



2018 Saturday Seabeck Program Schedule

Adult Morning Program: 9:30 to 11:45 at the Meeting House

Gathering in Mindfulness

Charles Morris, long-time Tibetan Buddhist practitioner, will lead us through the inner workings of how we can influence our thoughts and well-being through the spiritual practice of mindfulness and meditation.

- Afternoon Adult and All Ages Workshops -

Saturday 1:00 – 2:30

Saturday 3:00 – 4:30

Title and presenter's name	Location	Ages	Title and presenter's name	Location	Ages
Buddhism - Beyond Mindfulness (Charles Morris)	Juniper	Youth & Adults	Cracking the Codes - Key Elements of Racism (Cecilia Hayes)	Pines	Youth & Adults
Arts and Crafts - Create a memory to take home with you. (Serena Spaulding)	Lower Coleman	All Ages	Zen of Tango (Catherine Crain & Mark Dubach)	Meeting House	Ages 10 and up
Theater Games for Adults (Janet Spencer)	Pines	Adults	What Can I Do About the Opioid Crisis? (Breck Lebegue)	Spruce	Youth & Adults
Strategies for Living with Vision Loss (Jennifer Sepez-Kangas)	Maples	Adults	Stay Awoke and Be Spoke (Monda Sosa)	Reeser	Ages 10 and up

Knitting on the Porch (Barbara Hammond) Drop in any time after 1:00 pm on Saturday to knit with Barbara and friends.

Arts and Crafts: Birds have wings, we have our imagination; use it and fly!

Cracking the Codes - Key Elements of Racism: Breaks down the elements of racism. Learn how racism operates within ourselves as well as in our economic and social structures. With this knowledge, we can better work to address the different forms of racism present. This event uses a mix of film viewing, discussion and interactive exercises.

Knitting on the Porch: Master Knitter, Barbara Hammond, will be available to give advice or help with your current knitting project.

Buddhism - Beyond Mindfulness: In addition to easily accessible teachings and practices on mindfulness introduced in the morning program, Buddhism also provides a deep and rich set of insights into our timeless spiritual questions. In this workshop, we'll explore some of the key tenets of Buddhism and how they can be used to help us live a meaningful life. We'll also share instruction and practice of two traditional Buddhist meditations. Questions and discussion will be encouraged!

Stay Awake and Be Spoke: Spoken Word Poetry is poetry that is written on a page but performed for an audience. Because it is performed, this poetry tends to demonstrate a heavy use of rhythm, rhetorical devices, improvisation, free association, rhymes, and rich poetic phrases. The workshop will cover some of these spoken word elements. In addition, we will create a welcoming and encouraging place for

participants to use their ideas and thoughts to develop spoken word pieces in response. There will be writing exercises to help get the creativity wheels churning. We hope participants will share and support others during the class.

Strategies for Living with Vision Loss: If you or a loved one is suffering from a visual impairment, there are ways to cope. We'll try-out several types of assistive devices from talking watches to video magnifiers and discuss resources available in the community that can help you and your loved one to continue to thrive.

Theater Games for Adults: Program developed for participants in group dynamics workshops sponsored by National Training Labs. We need a group of up to 20 people willing to try something new.

What Can I Do About the Opioid Crisis? Opiate addiction is a public health epidemic. Recovery requires physical, mental, social and spiritual healing. Breck Lebegue, MD, is an experienced psychiatrist working with church groups to help clients recover from mental illness and substance abuse. Workshop emphasis is on understanding and mentoring someone with substance abuse diagnosis and to support spiritual recovery.

Zen of Tango: Teaches the basics of tango as a mindfulness practice. No experience necessary.