

Modesto Valley Heartland Zen
Welcomes you to an
Open House and Introduction to Zen



Thursday, 22 September

6:30 - 8:30 pm

The Church of the Brethren 2301 Woodland Avenue Modesto, CA

Please join us for an introduction to Zen meditation practice, and a discussion of the relevance of a Zen Buddhist path in our daily lives.

The evening will be led by Rev. Andy Do'on Young and Rev. Ezo Wilson of the Valley Heartland Zen group.

Questions and discussion are encouraged. Tea and other refreshments will be provided.

\$10 donation suggested; no one turned away
for inability to pay.

For more information,
contact Reverend Do'on Young 209-535-6750

www.modestozen.org