

# New Year's Eve at Still Point Zen Center

Release the old. Welcome in a peaceful 2009!  
Join us at Still Point for our second New Year's Eve meditation  
gathering.

This will be a three-part evening, join us for one, some or all. The evening will be led by Reverend Meru Doug Szper.

**Part One:** start the evening with meditation and kinhin (walking meditation) from 7:30 - 8:30.

**Part Two** is a flexible format so you may choose to join us or leave at any point.

- ◆ Begins at 9 with arrival and introductions
- ◆ A meditation period
- ◆ Sharing of poetry (bring a poem that speaks to you, no problem if you don't have a poem)
- ◆ Burning bowl ceremony to release the old
- ◆ Break, snacks and fellowship (**you are encouraged to bring a snack or beverage to share, no alcoholic beverages please**).
- ◆ Drumming (bring a drum, rattle, or other instrument), opening to the New Year
- ◆ Qi Gong - gentle exercises for breath and energy movement

**Part Three** from 11:45 -12:15 will consist of sitting meditation with a midnight ceremony.

All are welcome! There is no cost, but free-will donations are greatly appreciated.

**Please confirm your intent to join us by December 27<sup>th</sup> via phone**

920-994-8650 or E-mail [StillPointZen@earthlink.net](mailto:StillPointZen@earthlink.net). This will allow us to set up the Zendo for the number of people who plan to attend.