

SnowFlower Sangha

Madison Wisconsin

Twice each week

Tuesday 7:00 - 8:30 PM

Friday 7:00 - 9:00 PM

Welcome! We are very glad you are here.

SnowFlower is a community of practitioners that comes together to support each other in the practice of mindfulness in the tradition of Thich Nhat Hanh.

The format of our evenings includes an hour of sitting and walking and a half-hour (on Tuesdays) or an hour (on Fridays) of dharma discussion.

Thich Nhat Hahn has said that it is difficult if not impossible to practice well without a sangha. Teachers and teachings are important, but a community of friends who support our practice is 'the most essential ingredient'.

'The main concern is to build a happy sangha - to take care of each person, his pain, her difficulties, his aspirations, her fears, his hopes, in order to make everyone comfortable and happy.'

You are invited to share in the joy of connecting with one another through our mindfulness practice!

Tuesday:

Trinity United Methodist Church
1123 Vilas Av
(two blocks West of Park St.)
Wesley Room



Friday:

Friends' Meetinghouse
1704 Roberts Ct
(near Camp Randall Stadium)

Please enter and get comfortable on your cushion or chair in a spirit of mindfulness. If you are early, you may like to enjoy one of the mindfulness verses (gathas) on the last page of the Welcome Sheet.

When we sit, if we are on a cushion, we try to hold our spine erect and our body relaxed. If we are on a chair, we have both our feet solidly on the ground and our spine erect.

We encourage you to ask questions. People who may be able to help you are listed below. Also, anyone who has been attending SnowFlower for a while will either assist you or direct you to someone who can.

On the first Tuesday of every month, basic instruction in sitting and walking meditation is given.

For Sangha questions in general:

Pat Arnold: 283-5577; [parnold \(at\) chorus.org](mailto:parnold@chorus.org)
Jane Peckham: 829-2466; [jmpeckham \(at\) aol.com](mailto:jmpeckham@aol.com)

For questions about practice:

Susan O'Leary: 256-0506; [orfam \(at\) sbcglobal.net](mailto:orfam@sbcglobal.net)
Edward Celnicker: 831-8152; [ecelnicker \(at\) hotmail.com](mailto:ecelnicker@hotmail.com)
Karuna Namenwirth: (April - October) 832-6658; [mnamenwi \(at\) mhtc.net](mailto:mnamenwi@mhtc.net)
Don Katz: 260-8575; [sangha \(at\) katzfamily.us](mailto:sangha@katzfamily.us)

For website or email list:

Don Katz (see above)