



Metta Blessing Circle

2nd Wednesday of the month

2010: March 9, April 14, May 12, June 9, July 14, August 11,
September 8, October 13, November 10, December 8

Tara and the IMCW sangha warmly invite all who are experiencing loss, illness, or any of the “10,000 sorrows” to join fellow sangha members for a Metta Blessing Circle after Tara’s class.

Location: River Road
Unitarian Universalist
Congregation
(RRUUC)
6301 River Road
Bethesda, MD
20817, at River Road
and Whittier Blvd.

For this circle, we will gather in the second floor library at 9:15 p.m. for a 30-minute service of metta practice and chanting, offering blessings to all in need as we together take refuge in the Buddha, the Dharma, and the Sangha.