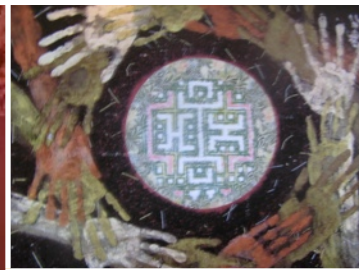


# Winter Feast for the Soul

A 40-Day World Spiritual Practice Period for all Faiths



what 9 months does for  
the embryo

forty early mornings



will do for your growing  
awareness--Rumi



**An Invitation from Gitche M'Qua:** Please join us to become a community of hands and hearts in prayer and practice for 40-days of 40-minutes of unified action. Let's change our inner worlds and outer worlds together.

**Starting January 15 - February 23, 2010**

**The 2010 Winter Feast has received a letter of blessing from His Holiness the Dalai Lama.**

This winter people around the world will come together to celebrate the 2nd Winter Feast for the Soul: a 40-day worldwide spiritual practice period for people of all faiths.

We invite you to join us in making the 2010 Feast for the Soul a reality where you live. The Winter Feast is an opportunity to make a commitment to yourself and to the larger global community to be part of an international spiritual practice period this winter. Can you commit to 40 minutes of meditation and practice each day for forty days? The Winter Feast opens the door for you to experience the personal peace that a life grounded in daily practice brings. If enough of us join our intentions, that personal peace will translate into an accommodation for world peace.

**Last year, over 10,000 people from more than 29 countries joined in this commitment**

# Winter Feast for the Soul

to daily prayer and practice. This year we invite you to become a part of this global practice period, also supported by [www.charterforcompassion.org](http://www.charterforcompassion.org)

**Practicing as communities within a global family we sow the seeds of peace and compassion to blossoms within all gardens.**

To join send us an email: [info@gitchemqua.org](mailto:info@gitchemqua.org) Confirm your intention to join with us. You can also register at: [www.winterfeastforthesoul.com](http://www.winterfeastforthesoul.com) Th you can sign up to the global network of people of all faiths who will walk this period of practice together. Longer sadhanas, like this 40-day practice, are known for their power; the collective strength of group practice makes this even more potent. Although not necessary, it is helpful to pick the same time each day and early morning is the best time. At their website are some meditation instructions, if you do not have a formal meditation or prayer practice. Also you can view a suggested practice for an **Opening Ceremony**, which we will hold **Friday January 15th at 8:30am EST** in our home at 69 Heathdale Rd. Please join us.

In your email please include your name, the time of day you plan to practice, and if you plan to attend either, and/or both, the opening and closing ceremonies. The **Closing Ceremony** will be held **Tuesday, February 23rd at 8:30pm EST. If you have any questions you can call Andrew directly at 416-654-8905.**

**Start your own Winter Feast group, invite your friends, or talk to your yoga studio or community to get involved. It starts in 12 days.**

The inspiration for this project is for us to become many spokes in a community-wheel of peace. The wheel turns because we turn our thoughts and prayers towards this goal together. Both Angie and I feel this need for community practice more than ever. Our recent visit to Italy and to the devastation of the earthquake of April 2009 has shown us the power of many helping hands. We also feel strongly the need more opportunities for meditation practice, as many of us understand its benefits. Winter Feast for the Soul is an excellent way to deepen our commitment to daily practice, and it's also an excellent support to anyone who wishes to establish a daily practice and has been having trouble accomplishing this.

We are committed to this 40-days of 40 minutes of practice and we hope you will join us. In addition to our daily sitting practice we will offer prayers and generate what is known as "bodhichitta" or the heart-wish for all to know peace and to understand the means to live in peace. Abhidharma and other buddhist texts remind us of the importance of daily mindfulness and sitting meditation practices, as the means to transform our "unhealthy" thoughts and patterns that have been accumulated for many years. As we reach into this awakening of bodhichitta," the mind of living compassion and concern for others, we invite you each day to offer prayers of dedication, after your 40-minutes of practice. This offering is our gift to others that we may all share this heart of peace together.

**Rumi's poem was the inspiration for Winter Feast and we hope it inspires you as well.**

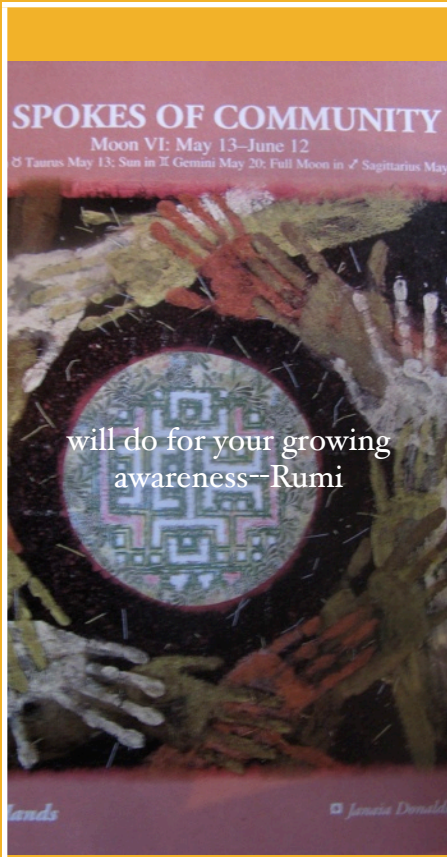
**We are very joyful to be in preparation for an auspicious time of practice. Join us today! Spread the word! We know this is short notice, but we just learned about this and feel joyful to share this practice with you.**

**In Service, Peace, and Heartful Blessings for 2010.....Angie & Andrew**



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Many hands and hearts create  
a mandala of peace that  
change the world--one prayer  
at a time. Anonymous

