

# Buddhist Meeting

WITH CHAPLAIN BRETT CAMPBELL

Every Thursday  
1730-1830  
Chapel sanctuary



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These meetings are open to those who are currently practicing Buddhism, those who are interested in learning more about Buddhism or meditation and those who are simply curious. Please join us as we come together to learn about this rich tradition and how it can benefit you in your daily life.

Questions? Call Ch Campbell at (720)847-4631.

# Mindfulness for Resiliency

With Chaplain Brett Campbell

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Every Monday, Wednesday and Friday

1200-1300

Chapel Choir Room



Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. Ch Campbell will introduce the practice of mindfulness and provide a quiet space for anyone who would like to relax in the middle of their work day. This is a secular practice with many physical and psychological benefits, so please join us and experience how mindfulness can benefit you in your daily life.

Questions? Call Ch Campbell at (720)847-4631.

# TIBETAN BUDDHIST MONK VISITING BUCKLEY CHAPEL

Join us for a rare visit as Daji, a Tibetan Buddhist monk, comes from Tibet to Buckley Chapel to teach on the ancient Buddhist practice of Mind Training.

**The fifty-nine slogans that form Mind Training practice are designed as a set of antidotes to undesired mental habits that cause suffering.**

Don't miss out on this wonderful opportunity!

Thursday, 22 June

1730-1830

Saturday, 24 June

1000-1500 **(FREE LUNCH)**

Questions? Call Chaplain Brett Campbell at (720) 847-4631.

