

[Peacefully Free](#) A Song offered by Sr. Trieu Nghiem (True Morning Light) & Br. Phap Bieu

I am so free--Because I can be me. Look at the clouds at play--Passing over everyday. Inside the sky so blue--Immense, spacious and true. I'll be tall like the sky--Wide enough to embrace what's inside. Just like the clouds passing by--Flying high in the grand open sky. Everything around me will be--Loved, embraced and peacefully free. Everything inside me will be--Loved, embraced and peacefully free.

Dear Thay, dear Sangha,

Please Join [Peach Blossom Sangha](#) for our next gathering on this Sunday, November 16th from **5:00-6:30 PM EST.**

(Please note our new meeting time.)

This week's dharma reading: [Reconciliation \(Peace is Every Step\)](#)

Facilitator: Matt

Bell Minder: Bell Team

Zoom Minder: Zoom Team- John or Eduardo

[Upcoming readings and volunteer schedule](#)

In Person Location: Red Clay Buddhist Meditation Community. Address: [3315 Chamblee Dunwoody Rd, Chamblee, GA 30341](#)

The Zoom link: [Breathe and enter](#)

Other News and Information

What is Dana?

In Plum Village and other Buddhist traditions, dana means generosity, giving, or the practice of sharing. It goes beyond material gifts and includes giving your time, energy, compassion, and presence, such as offering a smile, a loving look, or calm stability. The practice is rooted in the intention to give freely and without expectation of return, which helps cultivate a compassionate heart.

Thich Nhat Hanh, our teacher, explained that Dana Paramita is one key to reconciliation as well. His short teaching, in video and transcript form, entitled Dana: the practice of giving is [available here](#).

Here are two ways to offer dana over the next 4-6 weeks. There is of course no pressure to contribute. This is just to inform sangha of the opportunity.
Your beautiful smiles and presence are, as always, welcome gifts.

Fall Fundraiser for Red Clay Sangha, the community which generously invited us to use their space two years ago. See Donate page on Red Clay Sangha Webpage

and

Holiday Collection/Drive for Bashor Men's Shelter and Urban Recipe Food Bank

Items we are collecting:

Folgers Coffee

White Athletic Socks

Canned Vegetables

Boxed Cereal

Collection bins are in the lobby

Quick Reference to links for Plum Village Tradition Morning Meditation

Opportunities

Monday-Friday at 6:30-7:00 AM

[Morning Meditation with sangha friends at Breathing Heart Sangha](#)

Tuesday/Thursday 7:00-7:40 AM

[Morning Meditation offered by the Winston Salem NC Sangha](#)

Please let us know by emailing back a note if you would rather not receive this email newsletter anymore.