

## Announcement

Public Speaking (Sep. 11 – Oct. 30) has been canceled. Please consider an alternative below.

## New Activities

### Better Speaker Series (3 sessions)

Tuesdays, Oct. 16, 23, and  
30, 7:00-8:30pm, Ewing Lib.



The Better Speaker Series is a set of educational modules on speaking-related topics. Each module provides practical tips that can be of benefit to all.

### Meditation Group Half-Day Mini Retreat

Sat., Sep. 29, 9:30am-  
12:30pm, John S. Watson Park  
in Ewing



Opportunity to practice meditation for an extended duration. We are planning alternate sitting-walking silent meditation sessions. The participants may practice any kind of meditation within this setting. The retreat will take place under a covered picnic area, *rain or shine*. Please check the schedule on-line.

## Ongoing Activities

### The 12 Principles

Normally 3<sup>rd</sup>  
Wednesdays (Sep.  
19, Oct. 17, ...), 7:00-8:30pm, Lawrence Lib.



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. Activity web site: <http://the12principles.blogspot.com/>



### Meditation Group

Every **Thursday** (except holidays),  
6:45-8:15pm, LCC



This group consists of mutually-supporting students of meditation, who are willing to share their practice and pursue their wellness even without a "teacher." At the beginning of every meeting, we discuss our plans, both long-term and session-specific, based on our own motivations and progress status. Regarding what type of meditation we practice, we are open.

### The Pursuit of Happiness

Self-guided project/tour



Are we happy regardless of what we do? Naturally, we all want to be and stay happy rather than unhappy. Then, what should we know? What should we do? Please check this on-line.

### Can We Learn without a Teacher?

Whenever we try to learn something, we normally assume that we need to go to a class, need a teacher, and thus need to pay (often a lot). But wait a minute! Most teacher-led activities are based on the knowledge transfer model, which has been shown to be ineffective. If we recall our best learning experience, wasn't that something we did on our own, usually with the help of books, web sites, other students, etc.?

