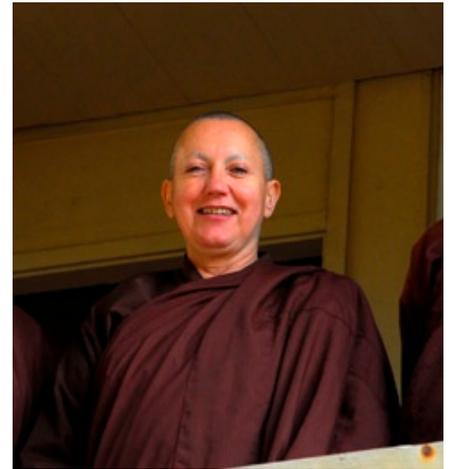




A DAYLONG with AJAHN METTA

SATURDAY
FEBRUARY 6TH, 2010
9:00 AM TO 3:00 PM
AT THE
UNITY CHURCH
FELLOWSHIP HALL
2467 VENEMAN AVE.
MODESTO, CA



A BENEFIT BY
INSIGHT MEDITATION MODESTO
FOR
THE SARANALOKA FOUNDATION

Please join us for a day of meditation in the Theravada tradition, sharing of food, chanting, and Dhamma teachings with Ajahn Metta.

We will have a meal offering at 11am - please bring food to share and offer. For information about the meal offering and etiquette, see: http://www.saranaloka.org/lay_guide.html.

This day is offered freely for all by the Insight Meditation Modesto sangha and Ajahn Metta. Donations are gladly accepted and will be for the benefit of the Saranaloka Foundation.

Saranaloka Foundation was established in 2004 to support nuns from Chithurst and Amaravati monasteries in England to come to the United States to teach. With the blessing of the Forest Sangha monastic communities in Europe, an intention to establish a branch monastery for training women in the United States has been set. Three nuns, Ajahn Anandabodhi, Ajahn Metta and Ajahn Santacitta have set up residence at Aloka Vihara in San Francisco with the intention of establishing a monastery in a more rural nearby setting in the coming years. We hope you will join us in this historic effort to establish a training monastery for women as well as a place where both lay women and men will come to visit and practice.

Ajahn Metta was born in 1953 in Germany. She has lived at Amaravati and Chithurst Buddhist Monasteries since 1993 and took higher ordination as a *siladhara* with Ajahn Sumedho in 1996.

For the past several years she has taught retreats and has been one of the sisters to lead the nuns' community at Amaravati. She visited Asia for a year in 2008, spending time on retreat and visiting holy sites in India and Sri Lanka. Currently, Ajahn Metta is part of the group of senior nuns establishing a training monastery in California.

Prior to monastic life, she worked as a secretary and office assistant. She is the mother of a grown-up son and lived a family life before entering the monastic path. She has been practicing meditation since 1984 and has lived in other spiritual communities in Europe and Thailand (Wat Suan Mokkh). While there, she came in contact with the Theravada Tradition. Her first teacher was Ajahn Buddhadasa, one of the foremost contemporary teachers in Thailand at the time.

For additional information, please contact Lori Wong at 209-343-2748 or visit <http://insightmeditationmodesto.wordpress.com/>