

Practicing Peace: Loving Kindness

Sunday, October 21 at 11:45 am in the Bloom Room

Loving our neighbors and enemies as we love ourselves was easy for a perfect man-god like Jesus, but for mere mortals like us, not so much. We have trouble tolerating the tacky nincompoops who don't vote like us and believe like us, so how are we going to love them? The ancient Buddhist practice of Metta Bhavana, Development of Loving Kindness, shows us a way.

***Ed Kimble** joined Grace St. Paul in 2016 after retiring from a long, loveless career in Los Angeles as a complex litigation paralegal. He has been a Soto Zen practitioner for 19 years.*