



Regular meditations and teachings are held several times each week. Please join us after RSVP'ing online via Meetup.com - check out "Meditate with the Monk" Buddhism in Charlotte www.meetup.com/Meditate-with-Monk-Buddhism-in-Charlotte/ Also, Brunch with the Monk is at various restaurants on last Sunday of every month.

- **01/01** (Tues) New Year's Day program
- **01/13** (Sun) Half-day retreat at GW Zen
- **01/30** (Wed) Ayya speaks at IMCC

- **02/17** (Sun) Full Moon Program
- **02/19** (Tues) "Self Love" special topic (after regular 7pm med.)
- **02/24** (Sun) Meditation & Brunch w/Monk @ Pure Pizza (donations to The 41%)

- **03/09** (Sat) Four-Hour Meditation (Noon-4pm)
- **03/17** (Sun) Full Moon Program
- **03/30** (Sat) Daylong Retreat @ GW Zen led by guest Ayya Sobhana

- **04/20** (Sat) Full Moon Program
- **04/22** (Mon) Earth Day Beautification led by Karma Banks
- **04/28** (Sun) Brunch and Beautification

- **05/05** (Sun) Day Long Retreat @ Great Woods Zen
- **05/12** (Sun) Children's Program sponsored by Karma Banks (on Mother's Day)
- **05/18** (Sat) VESAK - Buddha's Birthday & more!

- **06/15** (Sat) Full Moon Program
- **06/27** (Thurs) "PTSD" topic (after regular 7pm med.)

- **07/06** (Tues) ~ Regular 7pm program cancelled for National Night Out~
- **07/14** (Sun) Full Moon Program (INVITATION)
- **07/27** (Sat) Retreat Day at GW Zen (date tentative)

- **08/11** (Sun) Full Moon Program (Donate collected supplies to The Relatives)

- **09/15** (Sun) Full Moon Program
- **09/21** (Sat) "Int'l Day of Peace" special topic
- **09/29** (Sun) Morning Retreat (date tentative)

- **10/13** (Sun) Full Moon Program
- **10/26** (Sat) "Ghost Stories" special topic (after regular 2pm med.)

- **11/10** (Sun) Full Moon Program
- **11/24** (Sun) Gratitude Retreat (location TBA)

- **12/14** (Sat) Full Moon Program
- **12/31** (Tues) New Year's Eve Program