

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

MINDFULNESS MEDITATION OPPORTUNITIES

Durham Community Church -- Sept. 2018

“...the brains of those with the most hours of meditation showed little effort in keeping their focus one-pointed, even despite compelling distractions, while those with fewer lifetime hours put in more effort.” Goleman and Davidson, *Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain, and Body*

Mindful Mondays at Noon – **This month’s theme: The Science of Mindfulness.**
This month we will look at some of the science: How does meditation affect the brain, mind, and body? How does practice affect our own individual well-being? This class period includes 60 minutes of sitting silent meditation practice. No class Labor Day, 9/3. Drop-in Mondays 12:00-1:30 P.M., Durham Community Church Parlor. Suggested donation \$20/meeting (or whatever).

Autumn Equinox Silent Mini-Retreat and Vegetarian Potluck --
Deepen your practice here and now with our quarterly teacher-led mini-retreat! We will meditate mindfully by sitting, walking, and eating in silence in supportive surroundings. BYO dishes, flatware, and a vegetarian food to share. Teas, chairs, and cushions provided. Friday, September 21, 6:00-8:30 p.m., in the Parlor. Suggested donation \$10 or whatever. All welcome!

Wednesday Drop-in Silent Meditation Together – *Please join us Wednesdays in the Parlor, 6:30-7:15 p.m. No charge. All welcome!*

Registration now open: Mindfulness-Based Stress Reduction: Introductory class. **Learn basics and establish a meditation practice. 8 Tuesdays, 7-9:00p.m., Sept. 25-Nov. 13, retreat 11/3. Fee \$250 includes handouts & recordings.** For more information for all of the above: jnmoyer@unh.edu