

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

## **MINDFULNESS MEDITATION OPPORTUNITIES**

**at Durham Community Church -- April 2018**

*“...our ideas and opinions and expertise so easily cloud our ability to recognize what we don't know. Resting in the awareness of not knowing is incredibly important in seeing with any clarity, with any creativity...with integrity.”* Jon Kabat-Zinn in *Mindfulness for Beginners*

### **Mindful Mondays at Noon – This month's topic: Mindfulness and Beginner's Mind**

-- “I've been meditating for years. I'm no beginner!” Alas, we can lose touch with our sense of freshness, newness of practice, and openness to see clearly. Yet, as the sages tell us, what we think we know can get in our way when we're trying to see clearly. Beginner's mind signals wisdom. What better time than Spring to freshen our view! You're invited to come see! **Mondays 12:00-1:30 P.M., Durham Community Church Parlor.** **Suggested donation: \$20/meeting or whatever (Just come!).** Includes one hour of silent sitting meditation.

**Wednesday Drop-in Silent Meditation Together** – Meditating regularly in silence together strengthens and supports our practice. **Please join us Wednesdays in the Parlor, 6:30-7:15 p.m.** Chairs, cushions, and backjacks provided. **No charge. All welcome!**

**Mindfulness-Based Stress Reduction Introductory Class** --Yes, we use the classic curriculum developed by Jon Kabat-Zinn and others at 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](mailto:jnmoyer@unh.edu) . Preregistration required.

**For more information on any of the above, please email [jnmoyer@unh.edu](mailto:jnmoyer@unh.edu).**