

# GINZA HOLIDAY

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ZEN SHIN BUDDHIST MEDITATION SERVICE

All Are Welcome

Please join the Zen Shin Sangha of The Midwest Buddhist Temple for a weekly meditation service. Each Sunday the Temple, conveniently located in old Town, offers a unique opportunity to learn and practice meditation in a gentle and supportive setting. We welcome all to share in our simple service designed to foster tranquility, mindfulness, and kindness.

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ZEN SHIN BUDDHIST MEDITATION SERVICE

Sunday at 8:30 am  
Midwest Buddhist Temple  
435 W. Menomonee  
Chicago, Illinois  
(312) 943-7801

New class time added  
Wednesdays  
6:00 pm to 7:00 pm

