



Open Community

New Activity

We have a new activity called **Understanding Pet Nutrition**, scheduled on Thursday, **January 6** at 7pm (see below). This is a lecture with Q&A facilitated by Lisa Steinerd, the owner of Tumbleweed and Eddie's, Natural Pet Treat Co (<http://www.tumbleweedandeddies.com/>).

Sample Activities

The 12 Principles

2nd Tuesdays (next **Jan. 11**),
7:00-8:30pm, Lawrence
Community Center



For creating true abundance in all the areas of your life, centering on the work of Dr Steven Covey, Don Miguel Ruiz, and Michael Cavallaro.

Meditation Group

3rd Saturdays (next **Jan. 15**),
11:00am-12:00pm, Lawrence
Community Center



Learn and practice meditation through sharing experience with others. We will try "hearing meditation" on Jan. 15.

Understanding Pet Nutrition

Jan. 6, 7:00-8:00pm, Ewing
Branch of MCLS



What not to feed your pets, understanding ingredient labels, proper nutrition.

Table Tennis for Fun

Date/Time TBA, Lawrence
Community Center



Enjoy playing table tennis and other gym activities.

Disclaimer: Permission to use the community rooms/space does not imply library sponsorship or endorsement of any group or program.

On Charity

The charity season has come again. Of course, charity exists because of people's good intention (except for certain cases of possibly selfish motivations). But, now, let us see some critical views (other than the well-known issue of overhead), referring to several articles in the relevant/interesting links section of our web site. One problem is the lack of knowledge about the recipients and their situation, esp. applicable to international charity (Zegers, also relevant point in Shiva). Some people propose alternatives: e.g., take less (again, Zegers; note the subtitle), focus on job creation (Slim), promote a financial infrastructure appropriate for the recipients' culture (Moyo). Maybe, it is time for all of us to re-examine what we can do, with wholesome motivations, the awareness of reality, and open mind.

[Excerpt from our blog at:
<http://mercerfreeschool.wordpress.com/>]

About Mercer Free School

The school was launched in March 2010 to provide the local community in/near Mercer County, NJ opportunities to share self-motivated learning experience *for free*. As long as no space/safety/regulatory issues are involved, anyone can facilitate activities and anyone can participate in them. For more information, please visit our home page at <http://mfs.insi2.org>

