

March 2010
Central PA Mindfulness Schedule from MMG

Mindfulness Meditation Group of UCH

MMG Home Page: http://www.harrisburguu.org/Lay-Led/mmg.asp	Email: MMG_of_UCH@comcast.net
Unitarian Church of Harrisburg, 1280 Clover Lane, Harrisburg, PA 17113	Phone: 717-564-4761
Meditation 7PM Tuesdays	March 2, 9, 23
Silent Meditation 7PM Tuesday	March 16
"Loose the Iron Grip" 7PM Tuesday	March 30 Jeanne's India Ashram Experience

Unitarian Church of Harrisburg

Home Page: www.harrisburguu.org Email: office@harrisburgUU.org
Sunday Services 930AM & 11AM Sundays - Please see web site for details on variations & locations!
Groups: Humanists, Queen Spirit, Interfaith Coalition for the Environment, Yoga, Philosophy & Literature, LaGrone Scholarship, Rainbow Equality, Anti-Racism, Women in Prison, Peace & Justice, COUCH(Small Group Ministry), Green Sanctuary, Environmental Task Force, Food Bank, et al.

Ananda Buddhist College and Monastery

Meditation, Teaching, Special Programs, & Festivals

Home Page: <http://www.abmconline.org/> Email: ThichVanDam@yahoo.com

Appalachian Zen House

Meditation, Teaching, Special Programs

Home Page: <http://www.appalachianzenhouse.org> Email: stevekanjiruhl@post.harvard.edu or jiko@flowingmountains.org

Blue Mountain Lotus Society

Meditation & Other Programs

Sensei Anthony Stultz Email: houseofmeditation@gmail.com Home Page: www.bmls.org

Buddha On Market

Tibetan Mahayana teachings

2nd and 4th Sunday of the month, at 11:00 AM Robert M. Walk Jr. 717.576.8205 Email: buddhaonmarket@yahoo.com

Kalpa Bhadra Buddhist Center

Meditation & Teaching, Special Programs & Classes

Home Page: www.MeditationPA.org/ Email: info@meditationPA.org

Lotus Light Sangha at River Sanctuary

Meditation, Drum Circle, Pot Luck

Home Page: www.lotuslightcommunity.com Email - riversanctuary@hotmail.com or lotuslightcommunity@gmail.com

Meditation Community of Central PA

Meditation

Email - meditationscience@live.com

East Shore - Sundays 2:00 to 3:30pm <http://meditationscience.weebly.com/east-shore-mindfulness-group.html>

West Shore - Sundays 6:30 to 7:30pm <http://meditationscience.weebly.com/west-shore-mindfulness-group.html>

Mt Equity Zendo

Zazen & Service, Half Day Mindfulness, Full Day Mindfulness, Public Tea, Sesshins

Rev Patricia Dai-En Bennage Home Page: www.mtequity.org Email: info@mtequity.org

PeaceWorks Dances for Universal Peace

Just Plain Yoga 1845 Mkt St CH Email - haut@mindspring.com Phone: 761-0888

Red Rose Sangha of Lancaster

Sunday Meditation: 7:00 pm

Dharma Holder Edward Sullivan email: sullivan@lvc.edu Phone: 717-399-2974

UU Gettysburg Meditation Group

Sunday Meditation: 6:30 pm

Sara Gondwe email: sarajayn@live.com Phone: 717-334-2920

NOTE:

Special 5th Tuesday Program
"Loose the Iron Grip" 7PM Tuesday March 30 Jeanne's India Ashram Experience

UCH Concert – see UCH web site Events for details

Friday, March 19 – Bulgarian Blues - Clover Lane at 8 PM – Free Will Donation Requested

Harrisburg Area Humanists– see UCH web site Events for details

Sunday 14 March at 9:30 AM – Clover Lane Forum – Addiction and Recovery

Monday 22 March at 7:00 PM – Lecture Discussion Program – How Humanism Has Improved Christianity