

# *Mindfulness Day*

## *with Guided Meditations*

**Saturday, August 20, 2022, 1pm–3pm**

**Thai Buddhist Temple**  
890 Lindsay Lane, Florissant, MO 63031

*Sponsored by The Buddhist Council of Greater St. Louis*  
**Donations are welcome to support the St. Louis Area Foodbank**

## **Returning to the Practice**

This half-day retreat is an opportunity for members of the various Buddhist groups, as well as the community-at-large, to learn and practice various meditation techniques and pathways from various traditions. Interconnectedness is one of the main themes of the Buddha's teachings, and Buddhism in St. Louis is unique because of the inter-cooperation of many of our groups and teachers.

**This is a free event. Everyone is welcome to attend and participate!**

*Groups are welcome to bring materials about their activities, meeting times, and retreats to share with everyone.*

### *Schedule of Events*

- |         |   |
|---------|---|
| 1:00 pm | <b>Welcome and Introduction</b><br><i>(Leonora Kham)</i>  |
| 1:05    | <b>Dharma Talk: On Returning to the Temple</b><br><i>(Gus Bloebaum, Thai Buddhist Temple)</i>                                 |
| 1:35    | <b>Guided Meditation</b><br><i>(Dr. Will Holcomb, Heartland Zen)</i>  |
| 2:05    | <b>Dharma Talk: Mindful-Awareness–Key to Perfecting One’s Life</b><br><i>(Dr. Kongsak Tanphaichitr, Thai Buddhist Temple)</i> |
| 2:35    | <b>Panel Discussion and Q&amp;A with everyone</b>   |
| 3:00    | <b>Concluding Remarks; Dedication of Merit</b>  |

To donate to the St. Louis Area Foodbank, visit MABA at: [www.maba-usa.org/contribute](http://www.maba-usa.org/contribute) and click on the **Donate Now** button. Please specify “Foodbank.” Thank you for your generosity!

*May All Beings Be Well and Happy!*