

The following is a list of topics and teachers for the Monday Night Meditation class at Saint Mark's Episcopal Church at 118 3rd St SE (3rd and A Streets, just behind the Library of Congress), from 7:30 - 9:00PM in the Nave.

The class is comprised of a thirty-minute guided meditation following by a talk and often time for discussion.

There is no set fee for this class. In the Buddhist tradition, classes are offered in a spirit of generosity. A suggested donation of \$10.00 supports the teacher and the sponsoring organizations in their charitable work and guarantees no one is ever denied access to the classes.

For more information, please go to <http://www.jonathanfoust.com/monnightclass.htm>

Date	Topic	
Sept 14	Suffering, Freedom and the Four Noble Truths	John
Sept 21	Mindfulness of the Body: Cultivating Embodied Presence	Jonathan
Sept 28	Mindfulness of Emotions: An Overview of the Hindrances	Jonathan
Oct 5	Mindfulness of Emotions: Working with the Hindrances	John
Oct 12	Mindfulness of Thoughts: With Your Thoughts You Create Your World	John
Oct 19	Components of the Practice: Concentration, Mindfulness and Insight	Jonathan
Oct 26	The Art of Metta: Cultivating Loving Kindness	John
Nov 2	The Bodisattva Path: Cultivating Compassion	Jonathan
Nov 9	Increasing Your Capacity for Joy	John
Nov 16	Clear Seeing: Cultivating the Equanimous Heart	Jonathan
Nov 23	Gratitude and Giving	John
Nov 30	Cultivating Sangha	Jonathan
Dec 7	The Art of Practice I	John

Date	Topic	
Dec 14	The Art of Practice II	Jonathan
Dec 21	Christmas Dharma	John
Dec 28	New Beginnings: The Power of Intention	John
Jan 4	Wise Speech	Jonathan
Jan 11	The Refuges	Jonathan
Jan 18	Buddha and the Body	John
Jan 25	Concentration and Mindfulness	Jonathan
Feb 1	Working with Fear	John
Feb 8	Working with Pain	John
Feb 15	Working with Desire	John
Feb 22	Waking from the Dream of Thoughts	John
Mar 1	The Three Characteristics	John
Mar 8	The Life of the Buddha	Jonathan
Mar 15	Life Off the Mat: Engaging in Social Change	Jonathan
Mar 22	Cultivating Faith	Jonathan
Mar 29	Mindfulness in the Workplace	Jonathan
April 5	Relationships and Conscious Communication: Working with Conflict	John
April 12	The Heavenly Messengers (Sickness, Old Age and Death)	Jonathan
April 19	The Power of Inquiry	Jonathan
April 26	Doing and Non-Doing	Jonathan
May 3	The Nature of Karma	John

Date	Topic	
May 10	TBA	Jonathan
May 17	TBA	John
May 24	TBA	Jonathan
May 31	TBA	John
June 7	TBA	Jonathan
June 14	The Path of the Bodhisattva	John