

Contemplative Series

Fall 2019



A short presentation will be followed by a meditation practice (participation is optional).

Mindfulness Meditation

September 3, October 10, and November 20
4:00 PM Smith Hall (Old Main)

Christian Labyrinth Meditation

September 18 and November 4
4:00 PM Stevenson Hall (Wentz Science Center)

Jewish Meditation

October 22
12:00 PM Smith Hall (Old Main)

Organized by the Department of Religious Studies. Mindfulness Meditation is co-sponsored by the Dyson Wellness Center. The Christian Labyrinth is co-sponsored by the Office of Faith and Action. For more information, contact Professor Polinska at wdpolinska@noctrl.edu.