

Mindfulness: Beginner's Heart*Mind
A Day Retreat

Saturday, June 4, 2016
9am – 3pm



Led by
Paula Hirschboeck
Founder/leader of Sophia Zen Sangha of Madison, WI

Program Location
Pilgrim United Church of Christ
535 Stow Street
Fond du Lac, WI 54935
920 921 0415
www.pilgrimuccfdl.org

Mindfulness: Beginner's Heart*Mind

The practice of mindfulness can be summed up pretty simply: Always trusting your beginner's mind. But most of you have worked toward goals for most of your life, including spiritual goals. Always being a beginner sounds strange. Shunryu Susuki Roshi wrote: "*In the beginner's mind there are many possibilities. In the expert's mind there are few.*"

What are the many possibilities offered by mindfulness? Might they be both far reaching and immediate? Inclusive of all beings and tenderly intimate? Would you like to find out for yourself?



Attending to your beginner's heart*mind takes practice and the support of others. Our day of mindfulness will include

- Presentations on mindfulness meditation
- Conversation and questions
- Practice instructions on how to integrate mindfulness into daily life
- Several short mindfulness sitting meditations
- A simple closing ritual for encouragement and blessing
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About the Presenter

Myoju Paula Hirschboeck is a Soto Zen teacher and priest. She guides Sophia Zen Sangha which meets in Madison and Southeast Wisconsin. Paula was a Professor of Philosophy at Edgewood College, Madison, and was also a member of the Dominican Sisters of Sinsinawa.

Paula wanted to be a mystic since childhood but didn't know there was a word for it. It wasn't until high school that she first learned of Zen Buddhism and that was through her mother's books about Zen written by Trappist monk, Thomas Merton. Paula soon developed her own study and practice of Zen which continues to this day. Her teacher and mentor, Diane Martin, is a Soto Zen teacher in the lineage of Shunryu Suzuki Roshi who came to the U.S. in the 1960's from Japan.

As a retreat leader, Paula has presented in Madison at Unitarian centers, in Middleton at Holy Wisdom Monastery in Racine at the Dominican Spirituality Center, and in Fond du Lac for the Sisters of St. Agnes. As a teacher, Paula taught a course at Edgewood College, *Change Your Mind, Change the World*.



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Registration Form

Name _____

Address _____

Phone _____ **Email**_____

Cost: Total fee for the day is \$30 per person and includes all materials, refreshments, and lunch. Both meat and vegetarian options will be available. Spaces are limited so send in your registration **before May 28; otherwise payment will be \$35.** *Please make check payable to Pilgrim United Church* and send to 535 Stow St. Fond du Lac, WI 54935. Questions: Call Midge Miles, coordinator of adult education, 262-306-7988