

Tzu Chi Santa Rosa Wishes You a Blessed March!

慈濟聖塔羅莎祝福您三月吉祥！

We sincerely thank you for your support!

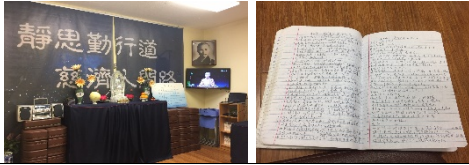
我們虔誠感恩您的支持！

You and family/friends are cordially invited to our events:

敬邀您和家人/朋友們光臨我們的活動：

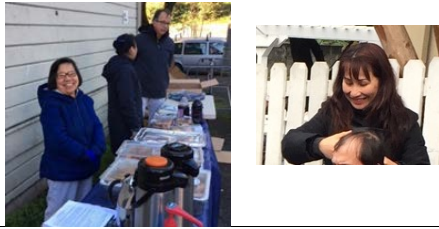
Regular Events 固定活動

Every Monday 每周一



5:30 ~ 6:30 am Wisdom at Dawn: The Wondrous Lotus Sutra Interpreted by Founder Master Cheng Yen

晨鐘起，薰法香：靜思妙蓮華
慈濟創始人證嚴法師講述法華經



7:30 ~ 8:30 am @ 600 Morgan (Prep @ 6:30 am)
Breakfast and Haircut Services for Street Friends

每周街友早餐發放及美髮服務
Walking Meditation, *Jing Si Aphorism*
繞佛繞法，步步生蓮，靜思語

Mondays &
Thursdays
周一 & 四



10 ~ 11 am Tai-Chi Qi-Gong 18 Breathing Exercises
太極氣功十八式，吳太極第二代傳人教授
Taught by 2nd Generation Wu Style Tai-Chi Master

Thursdays
周四
(3/7 & 3/21)



5 ~ 6 pm Vegan Potluck Dinner 晚齋

6 ~ 7 pm English Book Club 英文讀書會

Power of Heart 心的力量 *Dharma as Water* 法譬如水

Mondays, Thursdays, &
Appointments 周一，四，&
預約 (707-546-1945)

11 am ~ 1 pm Jing Si Book Store 靜思書軒

Tzu Chi Books, Green Products, Organic, Vegan Food Products
慈濟書刊，環保產品，有機素食

Third Friday, 3/15



Monthly Family Support Center Dinner Service

每月天主教家扶中心晚餐發放

Pack @ Office 2:30 pm. Cook, Sing "Love and Care",
and Serve @ 465 A St. 3 ~ 6:30 pm.

New Volunteer Orientation and Proper Attire Required

<p>Third Monday 3/18</p> 	<p><u>Monthly Sonoma Haven Dinner Service</u> 每月所諾瑪街友庇護所晚餐發放 Prepare @ Office 2:30 pm Deliver and Serve 4:30 ~ 6 pm</p>
<p>Special Events 特別活動</p>	
<p>Saturday, 3/2</p> 	<p>1 ~ 2 pm <u>Birthday Celebration 每月慶生會</u> Vegan Potluck and Fun Activities 素菜分享及餘興 2 ~ 3 pm <u>Monthly Business Meeting 月會</u> Bring gratitude, respect, and love to our community 合心協力在社區傳播感恩，尊重，愛</p>
<p>Sunday, 3/21, Lunar 15th</p>  	<p>10 am ~ 1 pm <u>Meditation, Sutra Recitation, Prayer for the World, Vegan Potluck Lunch</u> 靜坐，誦經，為天下祈福，午齋 <u>The Lotus Sutra 法華經</u></p>
<p>3/29 - 3/31</p> 	<p><u>2019 TIMA Global Forum 全球人醫會</u> Tzu Chi USA National Headquarters San Dimas, CA https://tzuchi.us/tima2019</p>
<p>Special Reports 特別報導 (https://sites.google.com/site/tzuchisantarosa/calendar-of-events) <u>Annual Blessing Ceremony, Bamboo Banks Return Home and Vegan Potluck Hotpot Lunch</u> 新春祈福，竹筒回娘家，圍爐聚餐</p>	
<p>All religions, races, ... are welcome! Our webpage: www.tzuchisantarosa.org Changes of events updates: http://www.tzuchisantarosa.org/calendar-of-events Questions? Ai-Chu Wu, Director, Tzu Chi Santa Rosa 707-546-1945 or tzuchinorthbay@gmail.com</p>	