



# Spiritually Speaking...

News and Events from  
Common Street Spiritual Center

Dear members and friends of CSSC,

I am excited to begin our 2019-2020 program year at the Spiritual Center!

Each year our community continues to grow into our love-centered mission and vision, new synergies develop as people come together, and creativity abounds.

## **Growing our Community**

This year we are looking to grow our community by welcoming new members, engaging people in meaningful ways, strengthening our web of relationships, and empowering our volunteers.

## **Eating Together**

On Monday, Sept 16th @ 7pm we have our first planning meeting for a community-wide dinner (which will make use of our newly upgraded kitchen). Shared meals are powerful community builders. I believe that simply cooking and eating together will build connections among the very diverse and dynamic community taking shape in and around the Spiritual Center. If you're excited about this idea please come to the meeting!

## **Singing Together**

Another simple and powerful way to build community is to sing together. So I also want to invite you to our second Sacred Song Circle on Thursday, Sept 19th at 7pm. The first one was such a beautiful experience. You're welcome to bring a song, poem, or story to share, if you like; or just come as you are and join in.

### **Nurturing Spiritual Leadership**

This fall I am also excited to introduce and welcome our new Student-Rabbi, Matt Ponak. He will be hosting four Universal Shabbat Dinners this fall (details below), teaching a class on Shabbat Experience (details also below), and participating in leadership at some Sunday Circles and other CSSC programs/events.



*Matt Ponak is a rabbinical student and musician who teaches Jewish spirituality to people of all backgrounds. A meditator and spiritual mentor, Matt's rabbinical studies focus on Kabbalah and Hassidic texts. Inspired by the Jewish niggun tradition of wordless melodies, Matt has led sacred singing circles in many parts of the United States and Canada.*

With his experience and interest in inclusive spirituality, Matt is a perfect fit for our community. In the past we've had Quaker and Methodist Student-Ministers. Matt will be our first Student-Rabbi. Let's give him a warm welcome!

Peace,

Ian

P.S. At our last Sunday Circle we began with a "Web of Life" Meditation that brought us on a journey into interconnection with the life around us. I invite you to check it out [here](#) and join us any Sunday at 10:30 am.

P.P.S. Stay tuned for more details about our solar panel project, which I am happy to report is almost all lined up! We are planning to install solar panels on the flat portion of our roof which will offset nearly all of the electricity we use at the Spiritual Center. This is the first step in a journey towards making our center a showcase/model green building.



Join us at 10:30 AM

# Sunday Circles at Common Street

Inspiration Connection

**Sunday, Sept 8th @ 10:30 a.m.**  
**Why Are We Here?**

Rev. Ian will facilitate a service that brings this big question home on personal, community, environmental, and cosmic levels.

Special music by Elisha Kottler.

ALSO, Children's Circle starts back up this week!

**Sunday, Sept 15th @ 10:30 a.m.**

**Turning the Other Cheek**

Rich Sidney, CSSC member, will be sharing a message about how to transform knee-jerk reactions into compassionate responses.

Matt Ponak, Student-Rabbi, will be leading music.

**Sunday, Sept 22nd @ 10:30 a.m.**

**Lectio Divina**

Rev. Ian will facilitate a service of contemplation and deep listening, using a sacred text as a window to the divine within.

Special music by CSSC member Nik Lewis, and possibly other members of the Common Spirit Band.

**Sunday, Sept 29th @ 10:30 a.m.**

**Rosh Hashanah**

Both our Sunday Circle and Children's Circle will be celebrating Rosh Hashanah, the Jewish New Year, which begins in the evening on Sept 29th. We'll leave behind the old and bring in the new.

**Children's Circle Back from Break**

Our Children's Circle program is now back in session!

**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!

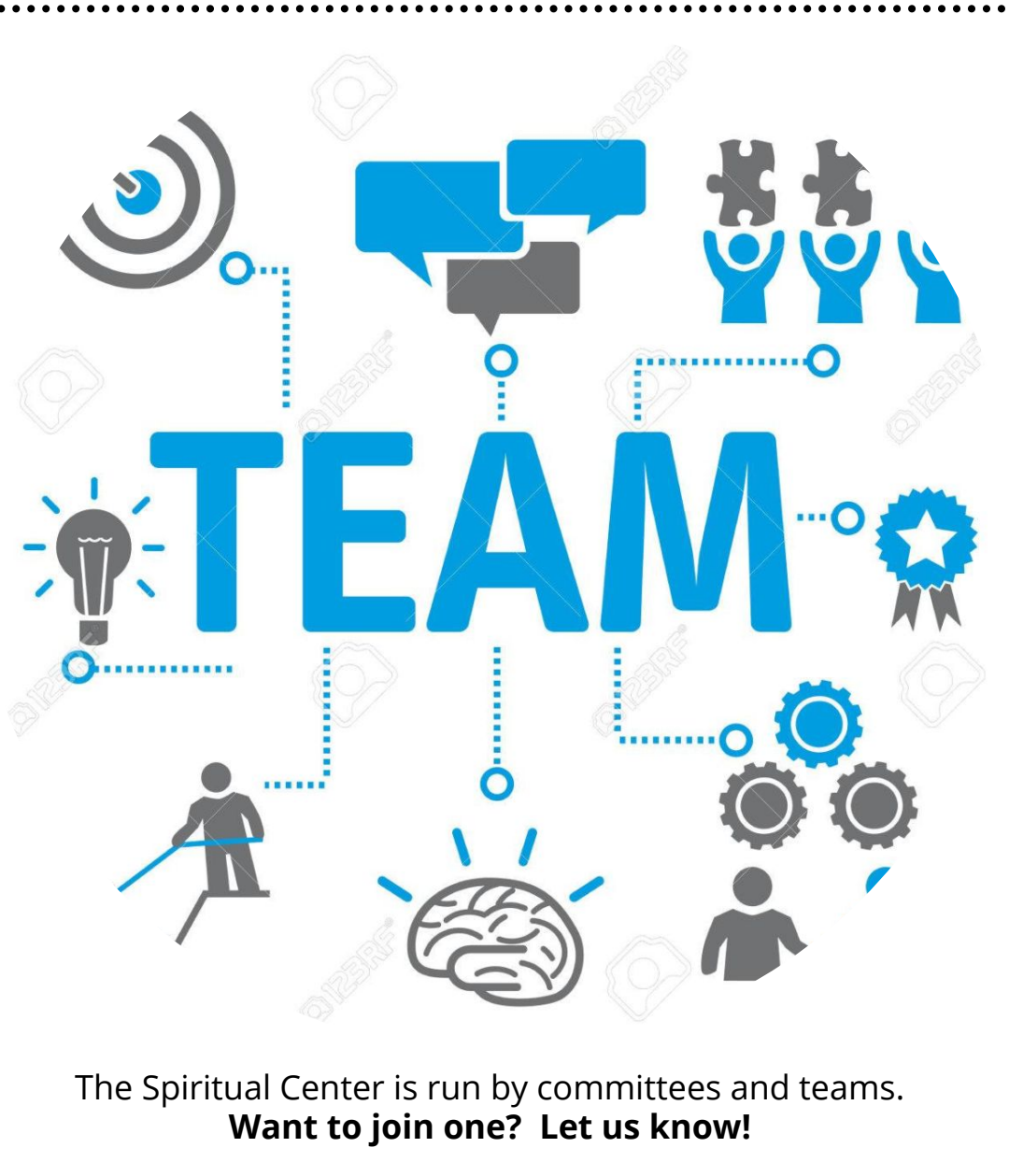
**Questions? Email [jennifer@commonstreet.org](mailto:jennifer@commonstreet.org)**

**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.

Questions? Email [ian@commonstreet.org](mailto:ian@commonstreet.org)



The Spiritual Center is run by committees and teams.  
**Want to join one? Let us know!**

Contact CSSC Council Chair,  
Pat Conaway: bpconaway@gmail.com or  
CSSC Director, Rev. Ian: ian@commonstreet.org

**CSSC Council\***

**Programs and Events Committee**

**Membership Committee\***

**Building Committee\***

**Finance Committee**

**Sunday Circle Team**

**Community Dinner Team\***

**Green Team\***

*\*Indicates opening/seeking additional members*

## **UPCOMING EVENTS**

### **Natick Days**

Sat, Sept 7th, 10:00 am - 3:00 pm

*Natick Common*

Come visit our CSSC table at Natick Days! Also check out Renewable Natick, Keep Natick Beautiful, and the tables of many other non-profit allies. If you want to help out staffing the table, please do!



### **Bollywood Dance Party**

Sat, Sept 7th, 10:30 am - 11:30 am



## *Sanctuary*

NDC and the CSSC welcome all enthusiastic adults and kids to join us for a Bollywood Dance Party! This event is free and open to all!

Come learn cool dance moves for the latest Bollywood songs. Wear comfortable clothes and shoes. Please RSVP on Meetup if you can come to this meeting.

## **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.

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



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

Sat, Sept 14th, 5:00 pm - 11:00 pm  
*Sanctuary*

Raw fruits and vegetables are encouraged!! You can bring your

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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!

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### **OM Chanting**

Tues, Sept 17th, 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



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### **Sacred Song Circle**

Thursday Sept 19th, 7:00 - 8:30 pm  
*Sanctuary*





Come gather in a circle to sing songs, tell stories, laugh, and create sacred space together. It is an inclusive event welcoming people of all beliefs and opening up to the simple beauty of making music. The first circle this past spring was beautiful.

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### **Universal Shabbat Dinner \*New\***

Fridays, Sept 20th, Oct 11th, Nov 1st, and Nov 29th

6:00- 9:00 pm

*Location TBD*

Led by Student-Rabbi Matt Ponak, these Universal Shabbat Dinners welcome people of all faiths and cultures to experience the Oasis Time of Judaism. The big idea is that just as Hinduism shares Yoga with all people, and Buddhism shares Mindfulness with all people, Judaism can share Shabbat with all people. We'll light candles, sing songs, eat delicious food, reflect on life, have meaningful conversation, and build community.

Location TBD depending on how many people RSVP. Let Matt know you're coming and ask questions



at mattponak@gmail.com. Kids are welcome.



### **Climate Conversation**

Wed, Sept 25th

7:00- 9:00 pm

*Natick Community Senior Center  
(117 East Central St)*

What will climate change look like in Natick? Join local leaders working on climate change for a conversation about what causes climate change, how it affects you, and what you can do to limit its impacts. This event is in association with Climate Preparedness Week (Sept 24 - 30), a week dedicated to learning, service, and actions that better prepare our communities for extreme weather events. For more information, visit [climatecrew.org/prep\\_week](http://climatecrew.org/prep_week)

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### **FreeDance**

Sat, Sept 28th, 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.

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### **Drum and Dance Circle**

Next on Sat, Oct 12th, 7:00 pm -  
9:00 pm  
*Sanctuary*

Everyone is welcome to attend this vibrant and balancing event at Common Street 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.

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### **Shabbat Experience Class \*NEW\***

Sundays 1:00 - 2:30 pm: Oct. 13, 27  
Nov. 10, 17, 24 Dec. 1, 15, 22  
*CSSC Fellowship Hall*

Want to learn how to enter into an experience of Oasis Time, a kind of Shabbat consciousness? Join Student-Rabbi Matt Ponak to study ancient and contemporary views

on this powerful spiritual practice.

Everyone is welcome. Sign up details coming soon! In the meantime, contact Matt for more info: [mattponak@gmail.com](mailto:mattponak@gmail.com)

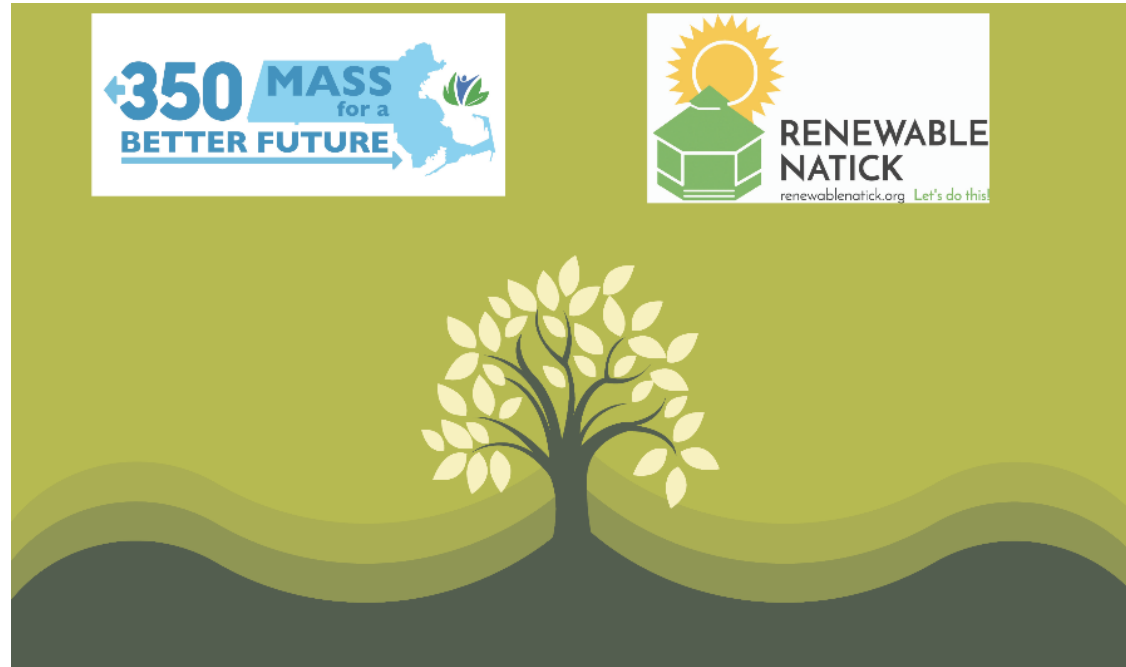


# SAVE THE DATE GREEN NEW DEAL TOWN HALL

Thursday October 17, 2019

Hosted by :





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## **WEEKLY PROGRAMS**

*This is not quite all that is happening at Common Street Street Spiritual Center. See our [ONLINE CALENDAR](#) for additional listings. All events are **free** and **open to the public** unless otherwise specified.*

### **Coffee With a Purpose**

Mondays, 9:00 am - 11:00 am

Next date: 9/9, first day back from summer break

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. 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.

### **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.

### **Mindfulness Course with Carol Esler**

Fridays, 10:00 am - 11:30 am, Oct 11 - Nov 8 (5wks)

*Meditation Room*

During this 5 week mindfulness course all practices from Mindfulness Based Stress Reduction (MBSR) will be covered. More importantly, we will learn why we may want to meditate and engage in mindfulness practices. We will practice together, discuss our experience and go deeper into the attitudes and qualities that support sustainable practice. Whether you are a beginner or a long term meditator, this exploration is offered to increase your ability to approach life with affectionate curiosity, both on and off the cushion.

Cost - 50\$ (some scholarships available)

Contact mindfulness teacher Carol Esler to RSVP

508-435-9294, [phorestwnd@verizon.net](mailto:phorestwnd@verizon.net)

### **Guided Yoga with Live Drumming**

Fridays, 9:30 am - 10:45 am

*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](mailto:learn2relax@yahoo.com) or

508.380.7812

# PEACE • LOVE • COMMUNITY



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**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.*



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