

FAMILY MEDITATION

All Souls Church and The Insight Meditation Community of Washington

October 2009-May 2010

GROWING UP CAN BE HARD

“If you don’t think the idea of rebirth is scary, think of having to go through adolescence all over again”

– Thanissaro Bhikkhu (a Buddhist Monk)

You don’t have to believe in rebirth to appreciate that growing up can be hard. The goal of the Family Meditation (FM) class is to provide young children with a Buddhist framework to 1) explore their inner life, 2) understand the causes of emotional stress, 3) realize the possibility of freedom, and 4) develop the Buddha’s path of peace, wisdom and kindness.

WHAT HAPPENS IN THE FAMILY MEDITATION CLASS?

Classes include lessons on basic Buddhist teachings along with discussion and meditation. Visual aids, movement, stories, songs and other exercises support the concepts. The meditations are “bite-sized” and are meant to introduce the basic practices of serenity, insight, and kindness. [For more information on the goals, methods and teaching philosophy of the class go to http://imcw.org/children-and-families](http://imcw.org/children-and-families)

WHO IS THE CLASS FOR?

The FM class is geared to children ages 5-12, although all ages are welcome. Parents attend the classes *with their children*. This way, the parents are able to see what their children are learning, reinforce the lessons outside of class, or adjust the lessons to suit individual children. Attending class together can help parents and children support each other, and create a sense of being a team.

LOCATION AND SCHEDULE

Classes take place at All Souls Church (ASC) in Adams Morgan: 1500 Harvard Street NW, Washington, DC 20009. The main entrance to the church is on 16th Street but please use the Harvard Street entrance on Saturdays. *Parking is difficult – please read the parking regulation signs to confirm you have a legal space.*

Introductory/Refresher Class: Sunday, October 18, 11:00-1:00 in the Longfellow Room (2nd Floor)

All other classes: Sundays, 12:45-1:45 AM in the Eaton Room (2nd Floor):

November 22, December 13, January 3, February 7, March 14, April 11, May 16

FEES

The fee for families who pledge to ASC is \$5; the fee for non-pledging families is \$10.

If you are not on the class email list, please contact Carl Skooglund, to verify the class dates and their location: email: cmskooglund@verizon.net; cell: (202) 510-3283

THE TEACHERS

The class is led by Jennifer Jordan, Ofosu Jones-Quartey, Stig Regli and Carl Skooglund. [For more information on the teachers go to http://imcw.org/children-and-families](http://imcw.org/children-and-families)