

Dear Venerable Thich Nhat Hanh,

Thank you. Thank you. Thank you. For the gift of this healing practice. For the gift of Engaged Practice. For the gift of the Mahasangha. We are so grateful for your precious gift!

Happy Continuation Day!



~ A Peaceful Heart Sangha retreat with Brother Phap Tri ~

### **Peaceful Heart Sangha in Augusta and Hallowell, Maine**

We began as a Thich Nhat Hanh meditation group in September 2001 and re-formed as Peaceful Heart Sangha in March 2008. We now have about 65 members and about 20 attend at least once/week. We are part of a wider Maine community of 12 sanghas in our tradition -



We have offered many Maine Days of Mindfulness. Joanne Friday joined us for this DOM and all of these people received a transmission of the Five Mindfulness Trainings



We had a Children/Youth Mindfulness Practice Group for many years - the children grew up, some moved. We re-started our group in September 2017.



A 5 AM Maine gathering at Blue Cliff before 4 new Maine OI members are ordained (sitting in front) We practiced Noble Silence and Walking Meditation together to the August 2017 ordination ceremony.



~ We like to make a Maine trip to Blue Cliff monastery every February when possible ~



Blue Cliff monastics have joined us in Maine several times over the last 10 years and we hope to have them join us again in 2018.



Our only Maine Dharma Teacher in our tradition, Peggy Smith, lights her Dharma Lamp for the first time at a Day of Mindfulness she led in southern Maine