

# free *and open to all* monthly meditation programs

## 2014 calendar

**January 8**

*Meditation* Jun Shihan Sarah

**February 5**

*Teacher/Student* - Sei Shihan Nancy

**March 5**

*Fighting Arts/Peacemaking* - Amy Jones

**April 2**

*Kata/Kumite* - Rebecca Angevine

**May 7**

*Striving/Patience* - Tom West

**June 4**

*Yin/Yang* - Sam Boyer

**July 2**

*Self-Confidence/"No-Self"* - Yesica Barrera/  
Ryan Libel

**August 6**

*Athleticism/Inclusivity* - Pat Broughton

**September 3**

*Hierarchy/Democracy* - Martha Thompson

**October 1**

*Fierceness/Civility* - Aileen Geary

**November 5**

*Competition/Cooperation* - Barry Moltz

**December 3**

*Recap*

**1<sup>st</sup> Wed. of each Month**

**7:45-9:00 pm**

**1220 W. Belmont Ave.**

Includes 25 minutes of sitting and walking meditation, followed by 45 minutes of facilitator's comments and discussion.

**March 5 -**

**Fighting Arts/Peacemaking**

At Thousand Waves, we take it as almost an article of faith that our martial art is a peacemaking practice. But any article of faith that can not withstand scrutiny isn't worthy of us. How do we resolve this paradox? Is it inherently true that martial arts practice is peaceful? Are there ways that the practice can make us more peaceful in a way that more obviously peaceful practices can't?

After a (very) short introduction, we'll explore this rich topic through small group discussions, then come together to share our conclusions with the larger group. After all groups have reported, we'll have another chance to respond in the larger group. We'll appoint a scribe, and I'll disseminate handouts with our collective wisdom captured after the discussion.

*If you'd like to bring a friend, please do so. It's a great way to introduce them to our community.*