

Tuesday, July 25

Dear Friends,

We'll meet at our regular 7-9 time this Tuesday evening at St. Paul's United Methodist Church. After the sitting meditation period, we'll have a guest speaker. *Barry Gillespie* will give a talk entitled *The Sammaditthi Sutta: Teaching on Right View*.

Barry Gillespie was introduced to meditation practice in 1978, through the Sivananda Yoga Vedanta Ashram. In 2003 he began exploring Theravada Buddhist practice, sitting many long retreats at the Insight Meditation Society and Spirit Rock Meditation Center. His principle teacher is Guy Armstrong. Barry is an affiliated teacher with the Insight Meditation Community of Colorado (IMCC). He teaches in Boulder and Arvada Colorado and In Ottawa, Canada.

Peace and Blessings,
David

David Chernikoff, M.Div., LCSW

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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.)