



MINDFULNESS CARE CENTER

"How Words Create Our Future"

When: Sunday April 13th 9:30am – 5:00pm

Where: Mindfulness Care Center
42 Gough Street (between Market & Otis)
San Francisco, CA 94103

Daylong with Ayya Santacitta and Ayya Santussika



Words are so easy to say, so hard to take back, so powerful in their energy - they create our reality.

The nuns will offer meditation guidance and Dhamma reflections.
There will also be opportunity for questions and discussion.

Please bring a vegetarian dish to share with the nuns for the meal at 12:00 noon. Since the beginning of Buddhism over 2500 years ago, Buddhist nuns and monks have depended on almsfood. In this spirit, you are invited to bring food to offer and to share with others.

This day is offered in the Buddhist Tradition of Dana.

For further information or questions call the Mindfulness Care Center at 415-503-1971

The Mindfulness Care Center is a 501(3)(c) nonprofit charitable organization

Mindfulness Care Center 42 Gough Street SF, CA. 94103 415.503.1971 www.mindfulnesscare.org