



# Eat Greet Meditate.

## Pot Luck Dinner and Meditation!

Blossom new friendships, connections and support for meditation practice by joining in the fun, right before our regular weekly meditation practice on February 7th. Meet new people, get to know one another better and generally have a chance to practice the gift of gab ... and EAT some delicious food! All are invited and always welcome, always free. If you can't bring a dish, no worries ... there is always plenty of food to go around.

FEBRUARY 7<sup>TH</sup>, 5:30PM

Neighborhood Community Center, 1845 Park Ave, Costa Mesa

Dzogchen Center  
Southern California

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