

Hello Mindfulness Practitioners,

I wanted to share with you a film about mindfulness and Buddhism that may be shown at Savoy 16 on September 12th, if there is enough interest. Here is a description of the film:

"With unprecedented access, WALK WITH ME goes deep inside a Zen Buddhist community who have given up all their possessions and signed up to a life of chastity for one common purpose – to transform their suffering, and practice the art of mindfulness with the world-famous teacher Thich Nhat Hanh.

"Filmed over three years, in their monastery in rural France and on the road in the USA, this visceral film is a meditation on a community grappling with existential questions and the everyday routine of monastic life.

"As the seasons come and go, the monastics' pursuit for a deeper connection to themselves and the world around them is amplified by insights from Thich Nhat Hanh's early journals, narrated by Benedict Cumberbatch."

The way it works is that tickets must be reserved in advance, and cannot be bought at the door. If at least 60 people reserve a ticket, the film will be shown. If less than 60 people reserve a ticket, then the film will not be shown, and nobody will be charged.

I for one am planning to go. I've heard a bit about Thich Nhat Hanh, and would really like to learn more.

To read about the film, watch the trailer, or reserve tickets, follow this link:

<https://gathr.us/screening/20530>

Wishing all a peaceful week,
Marie McEnroe
UUCUC Mindful Meditation Group