

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

MINDFULNESS MEDITATION OPPORTUNITIES

Durham Community Church – June&July 2017

Summer Solstice Silent Mini-Retreat & Potluck. Wednesday June 21, 6:00-8:30 p.m. Durham Community Church Parlor. Meditative sitting, walking, and lovingkindness practice. Bring your own eating utensils and dishes and a simple vegetarian food to share. Teas, chairs, cushions, and backjacks provided. Bring a friend. Donation \$10 or whatever. **Come and enjoy the gifts of silence! All welcome! Yes, we are air-conditioned.**

Mindfulness-Based Stress Reduction 8-week class -- Registration now open. Pre-registration required. – Tuesdays, 6/27-8/22, 7:00-9:00 p.m. or Thursdays 6/29-8/24, 9:00-11:00 a.m. Includes all-day retreat 8/12. This is the foundational curriculum that started it all! Developed by Jon Kabat-Zinn and others at UMass Medical School's Center for Mindfulness, this class introduces the mindfulness practices that can help reduce stress, ease pain, and teach us how to live more fully and vibrantly. Fee \$225, payable at first class. Durham Community Church Parlor. **Yes, we are air-conditioned.**

Wednesday Drop-in Meditation – 6/7 & 6/14 only. Solstice retreat 6/21. No Wednesdays in July and August. Wednesdays in The Parlor, 6:30-7:15 p.m. Meditating regularly in silence together strengthens and supports our practice. Here's another opportunity to do so. Please join us. Chairs, cushions, and backjacks provided. **No charge. All welcome! Yes, we are air-conditioned.**

Mindful Mondays at Noon – No Monday classes in June. Classes resume in July. July's topic: Hanging in Discomfort & Uncertainty Suffering in discomfort and uncertainty? Mindfulness might help. Come explore and see what you discover for your well-being. Includes about 60 minutes of sitting meditation. Mondays 12:00-1:30 P.M., Durham Community Church Parlor. Donation \$20 or whatever. **All welcome! Yes, we are air-conditioned.**

For info on all of above or to register contact jnmoyer@unh.edu