

7th Annual Parade & Festival for the
United Nations International Day of Peace

Presents:



Mindfulness for Peace in Your Daily Life

Sunday, September 15, 2013 - 9:00 am-3:00pm
At Hamakua Jodo Mission, Pa'auhau Mauka

Program

9:00 a.m. Registration

9:30 a.m. Panel

Panelists/Meditation Leaders representing five different disciplines will present their approach to meditation and discuss the role of mindfulness in their own lives and the lives of those they teach.

Panelists/Meditation Leaders

Reverend Mary David,

Minister, Jodo Shinshu Temple, Mililani, Oahu

Father Walther Dettweiler,

retired Episcopal Minister, Kamuela

Ruthie Bernaert,

Yoga and Meditation teacher, Ahualoa

Kathleen Golden,

Vipassana Meditation teacher, Volcano

Amelia Walker,

follower of Thich Nhat Hahn's Order of Interbeing

Panelists representing other meditation perspectives to be announced.

12:00 noon Lunch

Enjoy a mindful meal of delicious vegetarian food.

1:00 p.m. Break-out sessions

Choose one meditation approach for introductory small-group practice and discussion.

2:30-3:00 p.m. Wrap-up

"Most sacraments are acts of breathtaking simplicity: a simple prayer, a sip of wine and a piece of bread, a single breath in meditation, a sprinkling of water on the forehead, an exchange of rings, a kind word, a blessing. Any of these, performed in a moment of mindfulness, may open the doors of our spiritual perception and bring nourishment and delight."

-Wayne Muller



Hamakua Jodo Mission

44-2947 Kalopa Rd.,

Pa'auhau Mauka.

Directions: From Honoka'a towards Hilo, take the first right turn at Pa'auhau Plantation House, then left on Kalopa Road. Temple is on the right, up the next driveway.

(see map on back)

Advance Registration is required by September 13.

\$25 includes vegetarian lunch.

Registration forms and map:

www.peacedayparade.org

More information, call

(808) 775-1064

