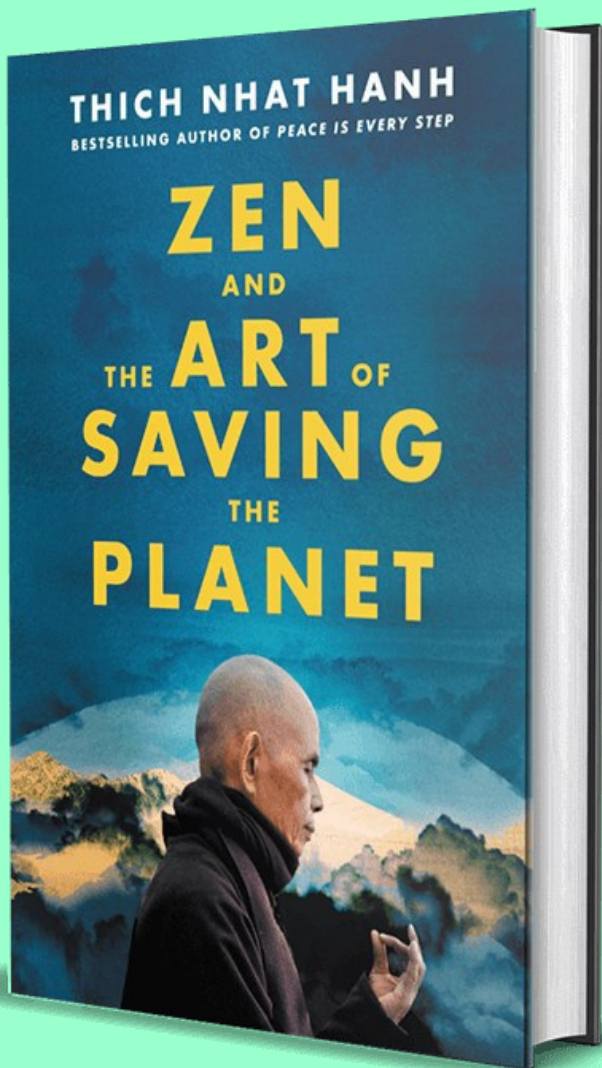


*"There's one thing we all have the power to change, which can make all the difference, and that is our mind. Our way of looking, seeing, and thinking determines every choice we make, the everyday actions we take or avoid, how we relate to those we love or oppose, and how we react in a crisis."*

~Zen Master Thich Nhat Hanh



Save the dates, register, and start reading today!

<https://forms.gle/7Q9vFncBoyobnPTv9>

# Book Study

## Zen and the Art of Saving the Planet

Sponsored by **Indigo Sangha** \* and the **Charleston Interreligious Council**

The event is **FREE** and donations are encouraged.

Join Buddhist Reverend Heather Lyn Mann for a special online book study of Thich Nhat Hanh's latest inspiration, *Zen and the Art of Saving the Planet*. We will assemble as a Zoom community 4 times this spring, every other Wednesday evening. Together, we will practice mindfulness and look deeply into the book's teachings to consider their relevance to our daily lives and actions.

### Dates:

- **March 23rd, 7-8:30 pm**
- **April 6th, 7-8:30 pm**
- **April 20th, 7-8:30 pm**
- **May 4th, 7-8:30 pm**

\* Indigo Sangha is the Charleston-area mindfulness center in the Plum Village Tradition of Engaged Buddhism