

## NEW YEAR'S DAY BEGINNING ANEW CEREMONY

**WHEN:** Sunday, January 1<sup>st</sup>, 2023—9:50am – 12:00pm

Please arrive in the Zoom room between 9:50 and 9:55am to prepare for a 10:00am start of the ceremony and mute your device.

**WHERE:** Online via Zoom.

**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 or open it on your device when you attend the morning gathering on January 1<sup>st</sup>.**

[https://www.insightcolorado.org/Pages/Beginning\\_Anew.pdf](https://www.insightcolorado.org/Pages/Beginning_Anew.pdf)

**WHO / COST:** This event is being hosted by the Tuesday night group of the Insight Meditation Community of Colorado (IMCC) ([www.insightcolorado.org](http://www.insightcolorado.org)). Anyone who would like to participate is invited to do so. No registration is required. Free will donations (known as *dana*--a Pali word meaning *generosity freely given*) 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 following this link to a PayPal button which will allow you to pay with a credit card or debit card:

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

2. By mailing a check made out to **IMCC** to IMCC c/o David Chernikoff 255 Pawnee Drive / Boulder, CO 80303. **Please put 1/1/23 Ceremony in the memo line so we know you attended the ceremony.**

**Zoom info:** You can click this link to join the Zoom room:

<https://zoom.us/j/7656871211?pwd=MmlyV2tQNnNXZW9kZWZPcEd6VFAwZz09>

**Or,** you can open the Zoom app and enter this information:

Meeting ID: 765 687 1211

Password 944333

**QUESTIONS?** If you would like more information, please contact David Chernikoff at

[davidchernikoff@icloud.com](mailto:davidchernikoff@icloud.com) or 303-499-7592.