

Community Sangha Day with special guest Gavin Harrison



In the Buddhist tradition, Sangha or Community is considered a key factor in awakening. In its broader sense, “Sangha is the community of people who share a similar devotion to loving well and being free in the deepest way,” says Gavin Harrison, who will facilitate this event. On the Big Island there are many different Sanghas, each with their own particular meditation practices: Zen, Tibetan, Pure Land, Insight Meditation, Amida, etc. In this first Community Sangha Day, New Moon Foundation invites all who are interested in exploring the richness of a larger, nurturing, spiritual collective to join us on this day.

Our time together will include:



- A sitting meditation with guided instruction by Gavin Harrison
- A guided walking meditation in nature
- Introductions and Sharing Circle
- Facilitated discussion about group vision and collaborations
- Potluck lunch

Saturday, September 6th, 10am – 1pm
New Moon Foundation Dining Hall, Kapaau
FREE Public Event

Please bring a salad or dessert, and any info you'd like to distribute about your group or initiatives.



www.newmoonfoundation.org

New Moon Foundation

For more information call:

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