

Easing Awake Program Schedule -- Winter, 2019

JANUARY – Theme: *Wise View*

- 1 “Forgiveness and Letting Go; Starting the New Year Fresh” – led by Doug Kraft
- 8 Guest Speaker: Bruce Pardoe – “Heart Fluency”
- 12 **2nd Saturday Journey Group:** 8:30 - noon
- 15 Member-led Program: Becky Ryen – “Wise View”
- 22 Member-led Program: Judy Bell & Jamie Gutheil – “What Brought you to Sangha?”
- 25 **Experienced Meditators’ Group:** 12:00 pm–2:30 pm., UUSS Library every Fri. for 8 wks.
- 26 **4th Saturday Walk in Nature & Sitting Meditation** – Lance Ryen, Effie Yeaw Nature Center, 9 AM
- 29 Sharing Our Meditation Practice: led by Doug Kraft

FEBRUARY – Theme: *Wise Intention*

- 5 Member-led Program: Karin Richardson – “Wise Intention”
- 9 **2nd Saturday Journey Group:** 8:30-noon
- 12 Opening to Meditation with Sound
- 16 **3rd Saturday Walk in Nature & Sitting Meditation** – Lance Ryen, Effie Yeaw Nature Center, 9 AM
- 19 Sharing Our Meditation Practice: led by Doug Kraft
- 26 Member-led Program: Claudia Carey – “Sharing My Spiritual Path”

MARCH – Theme: *Skillful Speech*

- 5 Member-led Program: Joan Shepard – “Skillful Speech”
- 9 **2nd Saturday Journey Group:** 8:30 - noon
- 12 Sharing Our Meditation Practice: led by Doug Kraft
- 16 **3rd Saturday Walk in Nature & Sitting Meditation** – Lance Ryen, Effie Yeaw Nature Center, 9 AM
- 19 Guest Speaker: Dr. Rick Maddock – “Emptiness and Perception”
- 23 **Daylong Retreat** – 9:30-4:00 in Auburn
- 26 Extended Sitting: Walking & Sitting Meditation for the whole evening – led by Doug Kraft

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.

Saturday Walks in Nature & Sitting Meditation: Meet Lance Ryen in the Effie Yeaw Nature Center parking lot at Ancil Hoffman Park in Carmichael on Saturdays at 9am, 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 www.dougkraft.com for more information on the March 23 Daylong Retreat

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