

Tzu Chi Santa Rosa Wishes You a Blessed May!

慈濟聖塔羅莎祝福您五月吉祥！

We sincerely thank you for your support.

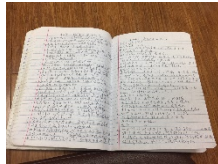
我們虔誠感恩您的支持。

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

Mon & Thurs

周一 & 四

5/2, 20, 23, 27, 30



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 Disciple

Thursday

周四

5/2



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

Event Time or

Appt 活動時

或預約



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 Monday 第三周一

5/20



Monthly Sonoma Haven Dinner Service

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

Third Friday 第三周五 5/17



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

Special Events 特別活動

First Saturday 第一周六
5/4



1 ~ 2 pm Birthday Celebration 每月慶生會
Vegan Potluck Lunch 素菜分享午齋

2 ~ 3 pm Monthly Business Meeting 月會
Bring gratitude, respect, and love to our community
合心協力在社區傳播感恩，尊重，愛

Sunday 周日 5/5



Annual 3 in 1 Celebration: Buddha Bathing Festival, Mothers' Day, and Tzu Chi's 53rd Birthday

每年三合一慶典：浴佛節，母親節，慈濟日

Pilgrimage, Appreciation of Buddha, Parents, and All Beings, Reunion of Bamboo Banks, Vegan Potluck

朝山祈福，感念佛恩，親恩，眾生恩，竹筒回娘家，午齋

RSVP by 5/1/19 at Link <https://forms.gle/xaN1CqG97vw9EorN6>

5/1/19前報名連結 <https://forms.gle/xaN1CqG97vw9EorN6>

Lunar 15th 農曆十五
Sunday 周日 5/19



10 am ~ 1 pm Meditation, Sutra Recitation, Prayer for the World, Vegan Potluck Lunch

靜坐，誦經，為天下祈福，午齋

Preface of the Lotus Sutra 拜法華經序

歡迎所有宗教，種族，。。。 All religions, races, ... are welcome!

我們的網址 Our webpage: www.tzuchisantarosa.org

活動變更請看行事曆 Event updates: [calendar-of-events](#)

詢問電話及電郵地址 Questions? 707-546-1945 or

tzuchinorthbay@gmail.com 負責人吳愛珠（慮惜） Ai-Chu Wu, Director