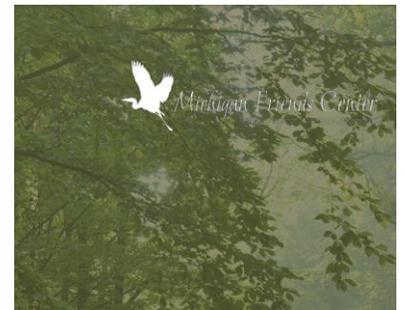




April 18, 2026  
Sandhill Crane Sangha  
Day of Mindfulness



### *The Practice of Deep Listening*

*Knowing how to listen requires patience and compassion,  
and fortunately, we can train ourselves in this.*

*First you have to be able to listen to yourself.*

*The practice of mindfulness will generate the compassion you need  
to cradle your own pain and suffering.*

*When you begin to understand and love yourself,  
you are ready to understand and love another person.*

*- Thich Nhat Hanh*

We are inviting you to take time in a beautiful natural setting to explore the theme of Deep Listening. We are pleased to welcome back Dharma teacher **Barbara Newell**, who will be joining us to share her and Zen Master Thich Nhat Hanh's teachings on this transformative practice. Barbara trained for 12 years as a nun (Sister Pine) at Plum Village with Thich Nhat Hanh.

The day will include guided meditation, forest bathing / walking meditation outdoors (weather permitting), Dharma talk, eating meditation, deep relaxation, singing, and small group sharing.

**When:** Saturday, April 18, 2026, 9:00 am - 4:00 pm (please arrive by 8:30 to check-in)

**Where:** The Michigan Friends Center at 7748 Clark Lake Rd., Chelsea, MI 48118.  
GPS is not always accurate. See Friends Center website, <https://mfcenter.org/> for directions. Please carpool if you can!

**Cost:** Suggested sliding scale of \$100 Supporter, \$45 Sustainer, \$25 Essential.

Your donation is an opportunity to be generous and grateful in supporting the teachings and our beloved teacher who has selflessly devoted her life to this work. For help with finding your number, check out the ["green bottle" guide](#).

Donations payable in a basket at the door: cash, check, or Venmo.

**Health Precautions:** Masks are optional. If you have symptoms (i.e. fever, cough, nasal congestion, sore throat, etc.) Please stay home to take care of yourself and please let us know.

**Bring:** Your own bag lunch and covered beverage container; a meditation cushion, mat, or stool if you wish; and appropriate outerwear for walking meditation. Provided are chairs, water, coffee, and tea.

**Registration:** Space is limited at the Friends Center so please register by clicking this link:  
[\*\*Registration form for April 18, 2026 day of mindfulness.\*\*](#)

**Questions:** Further information: Kathleen Anzicek: [kanzicek50@gmail.com](mailto:kanzicek50@gmail.com), 734-260-0273  
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