

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