

# CLAUDE ANSHIN THOMAS

Zen Buddhist Monk • International Peace Activist • Vietnam Combat Veteran

Author of

*At Hell's Gate: A Soldier's Journey from War to Peace*

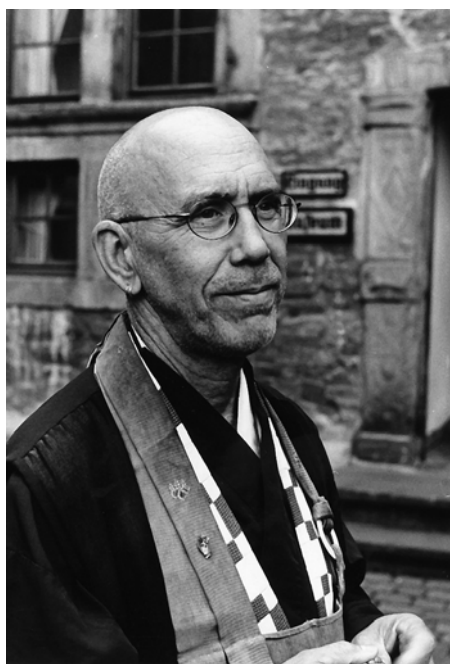
Shambhala, September 2004

## MAKING PEACE IN A VIOLENT WORLD

Friday, Sept. 29, First Unitarian Society

900 University Bay Dr., Madison

7:30 PM



We live in a world saturated by war and violence, yet we yearn for peace and healing. How can we bring an end to suffering both within ourselves and for all beings?

Claude AnShin Thomas, Vietnam veteran, Zen Buddhist monk and peace activist, is returning to Madison to offer his teachings on healing emotional suffering and practical guidance in using mindfulness and compassion to transform our lives. Claude AnShin last spoke at First Unitarian in March 2005 to an overflow crowd hungry to hear his message of peace and non-violence.

Claude AnShin is also the author of *At Hell's Gate: A Soldier's Journey from War to Peace*, a first-hand account of how the dehumanizing experience of war and living with family trauma and violence passed down from generation to generation can create a perception of reality in which atrocity becomes commonplace.

This talk, which is sponsored by the Madison Peace Fellowship, the Peace and Justice Committee of First Unitarian Society and Clarence Kailin Chapter 25, Veterans for Peace, is free and open to the public. Donations to the Zaltho Foundation, which supports Claude AnShin's work are welcome.

*For more information, contact Kathy Derene at 608-233-4118 (e-mail: [kathy@derene.com](mailto:kathy@derene.com)) or Cynthia Wheeler at [ctwheeler2001@yahoo.com](mailto:ctwheeler2001@yahoo.com).*

Claude AnShin will be John Quinlan's guest on Forward Forum (92.1 FM) at 9 AM on Saturday, Sept. 23, and will also speak at the River Arts Center Theater, 105 Ninth St. in Prairie du Sac on Sept. 28 (7 PM).