

# Weekly Program Summer 2016

Wed. evenings between 7 and 9 PM

7:00-8:00 Sitting and Walking Meditation

8:00-9:00 Weekly Schedule as published

## June

- 1 Touching the Earth
- 8 Discourse on Knowing the Better Way to Live Alone
- 15 14 Mindfulness Trainings Recitation
- 19 Day of Mindfulness at a member's home
- 22 Deep Relaxation
- 29 Dharma Sharing

## July

- 6 Basic Buddhism
- 13 Mindful Movements
- 20 Tea Ceremony
- 27 Five Mindfulness Trainings Recitation

## August

- 3 Book by Thich Nhat Hanh – No Death, No Fear
- 10 Dharma Sharing
- 17 Holidays – No session
- 24 Holidays – No session
- 31 To be determined

For an up-to-date weekly schedule, please visit us on line.

### Meeting location:

Main Chapel  
Church of the Ascension  
253 Echo Drive, Ottawa



## Ottawa Pagoda Sangha

Please visit us on line at:  
<http://dharma.ncf.ca/pagoda>

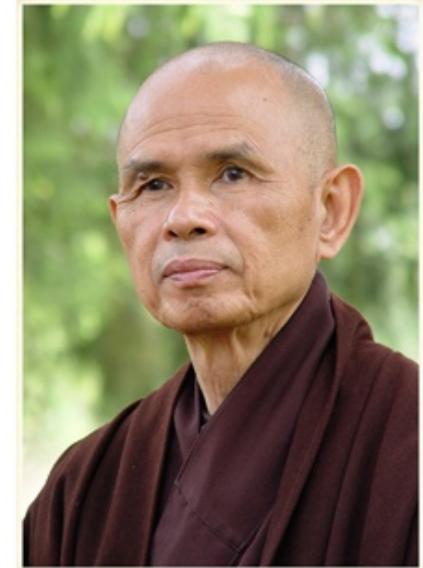
Email: [vellino@gmail.com](mailto:vellino@gmail.com)



## Ottawa Pagoda Sangha

*Mindfulness Practice  
following the teachings  
of Zen Master*

### **Thich Nhat Hanh**



*Buddhist monk, poet and peace advocate, Thich Nhat Hanh embodies the art of mindful living. Since 1982 he has traveled annually to North America to lecture and lead mindfulness retreats for health professionals, veterans, artists, psychotherapists, environmentalists, people of color and children. He is the author of more than 80 books, including The Miracle of Mindfulness, Being Peace and Old Path White Clouds, a biography of the Buddha ([www.parallax.org](http://www.parallax.org)). He lives in Plum Village, in southern France, a community he founded in 1982 ([www.plumvillage.org](http://www.plumvillage.org)).*

## The Ottawa Pagoda Sangha

is a mindfulness practice group located in Ottawa. We come together to support one another in the Buddhist tradition of the Venerable Thich Nhat Hanh (Thay).

Thay once said: "Our true home is in the present moment. To live in the present moment is a miracle. The miracle is not to walk on water. The miracle is to walk on the green Earth in the present moment, to appreciate the peace and the beauty available now. We need only to find ways to bring our body and mind back to the present moment so we can touch what is refreshing, healing and wondrous".



Sangha building is team work. The Dharma teachers and several other members of the Order of Interbeing lead the Sangha practice sessions.

## Teachers

Our Sangha's senior dharma teacher is Vinh Nguyen (Chan Ngo), who was ordained as a member of the Order of Interbeing in 1987 and received the Lamp Transmission from Thich Nhat Hanh in 1994. In 2014 three more dharma teachers from our Sangha, Andre Vellino, Mihaela Andronic, and Laureen Osborne also received the Lamp Transmission from Thich Nhat Hanh in Plum Village.

## Practices

The practice of our Sangha is the practice of mindfulness. At our group meetings we practice sitting and walking meditation during the first hour.

The second hour program varies from one week to another. An updated schedule of practice is available on our web site. Once a month we recite the 5 Mindfulness Trainings. At other times we recite a Sutra followed by a Dharma discussion, we practice the Touching of the Earth or have Tea Meditation and Joyful Singing.

Once every few months the Ottawa members of the Order of Interbeing recite the 14 Mindfulness Trainings. The location and date are announced on our web site. Everyone is welcome!

## Newcomers Welcome!

Our Sangha is not limited to practitioners alone, but extends to all people who have a close interaction with us in our daily life such as spouses, loved ones, and friends. When one of our extended Sangha members is in situation of sorrow or joy, we lend our support in the best way we can.

If you are interested in practicing meditation and exploring the spiritual path of Buddhism with the Pagoda Sangha and have not practiced sitting or walking meditation before, please send us an email before you come (address on back cover) or just simply come a bit earlier before the session, so that we can prepare ourselves to offer you some instructions before our session starts. This way you will be able to blend in with our practice.

We cherish all contributions in the Sangha. By one's very presence in the Sangha, he or she contributes the energy of practicing mindfulness. If one chooses to be silent, this also is a contribution.