

Tuesday, January 22, 2019

Dear Friends,

We'll meet at our regular 7-9 time this Tuesday evening at St. Paul's United Methodist Church. After the silent meditation period, we'll watch a recorded dharma talk by Pema Chodron called "*This Sacred Journey: Living Purposefully and Dying Fearlessly*".

Pema Chodron's talk is part of an online course offered by Shambhala Publications. The first talk from this course was shown on Tuesday night, December 4th, 2018. Tonight's talk will build on that one and it will also stand alone for those people who did not attend on December 4th. The topic of the talk is the Tibetan Buddhist teachings on conscious dying and conscious living.

Peace and Blessings,
David

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ST. PAUL'S UNITED METHODIST CHURCH

4215 GRINNELL AVE. (at the corner of Grinnell and Gillaspie, near Table Mesa and South Broadway)
MEETING TIME: 7:00 - 9:00 pm on Tuesday nights

Directions to St. Paul's United Methodist Church at 4215 Grinnell Ave: Take Broadway to Table Mesa and turn West (toward NCAR and the mountains). Get in the left lane and go a short distance to the 2nd left turn, which puts you on Gillaspie (just past King Soopers on the left). Continue south through a residential neighborhood for .6 mile and the church will be on the left on the NE corner of Gillaspie and Grinnell. (The entrance to the parking lot is on your left just *before* you reach Grinnell so it's easy to drive past the church. If you come to a large grassy playing field next to the South Boulder Rec Center, you've gone too far.)