

## Future Activities

### Meditation Group Half-Day Mini Retreat

Date/Time/Place TBA

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.



## Open Forum

### Topic: On Death and Living

Date/Time TBA, Ewing Lib.

How would we envision our own deaths? How should we live until then? You are welcome to just come and listen, ask questions, or actively participate in the discussion.



## Ongoing Activities

### The 12 Principles

Normally 3<sup>rd</sup>

Wednesdays (Nov.

21, Dec. 19, ...), 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.



## Traits of a Good Teacher

In the last newsletter, we questioned the necessity of a teacher. We pointed out that the most important thing for learning is the learners' self-motivation. However, it is also true that we can always benefit from good teachers. But who are they? Good teachers would see their students as they are, without judgment or comparing them. Good teachers would let their students work following their natural interests, without coercing them. Good teachers would be responsive and flexible, without being stuck to their own expectations. And, good teachers would let their students be free from anxiety, without using punishments, rewards, or competitions.

## Volunteers Needed

We don't deal with money. But you can help us in a variety of ways, e.g., facilitating activities, posting flyers, joining as a co-organizer, etc. For more information, visit us on-line at: <http://mfs.ins12.org>

