

# *Vietnamese New Year Day of Mindfulness “Be Well by Living the Buddha's Teaching”*



**S**inh Thuc community would like to invite you and your family to attend the Day of Mindfulness to welcome the Vietnamese New Year, year of the Monkey, on Saturday February 13 from 9:00AM to 4:30PM at Thien Duc Center 5015 Mendell Street, Fairfax, VA 22030. Together, we will celebrate the new year in the Vietnamese tradition and practice mindfulness to cultivate well-being for the entire year.

Please join us and let us know the number of attendees in your party via phone (703) 787-3377 or email at [information@sinhthuc.org](mailto:information@sinhthuc.org) to help facilitate the planning.



# Happy New Year



## Agenda for the Vietnamese New Year Day of Mindfulness

Saturday February 13th, 2016

- 08:45AM Arriving
- 09:00AM Sitting Meditation
- 09:30AM Chanting for a peaceful year
- 10:45AM Talk on *“Be Well by Living the Buddha’s Teaching”*
- 11:45AM Mindful Vegetarian lunch with traditional New Year food
- 01:30PM New Year Activities
  - Presenting the meaning of the New Year traditions
  - Singing in Welcoming the New Year
  - Sharing on the experience of Mindfulness practice
  - New Year greeting and giving lucky money to the youngsters (optional)
  - Receiving wholesome gifts from the altar
- 04:30PM Help clean up and end

### o Talk on the Meditation Teaching

There was a recent survey of the Millennials (18 to 34 years old) asking them what their most important life goals were. Over 80 percent said that a major life goal for them was to get rich. Another 50 percent of those same young adults said that another major life goal was to become famous. Fortunately based on a 75 years study, the longest study that has ever been done, Happiness and Health are really not depended on wealth and fame. The reality is we all want Health and Happiness; However, how we are going about achieving it sometimes cause more difficulties than well-being. In the 13<sup>th</sup> Century, Vietnamese King and Zen master Tran Thai Tong wrote a beautiful 4-verse poem – “Tongue clings to delicious taste, Ears attract to nice sound. Eyes like to see beautiful sights, Nose follows the fragrant. Like that one becomes a wanderer. Day by day, get farther and farther away from the true home.” Please join us to listen to meditation teacher and Buddhist minister Hai Nguyen talk on *“Be well by living the Buddha’s teaching.”*





# Sinh Thuc Meditation Center



*We* would like to invite you to visit the Center's website at [www.sinhthuc.org/](http://www.sinhthuc.org/) to see the complete 2016 Retreat Program with one-day and weekend events on a wide range of topics conducting at Sinh Thuc Meditation Center in Wardensville, West Virginia and various Northern Virginia locations.

Sinh Thuc Meditation Center is situated on over 23 acres of peaceful, natural forest and mountainous area. It is about 97 miles West of Fairfax county, a 2-hour drive. The Center's ground and environment are very supportive to the study and practice of mindfulness and well-being. In the last 10 years, Sinh Thuc Meditation Center has regularly conducted meditation retreats in Vietnamese and English at low fee and with carefully organized teaching program for all ages. Sinh Thuc Meditation center hopes to receive your support to be able to continue sustaining the Center and providing well-being program at low fee for everyone. Your support, however small, is greatly appreciated. Sinh Thuc is a non-profit organization. All donations are tax exempt.

The Sinh Thuc community would like to express our appreciation for your support and would like to wish you and your family a year of the Monkey full of happiness and well-being.

## 2016 Donation to Sinh Thuc Meditation Center

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Monthly amount	\$50	\$100	\$200	\$ _____
Yearly amount	\$500	\$1,000	\$1,500	\$ _____
One time donation in the amount of	_____			

*Please make check payable to Sinh Thuc and mail to P.O. Box 1223, Herndon, Virginia 20172*

# 2016 Well-being Program



**B**elow is a listing of the 2016 English retreat program at Sinh Thuc Meditation Center and the Northern Virginia area. Please join us at these wonderful events. Together, we will learn, practice and share the experience to bring about a healthy body and a well-being mind. Please register early to assist the staff in better planning and welcoming you to these wonderful program.

- February 13 ~ Vietnamese New Year celebration and a Day of mindfulness on *"Be well by living the Buddha's teaching"* in Fairfax, VA
- March 12 ~ A Day of mindfulness on *"Cultivate compassion for a happier and kinder life"* in Oakton, VA
- April 23-24 ~ Spring weekend retreat on *"Living peacefully and joyfully in a changing world"* at Sinh Thuc Meditation Center
- June 11 ~ A Day of Mindfulness and Center 11th Anniversary Celebration on *"Let's be the Sunflower"* at Sinh Thuc Meditation Center
- August 20 ~ A Day of mindfulness on *"Rediscover the joy in everyday life"* in Fairfax, VA
- October 8-9 ~ Autumn weekend retreat on *"Difficulties as opportunities for Awakening"* at Sinh Thuc Meditation Center

For additional information or registration please call (703) 787-3377 or email to [registration@sinhthuc.org](mailto:registration@sinhthuc.org) or visit <http://www.sinhthuc.org/>

## Direction to Thien Duc Center



Thien Duc Center is located at 5015 Mendell Street, Fairfax, VA 22030. Please note that you can only turn right onto Mendell street from Braddock road. While on Braddock road, if you see the Four Seasons Golf Center sign on the right hand side, then you have gone too far. You will need to turn around. See the map below for details.

