

## HEALING WITH PULSE ORLANDO

Charity Network News has teamed up with Equality Florida & our allies to honor the 49 Souls lost at Pulse with 1 week of events in Houston to support the LGBT community. Together, in times of escalating chaos we learn to shift fear, discrimination, bigotry, violence, grief & anger to hold a vision of equality & world peace for our community by finding the stillness & joy within that can anchor us in any storm. Wear your Rainbows with Pride and join us as we



**SUNDAY, JUNE 11 | Meditate for World Peace | Half-day Retreat:** (9:00 am-12:00 pm) Zen Meditation Classes guided by Ordained Zen Masters of **Chung Tai Chan Monastery of Houston**, 12129 Bellaire Blvd., 77072 [cthouston.org](http://cthouston.org)

**PFLAG Meeting:** (2:00 pm) PFLAG has been saving lives, strengthening families, changing hearts, minds & laws since 1972. Our nationwide family voice is integral to advancing equality for the #LGBT community. Come to our meeting, make new friends and join us for lunch afterwards. **St. Pauls Recreation Center**, 401 Branard St., Houston, Tx 77006 [pflag.org](http://pflag.org)

**MONDAY, JUNE 12 | Yoga for World Peace | On The Green:** (11:00 am-12:30 pm) Strengthen, relax, recharge, re-center and heal. Presented in partnership with Military Veterans Peer Network. Bring your own mat, towel & water. Participants are required to sign an exercise release form upon arrival. Free. **Discovery Green**. 1500 McKinney, 77010. [www.discoverygreen.com](http://www.discoverygreen.com)

**Pulse Vigil | Montrose Center:** (7:00) A year later, celebrating the lives of those lost in the Pulse Orlando massacre. **The Montrose Center**, 401 Branard St, Houston, TX 77006 [montrosecenter.org](http://montrosecenter.org)

**Poems for Pulse & LGBT Equality | The Last Concert Café:** (8:00-10:00 pm) Come express yourself by writing a creative verse, lyric or spoken word to uproot anti-LGBTQ bigotry & hate with **love**. Open Mic. Last Concert Café, 1403 Nance St. 77002

**TUESDAY, JUNE 13 | Yoga for Healing | Resurrection MCC:** (7:00-8:30 pm) Get in touch with your mind, body, and spirit through Yoga! Connect with others, suitable for everyone. All body types and skill levels welcome. Bring your own mat, towel & water. Free. **Resurrection Metropolitan Community Church**, 2015 West 11th Street, 77008

**WEDNESDAY, JUNE 14 | Oneness Blessing | Unity:** (5:30-6:45pm) The Oneness Blessing, is a hands-on, direct blessing. Which can strengthen your relationship with your Divine, Spirit, God. Quiet your chattering monkey mind in group meditation. The more blessings you receive, the greater the benefit. Child care available, no reservation required. Free. **Willet Hall @ Unity of Houston**, 2929 Unity Dr, 77057 [unityhouston.org](http://unityhouston.org)

**THURSDAY, JUNE 15 | Tai Chi by the Reflecting Pool | Rothko Chapel:** (5:00 - 6:00pm) Tai Chi is a traditional Chinese martial art whose physical practice offers general health benefits, stress mgmt.& increased energy. The physical & meditative aspects of Tai Chi, which use slow movements, relieve the physical effects of stress on the body &

mind. Led by instructor Henderson Smith. Inclement weather class held indoors. Free. Register. **Rothko Chapel** 3900 Yupon, 77006, [rothkochapel.org](http://rothkochapel.org)

**FRIDAY, JUNE 16 | ' Paying It Forward ' for Pulse & Manchester | Food Not Bombs:**

(8:00-9:30 pm) We fight hate & violence with kindness, activism & charity.

**Volunteer & do something good for your favorite charity on Friday.** Serve nationwide and help provide free vegan meals for the homeless. Cook & bring a disposable aluminum pan of hot vegetarian food to serve, or donate a love offering. Free. **Downtown Library Courtyard**, 521 Lamar, 77002. [www.foodnotbombs.net](http://www.foodnotbombs.net)

**SAT, JUNE 17 | Qi Gong for**

**Equality:** (4-6 pm) Also known as Falun Gong or Falun Dafa, a traditional qigong practice now forbidden in China due to their Communist regime, practitioners are often persecuted like the LGBT community in other parts of the world. Together we will practice Qi Gong & take a stand for Global Human Rights. Gentle movements & meditation cultivate the body, mind, & spirit. A powerful system only consists of 5 simple exercises, performed by anyone regardless of age, physical condition, or prior experience. **Outside of Chinese Consulate**, 3417 Montrose Blvd.,77006.

**SUNDAY, JUNE 18<sup>th</sup> | Dance for World Peace | Ecstatic**

**Dance Evolution:** (10:30 am-1:00 pm) A transformational dance practice. Be free in mind-body-spirit & express yourself thru movement with an accepting creative community. Uproot anti-LGBTQ bias & bigotry through the beauty of dance & movement. Free. **Midtown Arts and Theater Center (MATCH)** 3400 Main Street, 77002

**Sunday Love Feast :** (7:00pm)

Break bread and make new friends. Karma talk followed by a free vegetarian meal for all. Free. **ISKCON Temple:** 1320 West 34th Street, 77018. [iskconhouston.org](http://iskconhouston.org)

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