

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

MINDFULNESS MEDITATION OPPORTUNITIES

at Durham Community Church -- January 2018!

“Mindfulness can improve competence, relationships, happiness, even health and longevity.” Dr. Ellen Langer

Mindful Mondays at Noon – begins 1/8/2018

This month’s topic: Mindfulness and Steady Mind

Do you feel stressed from life’s challenges? Can mindfulness practice help? Yes! Please join us as we cultivate a steady mind that can be our ally. Includes 1-hour of sitting meditation.

Mondays 12:00-1:30 P.M., in the parlor. Suggested donation: \$20/meeting or whatever you can afford (Just come!). All welcome!

Mindfulness-Based Stress Reduction – Begins 1/22/2018

We can use basic mindfulness to reduce stress, deal with pain and illness, or simply learn to live more fully and feel more alive! Learn to meditate and pay attention in a mindful way. This 8-week course uses the curriculum developed by John Kabat-Zinn and The Center for Mindfulness at the University of Massachusetts Medical School in Worcester. Please pre-register and join us for the full 8 weeks. Includes about 1 hour/day of home practice. jnmoyer@unh.edu

Monday evenings, 6:45-8:45 P.M., Durham Community Church parlor. January 22 through March 19. No class February 26 (vacation). Includes all-day retreat Saturday, March 10, 9:00-3:00. Cost: \$245 includes 8 meetings, retreat, course workbook, and 4 CDs. **Pre-registration required.** Contact jnmoyer@unh.edu Instructor Judith Moyer, Ph.D., trained in MBSR at the University of Massachusetts Medical School’s Center for Mindfulness in Worcester. She is a professional educator with a long-standing personal meditation practice.

Wednesday Drop-in Silent Meditation Together – begins 1/3/2018

Please join us **Wednesdays in the parlor, 6:30-7:15 p.m.** Chairs, cushions, and backjacks provided. **No charge. All welcome!**

For more information, please email jnmoyer@unh.edu