

September 2010
Central PA Mindfulness Schedule from MMG

Mindfulness Meditation Group of UCH

MMG Home Page: <http://www.harrisburguu.org/Lay-Led/mmg.asp> Email: MMG_of_UCH@comcast.net
 Unitarian Church of Harrisburg, 1280 Clover Lane, Harrisburg, PA 17113 Phone: 717-564-4761
Meditation 7PM Tuesdays September 7, 14, 28
Silent Meditation 7PM Tuesday September 21

Unitarian Church of Harrisburg – Summer Service 10 AM Sept 5 – then return to 2 services Sept 12

Home Page: www.harrisburguu.org Email: office@harrisburgUU.org
Sunday Services 930AM & 11AM Sundays - Please see web site for details on variations & locations!
Groups: Humanists, Queen Spirit, Interfaith Coalition for the Environment, Yoga, Philosophy & Literature, LaGrone Scholarship, Rainbow Equality, Anti-Racism, Women in Prison, Peace & Justice, COUCH(Small Group Ministry), Green Sanctuary, Environmental Task Force, Food Bank, et al.

Other Groups and Contact Info

(Check website or email for info)

Ananda Buddhist College and Monastery

Home Page: <http://www.abmconline.org/>

Appalachian Zen House

Home Page: <http://www.appalachianzenhouse.org>

Blue Mountain Lotus Society

Home Page: www.bmls.org

Buddha On Market

Email: buddhaonmarket@yahoo.com

Kalpa Bhadra Buddhist Center

Home Page: www.MeditationPA.org/

Lotus Light Sangha at River Sanctuary

Home Page: www.lotuslightcommunity.com

Meditation Community of Central PA

Email: meditationscience@live.com

Mt Equity Zendo

Home Page: www.mtequity.org

PeaceWorks Dances for Universal Peace

Email – haut@mindspring.com

Red Rose Sangha of Lancaster

email: sullivan@lvc.edu

UU Gettysburg Meditation Group

email: sarajayn@live.com

Specific Items of Interest

Daishin McCabe(Guest Speaker)	7PM	Tuesday	August 31	“Sour Miso”	@UCH/MMG
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Amrit Yoga - Weekly Class Mondays @ 6:30 pm
 UCH, Clover Lane - Preschool Room www.harrisburguu.org/Events/event.asp?EventID=409

CARBON CALCULATION CLASS 101
 September 5, 19, and 26 Call UCH @ 564-4761

Reiki
 Wednesday, September 15, 2010; 7:00-8:30 PM UCH, Clover Lane - Joseph Priestley Room
www.harrisburguu.org/Events/event.asp?EventID=876

Clover Lane Coffee House
 Friday, September 17 7:30 PM – \$10 Amy Space www.harrisburguu.org/Events/event.asp?EventID=868

Humanist Programs at UCH Clover Lane "Responsible Aging - Yours and Your Elders" Sunday, September 12, 2010 @ 9:30 am www.harrisburguu.org/Events/event.asp?EventID=872 An Ethical Diagnostic Led by Fritz Williams Wednesday, September 22 - 7:00 to 8:30 pm www.harrisburguu.org/Events/event.asp?EventID=858

Zen Brush: A Way of Art & Life by Osho Ginny Parkum
 September 3 through October 31 New Beginnings Gallery Hager, 25 West King Street Lancaster, PA. www.lancasterarts.com

Coming in October:

UCH Coffee House – *Coyote Run*
Bhante Sujatha will be at UCH on Friday October 29 at 7 PM – more info soon