

** with Dr. Donna Melillo
 * MBSR = Mindfulness-Based Stress Reduction

February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
*** <i>ARA = Active Retirement Association</i>			1 6:30 pm Meditation 7:15 pm Diaconate 7:30 pm Chancel Choir	2 8 am Men's Fellowship 8 am Meditation** 10-5 Thrift Shop 6 pm Budget Workshop 7 pm Stewards	3 10-5 Thrift Shop 4:30 pm Confirmation Class to Aryaloka Buddhist Center	4 10-2 Thrift Shop
5 8:30 am Christian Education Cabinet 9 am Multigenerational Service 10 am Worship/Children's Activity Alleluia Choir Sings & Rehearses 11:15 am Fellowship Hour	6 12 noon Mindfulness 3 pm Food Drop off for Families First 4 pm Rejoice Choir 7 pm MBSR Basics* 7:30 pm Seacoast Choral	7 8 am Meditation** 9 am Marine Docents 1 pm Knit for Peace	8 10-5 Thrift Shop 10 am Women's Bible Study 12 n. Guild Lunch Mtg 6:30 pm Meditation 7 pm Library Committee 7:30 pm Chancel Choir	9 8 am Meditation** 10-5 Thrift Shop 12 n. Faith Club Book Group 7 pm Faith Club Book Group	10 10-5 Thrift Shop	11 10-2 Thrift Shop
12 8:45 am Adult Bible Study 10 am Worship/Church School 11:15 am Fellowship Hour & Equal Exchange Coffee/Tea Sale 3 pm Confirmation Class	13 12 noon Mindfulness 4 pm Rejoice Choir 7 pm MBSR Basics* 7:30 pm Seacoast Choral	14 8 am Meditation** 1 pm Knit for Peace	15 10-5 Thrift Shop 6:30 pm Meditation 7:30 pm Chancel Choir	16 8 am Men's Fellowship 8 am Meditation** 10-5 Thrift Shop 12 n. Faith Club Book Group 7 pm Faith Club Book Group 7 pm Council	17 9 am Newcomers 10-5 Thrift Shop	18 10-2 Thrift Shop
19 8:45 am Adult Bible Study 10 am Worship/Church School Alleluia Choir Sings 11:15 am Fellowship Hour 11:30 am Pathfinders Snow Tubing <i>March Chronicle Deadline</i>	20 12 noon Mindfulness 4 pm Rejoice Choir 7 pm MBSR Basics* 7:30 pm Seacoast Choral	21 7:30 am ARA*** Exercise 8 am Meditation** 1 pm Knit for Peace 1:30 pm ARA Lecture	22 <i>Ash Wednesday</i> 10-5 Thrift Shop 6:30 pm Meditation 6:30 Ash Wednesday Taize Worship 7:30 pm Chancel Choir	23 7:30 am ARA Exercise 8 am Meditation** 10-5 Thrift Shop 10 am ARA Lecture 6:30 pm Mission Board 12 n. Faith Club Book Group 7 pm Faith Club Book Group	24 10-5 Thrift Shop 10 am ARA Lecture	25 Prepared to Serve
26 8:45 am Adult Bible Study 10 am Worship/Church School 11:15 am Fellowship Hour 5 pm Experiencing the Sacred	27 12 noon Mindfulness 7 pm MBSR Basics* 7:30 pm Seacoast Choral	28 7:30 am ARA Exercise 8 am Meditation** 1 pm Knit for Peace	29 7:30 pm Chancel Choir			