



THE NEPONSET RIVER MIND-BODY-SPIRIT CENTER

A program of the Neponset River Unitarian Universalist Community
under The First Parish Unitarian Universalist-Canton

LOCATION: 1508 Washington Street, Canton, MA

SPECIAL ELECTION DAY CENTERING **Free and Open to the Public Offerings** **Tuesday, November 5, 2024**

Additional Zen Buddhist Meditation

Group Offering, 1PM-2PM, Small Chapel

Drawing on the practices of the late Zen Buddhist Vietnamese monk, Thich Nhat Hanh, we'll practice sitting and walking meditation together and share in readings and mindful eating with healthy snacks.

Special Poetry, Art, and Music Centering Space

Group Offering, 5PM-7PM, Parish Hall

A peaceful and calm drop-in space will be created with poetry, art, and music. Opportunities to draw or use sand tray with miniature images to express yourself will be provided as well. Healthy snacks too.

Contact Rev. Dr. Michelle Walsh at minister@fpuucanton.org for more information and to sign up in advance as desired, though walk-ins also are very welcome!