



Afternoon Sits

Mondays and Fridays facilitated by Steve Katona

3-5:30 pm / First sit 3-4, walking 4-4:30, 2nd sit 4:30-5:30

Wednesdays facilitated Mel Schneider

3-5 pm / First sit 3-3:45, walking 3:45-4:15, 2nd sit 4:15-5

- 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

Monday 7/17
Wednesday 7/19
Friday 7/21

Monday 7/24
Wednesday 7/26
Friday 7/28

Monday 7/31
Wednesday 8/2
Friday 8/4

Monday 8/7
Wednesday 8/9
Friday 8/11

Monday 8/14
Wednesday 8/16
Friday 8/18

Monday 8/21
Wednesday 8/23
Friday 8/25

Please refer any questions to Mel Schneider 505-345-9165,
melmelsch@yahoo.com or check website calendar.