



New: Afternoon Sits

Monday, Wednesday and Fridays 3 – 5:30 p.m.

- Nobel Silence maintained throughout the building. You may come and go quietly as you need.
- Bells will start and end the sitting periods and a single bell will be rung on the half-hour.

Schedule

Friday 6/23 First sit 3-4 pm, walking 4-4:30 pm, 2nd sit 4:30 – 5:30 pm

Monday 6/26

Wednesday 6/28

Friday 6/30

Monday 7/3

Wednesday 7/5

Friday 7/7

2nd sit ends 5:10 p.m.

Monday 7/10

Wednesday 7/12

Friday 7/14

2nd sit ends 5:10 p.m.

Monday 7/17 – Sits will continue. Check calendar for scheduled times.

****Questions: Mel Schneider 505-345-9165, melmelsch@yahoo.com or check website calendar.