



## Bristol Insight Meditation

Deepening Our Practice

Programme for October - December 2021

<b>Date</b>	<b>Meditation Sit Facilitator</b>	<b>Activity</b>	<b>Activity Facilitator(s)</b>
5 <sup>th</sup> October	Christine	Mindful Sharing	Christine
12 <sup>th</sup> October	Jonathan	Guided Meditation	Jonathan
19 <sup>th</sup> October	Mike	The Aṅgulimāla sutta	Mike
26 <sup>th</sup> October	Barbara	Poetry and Prose	Heather
2 <sup>nd</sup> November	Ray	Mindful Sharing	Ray
9 <sup>th</sup> November	James	The three poisons of ignorance, attachment, and aversion	Vince
16 <sup>th</sup> November	Christine	Reflections on "Mindful of Race" by Ruth King	Christine & Sabina
23 <sup>rd</sup> November	Mike	The practice of Not-selfing (anattā)	Mike
30 <sup>th</sup> November	Barbara	Spiritual Book Sharing	Barbara
7 <sup>th</sup> December	Clare	Mindful Sharing	Clare
14 <sup>th</sup> December	Jonathan	Social time, tea time and chat café	Jonathan
21 <sup>st</sup> December	Christine	Consultation on topics for Deepening our Practice	Christine
28 <sup>th</sup> December	Ryan	Mindful Reflections on 2021 and the New Year	Ryan & Will