

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

MINDFULNESS MEDITATION OPPORTUNITIES

Community Church of Durham – June/July 2018

“You only have this moment.” Jon Kabat-Zinn

Summer Solstice Silent Mini-Retreat & Potluck. Thursday 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. 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, 6/26-8/21, 7:00-9:00 p.m. Includes all-day retreat 8/11. Feel as if you are missing your life? Come learn to notice each moment fully. This is the foundational curriculum developed by Jon Kabat-Zinn and others at UMass Medical School’s Center for Mindfulness. Mindfulness practices can help reduce stress, ease pain, and teach us how to live more fully and vibrantly. Fee \$250, payable after first class. Repeaters \$200. Durham Community Church Parlor. **Yes, we are air-conditioned. Preregistration required.** Contact jnmoyer@unh.edu

Wednesday Drop-in Meditation – 6/6 & 6/13 only. None 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 – June’s topic: Mindfulness and The Footprints We Leave Behind What kind of footprints do you leave? What is a footprint? How do your footprints connect with the footprints of others? Come explore. 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