



Metta Meditation

A Practice for Our Time!

The Shield Sangha / Pema Group
and the Christian Development Committee
of St. Andrew's United Church Presents

Metta Meditation

A Practice for Our Time!

With

Thubten Samten Chodron

Buddhist Nun and Teacher

Saturday, June 17, 2017

9 AM to 3 PM

In the Parlour of

St. Andrew's United Church

399 Cassells Street, North Bay, Ontario
(Please use the McIntyre Street Entrance)

Registration Fee \$20 at the Door

Coffee and tea provided—

Bring your own lunch or purchase lunch nearby—

Chairs are available for everyone or bring your own cushion/mat

For more information and to pre-register
please call Tim Robertson at (705) 497-1227
or email timothyrobertson@hotmail.com

Please join us for a day of metta meditation on Saturday, June 17, 2017, from 9 AM to 3 PM with Buddhist nun Samten Chodron. Metta is a Buddhist (Pali) word meaning *loving-kindness*, and metta meditation is a core Buddhist practice. Metta is the antidote to feelings of alienation, separation and disconnection in an impersonal, fractured and anxiety-ridden age. It is a practice for our time!

The teachings can be used by everyone regardless of their faith tradition, secular background or level of practice. By cultivating loving-kindness we develop a friendly, compassionate, joyful, easy response to the troubles all around us. As we yearn for freedom and belonging, a metta practice connects us at the heart-level with our own self and all living beings everywhere, and arouses within us our own innate capacities for caring and sharing.

All are welcome!

