

# Brown Bag Zen

*Exploring Zen Meditation and Teaching*

**Fridays, 12:15 to 1:15pm**

**St. James Church  
Corner of High & Hellam Streets  
Monterey**



20-minute Meditative Sitting  
10-minute Talk  
Tea & Cookies Group Discussion



**No charge – No reservations**



*"When you become you, Zen becomes Zen. When you are you, you see things as they are, and you become one with your surroundings."*

*—Shunryu Suzuki Roshi*

**Presented by Monterey Bay Zen Center 🌸 [montereybayzencenter.org](http://montereybayzencenter.org)**

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