

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

MINDFULNESS MEDITATION OPPORTUNITIES

at Durham Community Church -- May 2019

Life itself becomes the true meditation practice.

Jon Kabat-Zinn

Registration now open! Mindfulness-Based Stress Reduction 8-week class -- Pre-registration required. – Tuesdays, 6/25-8/20, 7:00-9:00 p.m. Includes all-day retreat 8/10. **No class 7/2.** **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 or j.n.moyer@comcast.net

Ongoing Mindful Mondays at Noon – This month's topic: Noticing Others' Suffering—No class 5/27 --We feel our own suffering acutely, but how do we respond to the suffering of others? How can mindfulness with compassion help us to see clearly and respond wisely? This month we'll expand our exploration of suffering to include awareness of our connections with others in this way. You're invited! **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. In the Parlor, 6:30-7:15 p.m.** Chairs, cushions, and backjacks provided. **No charge. All welcome!**

For more information on any of the above, please email jnmoyer@unh.edu.