

Tuesday, July 10, 2018

Dear Friends,

We'll meet at our regular 7-9 time this Tuesday evening at St. Paul's United Methodist Church. After the sitting meditation period, we'll have a guest speaker. *Peter Williams* will give a talk entitled *The Only Thing to Fear is the Fear of Fear of Fear Itself*.

*Peter Williams* has practiced meditation for 25 years in the Theravada and Tibetan Buddhist traditions. He has taught meditation since 2003 and has completed the Community Dharma Leader training through Spirit Rock Meditation Center. Peter teaches meditation retreats and weekly groups and has taught mindfulness to diverse audiences, from Colorado juvenile justices to school teachers to environmentalists. Peter also practices as a transpersonal psychotherapist, bringing spiritual perspectives to bear on healing emotional distress. In a previous career as an ecologist and educator, Peter worked for groups such as the Massachusetts Audubon Society and The Nature Conservancy and was a lecturer at the University of Vermont. Peter is a founding member of the newly created Rocky Mountain Ecodharma Retreat Center in the mountains near Boulder.

Peace and Blessings,  
David

David Chernikoff, M.Div., LCSW  
303-499-7592  
[davidchern@comcast.net](mailto:davidchern@comcast.net)

**ST. PAUL'S UNITED METHODIST CHURCH**

**4215 GRINNELL AVE.** (at the corner of Grinnell and Gillaspie, near Table Mesa and South Broadway)

**MEETING TIME: 7:00 - 9:00 pm on Tuesday nights**

**Directions to St. Paul's United Methodist Church at 4215 Grinnell Ave:** Take Broadway to Table Mesa and turn West (toward NCAR and the mountains). Get in the left lane and go a short distance to the 2nd left turn, which puts you on Gillaspie (just past King Soopers on the left). Continue south through a residential neighborhood for .6 mile and the church will be on the left on the NE corner of Gillaspie and Grinnell. (The entrance to the parking lot is on your left just *before* you reach Grinnell so it's easy to drive past the church. If you come to a large grassy playing field next to the South Boulder Rec Center, you've gone too far.)