



MINDFULNESS CARE CENTER

Abhayagiri Benefit & Community Event

When: Sunday August 23rd 9:30am - 5:00pm

Where: MCC/Mindfulness Care Center, 42 Gough St. SF, CA.

The foundation has been poured and the walls are going up.

Funds are needed to complete "Phase 3" -- the inside of the new Reception Hall.

This Benefit Day will be an opportunity to interact with Ajahn Pasanno and the Abhayagiri Monastic Community, sharing in reflections and being of support.



This is an opportunity for those of us around the bay area to centrally meet in San Francisco in support of our spiritual home, Abhayagiri.

One warm day in June nineteen years ago, Ajahn Amaro and Anagarika Tom (now Ajahn Karunadhammo) established Abhayagiri Buddhist Monastery in Redwood Valley, CA.

Luang Por Pasanno arrived about six months later. The original infrastructure consisted of a small two bedroom house and a garage, which was converted to the current Dhamma hall.

Abhayagiri has outgrown these original structures.

You may participate in the whole day or come and join in any part of the day's events!

9:30am: Morning chanting, meditation and dhamma reflection and opportunity to take the 5-Precepts.

11:30am: Meal Offering to the Monastics...Please bring a vegetarian dish or item for the meal offering.

1:00pm: Meet & Greet with the Abhayagiri Monastic Sangha. This will be an opportunity for the lay community and the monastics to share what Abhayagiri and the Ajahn Chah Thai Forest Tradition has meant to them. Followed by a slide show describing the status of Reception Hall construction and what funds are needed for completion.

3:00pm: Q & A with Ajahn Pasanno and Mark Sponseller

3:30pm: Break & Open House.

4:00pm: Closing reflection, blessing and final community sit.