

A Delicate Activism

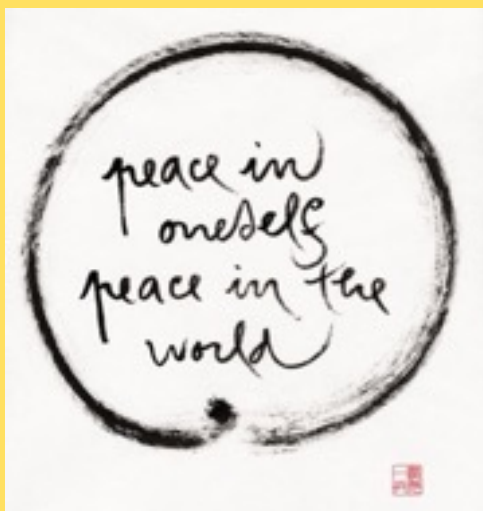
A Day of Practice with Kaira Jewel Lingo

at Blueberry Gardens, Ashton, Maryland
Saturday, April 30, 2016, 9:00 am to 3:30 pm



How can we sustain a culture of self-reflection in our activism? How can we organize around a cause while still remaining open to the constantly changing nature of the issue? How can we nurture ourselves so we can avoid burnout? How do we remain true to our deepest aspirations and intentions? Mindfulness can be successfully applied to our activism to help us cultivate a way of seeing that "is the change it wants to see."

In this day of mindfulness we will learn and practice tools for self-care and building community, for nourishing joy and healing our pain, so that we can sustain inner and outer transformation for the long-haul. There will be periods of sitting and walking meditation, a Dharma talk, a mindful lunch shared in silence, group sharing and InterPlay — a fun and creative improvisational, body wisdom practice.



Our Day of Practice will be led by Kaira Jewel Lingo and will take place in the Octagon at Blueberry Gardens in Ashton, Maryland.

Kaira Jewel Lingo teaches Buddhist meditation, mindfulness, and compassion internationally, with a focus on activists, people of color, artists, educators, families, and youth. Kaira Jewel was for 15 years an ordained nun in Thich Nhat Hanh's Order of Interbeing. She is now a lay Dharma teacher, leading retreats in the U.S., Europe, Asia, South America, and Africa, and offering mindfulness programs for educators and youth in schools. She edited Thich Nhat Hanh's *Planting Seeds: Practicing Mindfulness with Children* and helped to start and develop Wake Up Schools, bringing mindfulness to education. She explores the interweaving of art, play, ecology and spiritual practice and is a certified yoga teacher and InterPlay leader. We will practice together in the Octagon at Blueberry Gardens in Ashton, Maryland.

The suggested dana (donation) is \$40-\$70. Dana is a gift from the heart that supports the community and the teachings: please feel free to contribute less or more according to your circumstances.

We hope you can join us. To register, please go to our web site: www.StillWaterMPC.org. If you have questions, please contact our registrar, Gene Klinger: gklinger@verizon.net or (301) 260-1635.