

Tuesday, January 16, 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, I'll give a talk entitled *Stress as a Spiritual Teacher*.

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.)