

"Let there be peace on earth, and let it begin with me."

MINDFULNESS MEDITATION OPPORTUNITIES

Durham Community Church – Oct.-Dec. 2017

*Often we're working so hard to get
somewhere that we forget to be here.*

Goldstein and Stahl in their book MBSR Every Day

Judith Moyer is on sabbatical for study and retreat from September 25 through December. Our practice sessions will continue with rotating leadership during that time. We will return to our regular schedule in January.

Mindful Mondays at Noon –

We meditate together for 60 minutes and discuss our practice for the remainder of the time. Rotating leadership. If you are planning to attend, please contact John Mince at johnmince23@comcast.net to confirm.

Mondays 12:00-1:30 P.M., Durham Community Church Parlor. No charge. All welcome.

Wednesday Drop-in Silent Meditation Together – Meditating regularly in silence together strengthens and supports our practice. Here's another opportunity. Rotating leadership. If you are planning to attend, please contact Kitty Hicks at hickskathleen747@gmail.com to confirm.

Wednesdays in the Parlor, 6:30-7:30 p.m. No charge. All welcome!