

Program/event updates and reflections by Rev. Ian on solarizing the Spiritual Center.



Spiritually Speaking...

News and Events from
Common Street Spiritual Center

Dear members and friends of CSSC,

We are a community that is anchored in a spirituality and ethic of love; we are also morally committed to facing what is real within and beyond ourselves.

There is no doubt that we are living in volatile, divisive and challenging times in our society. Tragic mass shootings, a rapidly accelerating climate crisis, and the rise of anti-immigrant hatred and racism--these are just a few of the problems we are facing today. For me personally, grieving the mass shootings in El Paso and Dayton (in a political context plagued by xenophobia, racism, and reckless gun policies) has been exhausting.

And so I was heartened to hear from youth activists from March For Our Lives Metrowest yesterday. They invited the Spiritual Center and First Congregational Church to partner with them in a vigil in honor of gun violence victims. Please post the below flyer on social media to spread the word, and please show up on Saturday afternoon from 5-6pm on the front steps of the First Congregation Church (2 East Central St, Natick).

MARCH FOR OUR LIVES METROWEST HOSTS

VIGIL IN

WITH FIRST

VIGIL IN HONOR OF GUN VIOLENCE VICTIMS

CONGREGATIONAL
CHURCH AND
COMMON STREET
SPIRITUAL CENTER

To honor victims
of the recent
tragedies
in El Paso and
Dayton.

Feel free to bring signs!

Saturday, August 10th, 5-6 pm
First Congregational Church
2 East Central Street, Natick
MA



**MARCH
FOR OUR
LIVES** 
METROWEST

Facebook: March For Our Lives Metrowest
Instagram: @MFOLMetrowest
Email: hannahwitherby@gmail.com or

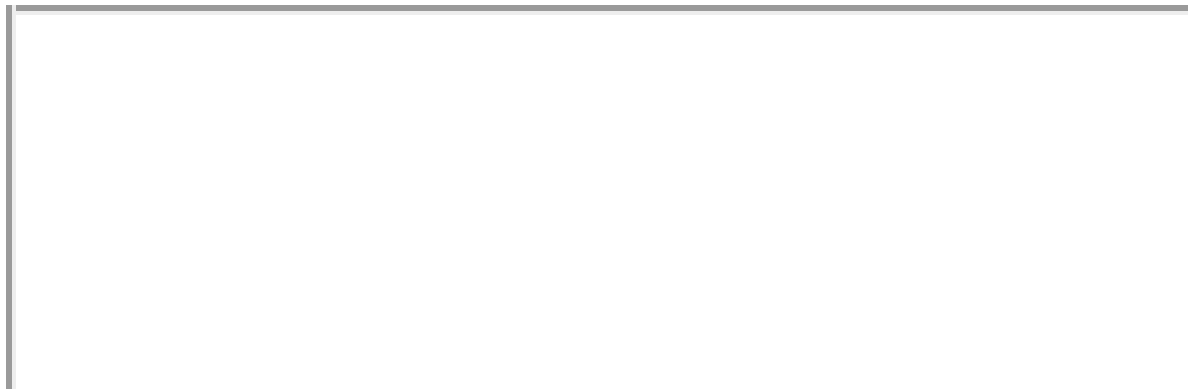
Speaking as an engaged spiritual activist, one of the most encouraging developments of recent years has been the energetic rise of youth leadership in movements for social, environmental, and political change. The vitality, courage, creativity, and fierce determination of youth activists like Malala, Erica Garner, David Hogg, Emma Gonzalez, and Greta Thunberg have been a much needed inspiration for all of us who are struggling for a just, peaceful, and sustainable world. Such young people are the ethical leaders of the most progressive and globally-united generation the world has ever seen--this brings me great hope.

Besides this collaboration with March For Our Lives Metrowest, the Spiritual Center is also proud to be working to form a Metrowest Hub of the youth-led Sunrise Movement for real solutions to the climate crisis. And this fall, if our seedling plans come together, we'll be collaborating with local interfaith partners to form a monthly interfaith youth group. Through that group we'll be able to intentionally support local youth in their moral-spiritual growth and leadership.

Blessings and Peace,

Ian

P.S. Please scroll down below to see what else is cooking in and through the Spiritual Center this month.





Sunday, August 11th @ 10:30 a.m.

Metta Meditation

Metta Meditation is a Buddhist tradition that helps to cultivate loving-kindness towards ourselves and the people in our lives.

Sunday, August 18th @ 10:30 a.m.

Labyrinth Walk

Walking the labyrinth is an ancient spiritual practice that opens space for reflection, grounding, and acceptance.

Sunday, August 25th @ 10:30 a.m.

Community Brunch with a Purpose

Join us for a Community Brunch with a Purpose facilitated by CSSC member Elisha Kottler, who will share insights from time she has spent doing educational and community development work in Tanzania.

We'll break bread together and learn about education challenges in Tanzania, and how problems such as poverty and lack of clean water impact the children who live there.

Please see flyer below for more info.

Children's Circle on Break This August

During the month of August (until 9/8) our Children's Circle program is on

break. So this month, kids are welcome to participate in the Sunday Circle with parent supervision.

Children's Circle Description

Our Children's Circle is led by Jennifer Goodman and assistant teachers. It offers child-focused spiritual nurture and education with a variety of stories, spiritual practices, and creative arts activities. Your kids, grand-kids, etc. are always welcome!

Questions? Email jennifer@commonstreet.org

Sunday Circle Series Description

The Sunday Circle at CSSC is an inclusive and welcoming space, open to people of all beliefs and cultures.

We meet weekly to deepen our connection with Spirit, celebrate our highest values, and grow in community.

HIGHLIGHTED EVENTS

Come to a Community Brunch with a Purpose: Help a Young Tanzanian Reach for His Dreams!



Sunday August 25th
10:30 - 11:45 am

Common Street Spiritual Center, 13 Common St, Natick, MA

Please join us for a presentation facilitated by CSSC member Elisha Kottler, who will share insights from her educational and community development work in Tanzania.

We'll break bread together and learn about education challenges in Tanzania, and how problems such as poverty and lack of clean water impact the children who live there.

We will also take up a collection to support Ally Lumbi (pictured above) in pursuing his lifelong dream to become a music and sound production professional—and rise above the impoverished conditions he was born into—by paying for his school certification fees.

CSSC Members, friends, and newcomers to our community all are welcome to this event!

*If you cannot attend but would still like to support Ally in pursuing his dream, please send a tax-deductible donation via check (with "Tanzania" in the memo) to: One Spirit Foundation, 5 Joan Ave., Sudbury, MA 01776.

For more info contact: ehkottler@gmail.com

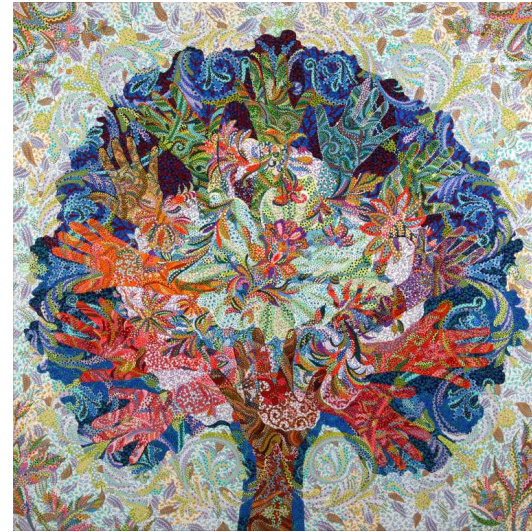


**Despacho Ritual of Gratitude
TONIGHT!**

Fri, August 9th, 7:00 pm - 9:00 pm
Sanctuary

Come and be part of an ancient
healing ritual in honor of the new
moon next week. All are welcome!

Facilitated by Justine Ferguson
(justine@trinityyogatherapy.org).



Racial Justice Dialogue

Sat, Sept 7th, 2:00 pm - 4:00 pm
Moon Room (3rd Floor)

Please join in the conversation as
we continue to get real about the
problem of racism in our world,
and move toward personal and
collaborative action.

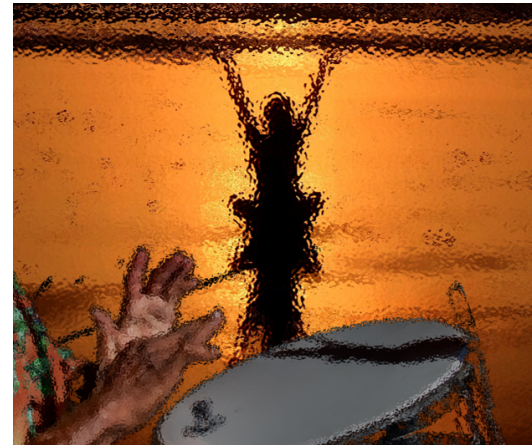
Pease RSVP on Meetup if you can
come to this meeting.

**Guided Yoga with Live
Drumming**

Fridays (no class August 16th)
Sanctuary

Explore movements that promote flexibility and fluidity in the body, while the drums beat on, and experience the embodiment of the practice as it all integrates within you.

Suggested donation of \$15-\$20.
Contact Maggie to hold your space:
learn2relax@yahoo.com or
508.380.7812



Drum and Dance Circle

Sat, Aug 10th, 7:00 pm - 9:00 pm
Sanctuary

Everyone is welcome to attend this vibrant and balancing event at CommonStreet of drumming, dancing and community spirit.

Bring a hand drum or percussion instrument if you have one, but there will also be extras available.

Suggested donation: \$5/person.

OM Chanting

Tues, Aug 20th, 7:00 pm - 8:30 pm
Sanctuary

Join us as we use the transformational power of OM to supports Mother Earth and the physical, emotional and spiritual well-being of all involved.

OM Chanting will be followed by a light vegan snack.

Everyone is welcome. Suggested donation: \$10



Course in Miracles *New*

*Tuesdays beginning August 27th
7:00 pm - 9:00 pm*

Please join us for these dialogues based on *The Return to Love* by Marianne Williamson.

Program facilitated by Julie Fraser.

**Vegan Potluck, Open Mic and
Dance Hall**

Sat, August 31st, 5:00 pm - 11:00

pm
Sanctuary

Raw fruits and vegetables are encouraged!! You can bring your favorite fruits and vegetables, you do not have to make an extravagant raw vegan dish but you are more than welcome to!

The stage will be open so if you play an instrument, have a gift or talent or a testimony that you would like to share then this is the place to do so!



FreeDance

Sat, Aug 24th, 7:00 pm - 8:30 pm
Sanctuary

Brought to you by the Drum Caravan Ensemble, FreeDance is a high energy freestyle dance experience which gets its drive from the live drumming.

Remove your shoes at the door.
Wear loose comfortable clothing.
We'll supply water and cups.

WEEKLY PROGRAMS

*This is not quite all that is happening at Common Street. See our [ONLINE CALENDAR](#) for a full listing. All events are **free** unless otherwise specified.*

Coffee With a Purpose

Mondays, 9:00 am - 11:00 am

Next date: Resumes in September

Fresh coffee. Tea. Conversations about changing the world with a featured speaker each time.

We welcome you to make this a part of your week! We'll gather every Monday morning and build momentum as we spark dialogue and stoke enthusiasm for the things we can create together.

For more information, contact Pat Conaway (bpconaway@gmail.com)

Buddhist Meditation and Study Group

Mondays, 6:00 pm - 7:00 pm

Meditation Room

Over the course of the year this group will be focused on moving through a sequence of seven meditation practices which represent the full range of meditation practices presented in Tibetan Buddhism. These practices correspond roughly to the Theravada, Mahayana and Vajrayana. They are designed to lead practitioners to complete inner freedom. But you don't need to be a Buddhist to train in them. Anyone can benefit from these profound practices. And while each practice builds upon the previous one, you don't need to have attended the group from the beginning to join. You are welcome to drop in at any point, regardless of your level of experience with meditation. We will spend about a month or two on each of the seven practices, moving

from the most basic practice to the highest form of meditation, known as “non-conceptual meditation.” Our weekly meetings will consist of a 20 minute meditation followed by a short discussion of the particular practice we are on. For a meditation manual, we will be using, “The Relaxed Mind“ by Dza Kilung Rinpoche to guide us. At each meeting, we will have handouts available of the chapter.

Mindfulness Meditation

Wednesdays, 9:00 am - 10:00 am

Meditation Room

Gather in a safe and supportive group environment to sit in meditation, reflect on our lives and the working of our minds, and support each other in living mindfully and growing spiritually. Mindfulness meditation helps us to reflect about our patterns of thinking, feeling, and acting, and to choose to live differently.

The Mindfulness Meditation Group is led by Fotios Mpouris, a mindfulness-based recovery coach and CSSC member. The program is offered free of charge and you are welcome to simply drop in. Meditation cushions are provided. Donations are always welcome.

PEACE • LOVE • COMMUNITY



Support CSSC Through Giving

Support CSSC By Volunteering

The continued growth and expansion of our programs and services are supported by people like you! Your volunteer time and donations are both welcome and appreciated.



Copyright © 2019 Common Street Spiritual Center, All rights reserved.

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#)

