

The Peace Committee, producers of the
9th Annual Parade and Festival for the United Nations
International Day of Peace
PRESENTS

Mindfulness: The Everyday Path of Peace, Health and Wellbeing

A One-Day Silent Meditation Retreat
with Gavin Harrison

Sunday, September 27, 2015

9 a.m.-3:30 p.m.

Honoka'a Hongwanji Buddhist Temple
Social Hall

A unique opportunity to inquire into "Who am I?" and "Why am I here?" We are invited to put down familiar concerns, conclusions and habits of mind for a while, and instead nurture the very heart of our being, free from the distractions of worldly commitments. It is a chance to come together in shared passion for authentic spiritual transformation, opening to the possibility of awakening to who we are at the deepest level of our being. There will be opportunity for resting, alone time, journaling and refuge. Non-denominational and open to all. Experienced and beginning meditators welcome. Meditation guidance is offered. Bring your own meditation cushion, and water. There will be a talk and opportunity for dialogue together.

Pre-registration Deadline:
Friday, September 18

\$30 includes a vegetarian lunch
For online registration form go to:

www.peacedayparade.org

Please send check, payable to:

"The Peace Committee"

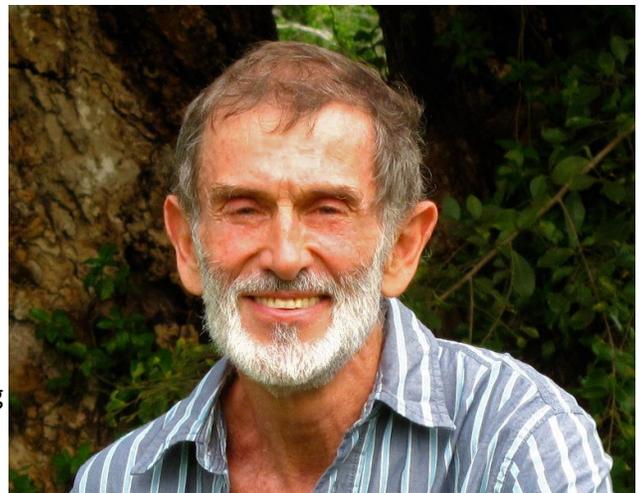
Memo: Day of Mindfulness

P.O. Box 366

Honoka'a, HI 96727

(For more information or to register
by phone, call 775-1064.)

Gavin Harrison is the author and poet of *Petals and Blood* (Pau Press, 2013) and *In the Lap of the Buddha* (Shambhala Publications, 1994). Signed copies of both books will be available at the retreat. He is a recipient of the "Unsung Hero of Compassion Award," presented to him by His Holiness the Dalai Lama for "kindness and quiet dedication to others." His teachings of Awakening are rooted in the Buddhist Insight Meditation Tradition. He lives on the Big Island.



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