

Tuesday, May 29, 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. *Christopher Maier* will give a talk entitled *Besides meditation, what else can I DO?!—an exploration of inquiry as the dynamic source of spiritual unfolding.*

Christopher Maier, M.A., L.P.C., (<http://www.Whole-Story.com>) was ordained a lay Buddhist at Mt. Shasta Abbey in 1974 and later authorized as a mindfulness teacher by Naropa University and Shambhala International. He has a private practice in Denver, Whole Story Psychotherapy and Spirituality, that specializes in the intersection of three concerns—stuckness, relationships, and spirituality, and three levels of support—life coaching, depth psychotherapy, and spiritual unfoldment. Christopher's spiritual path has been most recently impacted by his studies of the Diamond Approach to inner work as taught in the Ridhwan School.

Peace and Blessings,
David

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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.)