



The Four Noble Truths



Presented by
Dori Langevin, PsyD

12 week series - Wednesdays, 6 - 7:30 pm
Sept 9 - Dec 16
(No class on Oct 7, 14, 28 and Nov 18)

Cost: \$120 or \$12/class
Each evening will include meditations, talk and discussion



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The core of the Buddhist teaching is the Four Noble Truths:

There is suffering
There is a cause to suffering
There is an end to suffering
There is a path out of suffering

Join anytime
To Register call: (509) 483-6495
or email: sati@windwireles.net

The Reality of Suffering:

- *Ordinary Suffering*
- *Suffering Produced by Change*
- *Suffering as Conditioned States*

The Cause of Suffering

- *Desire for Sense- Pleasures*
- *Desire to Become*
- *Desire to get rid of*

The Cessation of Suffering

- *Freedom from attachments*

The Noble Eightfold Path

- *Wisdom*
- *Morality*
- *Concentration*



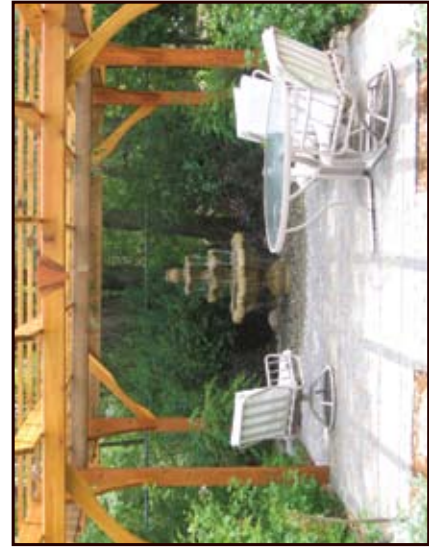
Dori Langevin, Psy.D has been teaching mindfulness meditation since 2003. Dori has co-taught residential retreats at Insight Meditation Society, Insight Meditation Community of Washington, Southern Dharma Retreat Center, Buddhist Peace Fellowship and Omega Institute.

1016 N Superior St. • Spokane, WA 99202 • (509) 483-6495

www.stjosephfamilycenter.org



The Franciscan Place at St. Joseph Family Center fosters the reintegration of mind, body and spirit through the design and delivery of experiential learning, by creating a welcoming place of respite and by living and acting in an integrated way with the community of St. Joseph Family Center.



View of the beautiful grounds of St. Joseph Family Center.



St. Joseph Family Center is an outpatient counseling, spirituality, and healing arts center sponsored by the Sisters of St. Francis of Philadelphia.

Our mission is to foster the development of the whole person, to promote growth within the family and to help create a healthy community.



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The Franciscan Place
 at St. Joseph Family Center



MIND



BODY



SPIRIT

*All Faiths Welcome
 Free Assistance Available*