

Darienite

News for Darien

<http://darienite.com>

Buddhist Thought & Practices for Christians: Saturday Workshop

Author : David Gurliacci

Categories : [Around Town](#), [Churches](#), [Religion](#)

Date : September 30, 2015

The public is invited to participate in stimulating interfaith mindfulness practices with musician and Buddhism scholar Dr. Robert Jonas on Saturday, Oct. 3 in Darien. Register first.

This is an announcement from St. Luke's Parish in Darien.

“Mindfulness in Three Dimensions: A Christian-Buddhist Practice of the Trinity” will run from 8:30 a.m. to 2 pm at Saint Luke’s Parish Youth & Community Center, 1864 Post Rd., in Darien. The cost is \$25, which includes breakfast and lunch; [registration is online](#) or by phone at 203-655-1456.

Guest speaker Robert Jonas will share ways that Buddhist thought and practice can enlighten our understanding of the Christian path.

Along with Dr. Jonas’s lecture, attendees will participate in music, movement, meditation and other mindfulness practices to explore the mystical side of spirituality.

Darienite

News for Darien

<http://darienite.com>

Dr. Jonas is an author, musician, retreat leader and founder of The Empty Bell, a contemplative sanctuary in Northhampton, Massachusetts.

A Christian in the Carmelite tradition, he has also received spiritual formation with Buddhist teachers.

A student of the Japanese bamboo flute, Dr. Jonas has played in many secular and spiritual contexts, both Buddhist and Christian. For more information about our event leader, visit www.emptybell.org.

About Saint Luke's

Saint Luke's Parish is an accepting and transforming Episcopal community in Darien, Connecticut. This event is part of Saint Luke's commitment to interfaith understanding and spiritual growth, and everyone is invited. More about the parish can be found on [its website](#).