

Tuesday, March 20, 2018

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. *Frank Berliner* will give a talk entitled *The Golden Key: Cultivating Genuine Wealth in Everyday Life*.

Frank Berliner taught for many years in the Contemplative Psychology program at Naropa University. He currently works as a meditation teacher, psychotherapist, and life coach in Boulder. Frank has written two books: *Falling in Love with a Buddha*, his memoir of his experiences as a warrior apprentice to Naropa's founder, Chogyam Trungpa; and *Bravery: The Living Buddha Within You*, a textbook on Buddhist psychology and the practice of meditation.

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.)