

DHARMA TEACHING



by **Lama Kathy Wesley**

July 20 - July 23, 2018

Unitarian Universalist Fellowship of San Dieguito

to Host Lama Kathy in San Diego

Lama Kathy Wesley (Lama Gyurme Chötsö) has been a student of Khenpo Karthar Rinpoche since 1977. She participated in the first three-year retreat led by Khenpo Rinpoche at Karmé Ling Retreat Center in upstate New York, and thus earned the title of 'retreat lama.' Now, as a Lama, Kathy serves at the Columbus Karma Thegsum Chöling as its practice coordinator, and travels to other Buddhist centers throughout the country to teach. Lama Kathy is a graduate of Ohio State University with a bachelor's degree in journalism. She lives in Newark, Ohio with her husband, Michael Wesley.



Friday, July 20 - Saturday July 21

Deepening Our Meditation

10:30am - 12:00pm - 2:00pm - 3:30P

In a time when financial and energy resources seem to be dwindling, more wars appear to be breaking out, and tensions run high in families and communities, it's hard to find one's center and find a place of peace in a world of turmoil. The historical Buddha Shakyamuni shared strong advice for times like these: reach out and benefit others. This talk will discuss the meaning of his advice, and how we can apply it to our own lives in difficult times.

Q & A and Discussion with Lama Kathy

Sunday, July 22

Mixing Wisdom with Compassion: A guide for Modern Times

10:00am - 11:00am - Coffee Hour After

Lama Kathy will be giving the sermon in the outdoor amphitheater

Suggested Donation \$75. No one turned away lack of funds.

All Donations go to Lama Kathy

Unitarian Universalist Fellowship of San Dieguito
1036 Solana Drive Solana Beach, CA 92075