

# First Friday People of Color Sangha's Year of Practice

## Wisdom, Virtuous Action and Meditation (The Noble Eightfold Path)

### **Fridays from 6:30-8:00pm**

January 11 – February 1 – March 1 – April 5 – May 3 – June 7 – July 12  
August 2 – September 6 – October 4 – November 1 – December 6

The three branches of the Noble Eightfold Path — Wisdom, Virtuous Action, Meditation — are a guide to the end of suffering. The Buddha gave this teaching in virtually all his discourses and his directions are as clear and relevant for today's practitioner as they were when he first gave them.

Led by CIMC Core Teacher Matthew Hepburn and supported by the POC Affinity Group Leaders, CIMC's First Friday People of Color Sangha (community) will learn and explore this teaching together in 2019.

We will start on Friday, January 11<sup>th</sup> by inviting a community discussion about this year-long program. In February we will begin our year of practice with an exploration of Wisdom. We hope you will join Matthew and the POC Affinity Group Leaders for this year-long practice opportunity.

**Note: This is a drop-in program open to those who self-identify as people of color.** No registration is necessary. You are invited to join our community vegetarian potluck and conversation each Friday evening following the program, from 8:00-9:00pm.



**Cambridge Insight  
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