share and listen deeply, with your sangha or another group
- 2-3:30 Sangha Sharing: A chance for sanghas to introduce themselves to one another

This is the weekend of Rosh Hashanah. Those who wish to are invited to participate in a Jewish affinity circle as part of the New Year celebration.

Garin Regional Park (1320 Garin Ave, Hayward, CA 94544) is easy to get to by car (near the 880 and 92 interchange) and there's plenty of parking. It is about 1.5 miles from the Union City BART station. There will be a carpool sign up — and we'll organize rides from BART.

Lunch: We will provide vegetarian Vietnamese sandwiches and fruit. We ask for a suggested donation of \$10. If you have special dietary needs, please bring your own food. Please also bring water to drink.

RSVP by Sept 10 please, to help with planning: <https://tinyurl.com/GatherInGenerosityReg>

Questions: Email Eric Guico eguico@gmail.com or Dylan Tweney dylan@tweney.com



REGISTER

<https://tinyurl.com/GatherInGenerosityReg>