

Easing Awake Program Schedule -- Spring, 2019

MARCH – Theme: *Skillful Speech*

- 5 Member-led Program: Joan Shepard and Erika Kraft – “Skillful Speech”
- 9 **2nd Saturday Journey Group:** 8:30-noon
- 12 Reflecting on Skillful Speech in our Practices – led by Doug Kraft
- 16 **3rd Saturday: Walk in Nature & Meditation** – Lance Ryen, Effie Yeaw Nature Center, 9 AM
- 19 Guest Speaker: Dr. Rick Maddock – “Emptiness and Perception”
- 23 **One Day Meditation Retreat in Auburn** – 9:30 am – 4 pm
- 26 Extended Sitting: Walking & Sitting Meditation for the whole evening – led by Doug Kraft

APRIL – Theme: *Skillful Action*

- 2 Guest Speakers: Dr. Robert Rosenbaum & Jeanne Courtney, MSW – “Practice is *Round*”
- 9 Member-led Program: Joan Shepard – “Skillful Action”
- 13 **2nd Saturday Journey Group:** 8:30-noon
- 16 Member-led Program: Erika Kraft – “Sharing My Spiritual Path”
- 23 Reflecting on Skillful Action in our Practices – led by Doug Kraft
- 27 **4th Saturday: Walk in Nature & Meditation** – Lance Ryen, Effie Yeaw Nature Center, 9 AM
- 30 Member-led Program: Jamie Gutheil – “Physiology of Happiness in Relationship to Meditation”

MAY – Theme: *Harmonious Lifestyle*

- 7 Guiding Teacher Program (Doug Kraft): “Harmonious Lifestyle”
- 11 **2nd Saturday Journey Group:** 8:30-noon
- 14 Reflecting on Harmonious Lifestyle in our Practices – led by Doug Kraft
- 21 Guest Musicians: Ross Hammond, guitar and Jay Nair, singer – Kirtan and Songs for Spiritual Centering
- 25 **4th Saturday: Walk in Nature & Meditation** – Lance Ryen, Effie Yeaw Nature Center, 9 AM
- 28 Shared Exploration of the Eightfold Path as Depicted in the Suttas

JUNE – Theme: *Wrapping up the Wisdom & Ethical Factors of the Eightfold Path*

- 4 Questions & Responses on the Wisdom & Ethical Factors – led by Doug Kraft
- 8 **2nd Saturday Journey Group:** 8:30-noon
- 11 Reflecting on the Wisdom and Ethical Factors in our Practices – led by Doug Kraft
- 18 Sangha Spring Potluck and Sitting
- 22 **4th Saturday: Walk in Nature & Meditation – No walk this month**
- 23 **9-Day Residential Retreat: St. Francis Center in San Juan Bautista – ends July 2nd**

NOTES:

Tuesday sessions are 6:30-8:30 pm at the Unitarian Universalist Society Fahs Classroom at 2425 Sierra Blvd. in Sacramento and begin with a 45-minute sitting.

2nd Saturday Spiritual Integration Journey Group sessions are 8:30 am - noon at 1126 McClaren Drive in Carmichael and begin with a 1-hour sitting.

4th Saturday Walk in Nature & Sitting Meditation. Meet Lance Ryen in the Effie Yeaw Nature Center parking lot at Ancil Hoffman Park in Carmichael at 9 AM, rain or shine, for a mindful walk on the nature trails and a 45 – 60 minute sitting in the park. Bring your own chair for the sitting, or Lance will have some extras.

Check the Easing Awake website for additional information www.dougkraft.com