

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

MINDFULNESS MEDITATION OPPORTUNITIES

Durham Community Church

March 2018

*If we come back to ourselves to restore peace and harmony,
then helping another person will be a much easier thing.*

Thich Nhat Hanh in his book True Love

Mindful Mondays at Noon – This month’s topic: Random Acts of

Kindness Mindfully aware of the world and people around us, we offer daily random acts of kindness. As we do, what are our own thoughts and feelings? Often it’s fun! You’re invited to try this, either with us or on your own!

Drop-in Mondays 12:00-1:30 P.M., Durham Community Church Parlor. Suggested donation: \$20/meeting or whatever (Just come!) Includes 60 minutes of silent sitting meditation. Some previous meditation experience recommended but not required.

Spring Equinox Silent Mini-Retreat and Vegetarian Potluck—3/20

A seasonal mini-retreat of silent sitting, walking, and eating meditation. Welcome Spring! BYO dishes, eating utensils, and a vegetarian food to share. Tuesday March 20, 6:00-8:30 P.M. Parlor. Suggested donation \$10. *All welcome!*

Wednesday Drop-in Meditation Together Meditating regularly together strengthens and supports our practice. Guided. Wednesdays, 6:30-7:15 p.m. Parlor. *No charge. All welcome!*

REGISTRATION NOW OPEN -- Mindfulness-Based Stress

Reduction introductory class. Yes, we use the classic curriculum from The UMass Medical School’s Center for Mindfulness. May be repeated. Mondays April 2- May 21. 7-9:00 p.m. Parlor. Retreat May 12, 9-3:00. \$250 includes class materials. Contact jnmoyer@unh.edu .

Please contact jnmoyer@unh.edu for more information about any of the above.