NEW YEAR'S DAY
BEGINNING ANEW CEREMONY

WHEN: **Friday, January 1st, 2027**—9:50am – 12:00pm
(***Optional potluck lunch from 12:00 – 1:00pm; **details are below** – Let's celebrate together 🥕🙏***)

Please arrive at the church between 9:50 and 9:55am to prepare for a 10:00am start of the ceremony.

WHERE: St. Paul's United Methodist Church—4215 Grinnell Ave. / Boulder, CO 80305
(on the NE corner of Grinnell and Gillaspie in south Boulder; for directions, please see church website.)

WHAT: The Beginning Anew ceremony was created by Buddhist teacher Thich Nhat Hanh as a way to review our past experiences, learn from them, and move forward with a clear, strong intention to live an awakened life. This modified version of the ceremony begins with a forty-minute period of silent sitting meditation and continues with a series of readings, reflections, and statements of intention. While some of the language is specific to the Buddhist tradition, the ceremony is universal in the way it highlights our innate human capacity for renewal. In that sense, it has meaning for people who identify with a wide variety of faith traditions as well as those who do not identify with any designated religious or spiritual perspective.

Please note: The text for the ceremony is available at the following link. Please print the text and bring it with you or open it on your device when you attend the morning gathering on January 1st. We will have copies available for those who want to participate and are unable to bring a printed copy of their own or to access the ceremony on their digital device.

https://www.insightcolorado.org/Pages/Beginning_Anew.pdf

WHO / COST: This event is being hosted by **the Insight Meditation Community of Colorado (IMCC)** (www.insightcolorado.org). Anyone who would like to participate is invited to do so. **No registration is required and there is no fee for participation**. Free will donations (known as *dana*--a Pali word meaning *generosity freely offered*) will be gratefully accepted to help support our practice community. If you would like to make a donation, you can do so in one of two ways:

1. By using the following link to a PayPal button that will allow you to pay with a credit card, debit card or PayPal account. Once on the website, scroll to "1/1/27 Beginning Anew Ceremony."

   https://www.davidchernikoff.com/retreat-dana

2. By mailing a check made out to **IMCC** to: IMCC c/o Lattina Adams / 2782 S. Heather Gardens Way / Aurora, CO 80014. *Please put* **1/1/27 Ceremony** *in the memo line so we know the intention of your offering.*

POTLUCK LUNCH – After we complete the *Beginning Anew* ceremony, we'd like to celebrate the New Year with a potluck lunch. Please feel free to join us whether you're able to bring some food to share or not. If you bring food to share, **please also bring a notecard or small piece of paper listing the ingredients of your food offering for the benefit of people who have special dietary needs.** The sangha will provide hot drinks, water, cups, plates, utensils and napkins. We will have limited refrigerator space and we will not be able to warm things up so it would be best to bring nonperishable foods or those that can sit out during the ceremony.

***QUESTIONS*?** If you would like more information,

please contact David Chernikoff at

davidchernikoff@icloud.com or 303-499-7592.