

October 2009

Oct 2	Fri	Kick-off Event for the World March for Peace and Nonviolence	Please help us celebrate Gandhi's birthday by honoring the work of the Peace Abbey and those who have chosen nonviolence as a solution to conflict and a way of life. The evening celebration will include an original presentation: "Go Out in Joy, Led Forth in Peace." This will be followed by a candle lighting ceremony to mark the first day of the World March for Peace and Nonviolence. We request that all in attendance bring the "light of nonviolence" back to their communities and continue to raise awareness about the World March. During the 90 days of the March, we invite people to come and light a candle and sign the World March journal in support of the goals of peace, nonviolence and nuclear disarmament. Sign-up sheets will be available Friday night and Saturday morning, as well as by email at jan.krause@verizon.net .
Oct 3	Sat	9:00a Stonewalk from Peace Abbey to Natick Common and back.	Raising of the World March for Peace and Nonviolence banner, which will be displayed until January 2nd.
Oct 4	Sun	10:00a -11:00a Pacifist Meditation Service	
Oct 5	Mon	1:00p St. Francis Blessing of the Animals	
Oct 6	Tue	7:00p -8:30p Chanting for Beginners (also October 13 and 20)	This 3-part series will explore the power of melodic chanting to still the mind, open your heart, and bring joy and peace. Journey into sacred chant traditions from around the world, including India's devotional kirtan, in supportive community. You are welcome to bring singing bowls, chimes, shakers, and/or drums of all kinds. Irene Antonellis, MA, MT-BC, is a vocalist, music therapist, and chant leader based in the Boston area. \$25 for one evening and \$60 for the series of three
Oct 11	Sun	10:00a -11:00a Pacifist Meditation Service	
Oct 13	Tue	7:00p -8:30p Chanting for Beginners	See October 6 event.
Oct 18	Sun	10:00a -11:00a Pacifist Meditation Service 1:00p -3:00p Introduction to Vegetarianism and Veganism:A Cruelty-Free Diet	Interested in becoming a vegetarian or vegan, but unsure of how to do it? Confused about the real meaning behind Local, Organic, Free-Range, and Cruelty-Free products? This workshop is ideal for novices or seasoned dietary-experimenters We will cover many questions that newcomers to a vegetarian diet pose, including: "How can I get enough protein?" "Will I get a vitamin deficiency?" "What can I cook that my kids will eat?" and "Can vegetarian food ever taste good?" This workshop will also touch upon ways that we can make our diet more in tune with our values of peace and nonviolence, no matter what restrictions we choose. Suggested Donation \$10

			Julia McMillan is a food-loving vegan, and a student of holistic mental health counseling at Lesley University.
Oct 20	Tue	7:00p -8:30p Chanting for Beginners	See October 6 event.
Oct 25	Sun	10:00a -11:00a Pacifist Meditation Service	

There is no place like **The Peace Abbey**