



THE WELLNESS CENTER

-noun

the quality or state of being healthy in body and mind, esp. as the result of deliberate effort

AA and AL-ANON Meetings

Family Group

Every Monday at 7:00 p.m. in Pre-School, Room 6-A
Relatives and friends share their experience, strength, and hope for those they love who have addiction problems.

Recovery by the Book

Every Sunday at 7:00 p.m. in Wellness Center
Individuals join in fellowship to share their stories of loved ones with addiction problems and to find support from others.

Friends in Action

**Every Tuesday and Saturday at 7:30 p.m.
in Pre-School, Room 6-A**
Men and women come together to share their daily challenges of addiction and to learn a better way of life.

FOCUSED AWARENESS MEDITATION PROGRAM

The Focused Awareness Meditation Program will provide the basic skills necessary to begin and maintain a powerful meditation practice. Through the meditative exercises taught in this program, you will become more adept at staying calm under pressure and will be able to work through conflicts with greater ease. This course will include practice techniques to refine breathing and improve concentration. You will learn how to make meditation a part of your everyday life. Course instructor **Peggy Gaines, RN BSN**, received her training as a Meditation Specialist from Susan Taylor, PhD of the Center for Meditation Science in Newburyport, MA. Peggy is a nurse educator who has been meditating for over ten years. Location: CGCC Wellness Center, 1125 Anastasia Avenue, **Tuesdays, May 18-June 15, 7:00 p.m. - 8:00 p.m.** \$60 for a Five-week session or \$15/session. For more information please contact Megan at megank@ucc-cgcc.org or by phone at 305-448-7421 ext. 119

NEW Monthly Group Meditation: Join Peggy once a month for encouragement and support as you continue your meditation practice. This Group will meet in Havighorst Lounge on **Thursdays, May 13, June 10 and July 8 from 7:00 - 8:00 p.m.** \$15.00 per session.



PFLAG

**PFLAG Monthly Meeting
(Parents and Friends of
Lesbians and Gays)
Wednesday, February 10
7:00 - 9:00 p.m.
Pierce Withers' Office**

Coral Gables Congregational Church United Church of Christ is sponsoring a monthly PFLAG meeting for all parents, friends and allies of GLBTQ youth beginning this month. This PFLAG discussion group is facilitated by staff from the Alliance for Gay and Lesbian Youth, and is a safe space to talk about GLBTQ issues, joys and concerns, and is open to Church members as well as the broader community. For more information contact Jackie Sousa at (305) 206-7661.

CONGRATULATIONS

Best Wishes to Our
Graduating Seniors:
Samantha Campagna and
Samantha Wasson.

Congratulations to
Pastor Guillermo who received the
Dean's Award in his work toward
a Doctor of Ministry degree at
Chicago Theological Seminary.



REIKI HEALING CIRCLES

These circles are an open space offering the opportunity to experience Reiki and other natural healing modalities.

Saturday, May 22 and Saturday, June 19

4:00 – 6:00 p.m.

Coral Gables Congregational Church WELLNESS CENTER

1125 Anastasia Ave. (Across Biltmore Hotel) Coral Gables

(RSVP: 239-948-9444 or 305-321-7445)

Do you know someone who could benefit from a healing session? Bring them in.
Everybody is welcome (REIKI and other energy practitioners, relatives, friends).

We'll bring herbal tea, fruit or cheese to share.

There is no charge to participate but you can do a love offering to the church

REIKI is a holistic healing method we owe to Mikao Usui. The word comes from two Japanese characters: Rei, meaning universal energy and Ki, meaning the energy that animates all living beings. When Rei and Ki flow harmoniously together, optimal physical, mental, emotional and spiritual health is achieved. Blockages to the flow of energy at any one level of our being manifest with symptoms or disease. The Reiki practitioner funnels universal energy for herself or another person with the intention of supporting healing processes and deep relaxation.

Sharing in a circle is a most beautiful and satisfying way to be introduced to and practice Reiki or other energy healing modalities. It is also an opportunity to meditate, take some time for oneself, as well as to deepen one's connection to the Source, whatever you conceive it to be.

For Reiki practitioners, the circle will provide opportunities to continue learning through sharing experiences and giving/receiving a brief Reiki session at no cost.

The circles are open to anyone who wants to experience the balancing effect of Reiki. Although it is not a class, there will be space for answering questions.



yoga

**For Wellness
May 2010**

Hatha Yoga Classes

All levels welcome!

MONDAY & THURSDAY

9:00 - 10:30 a.m.

May Yoga: NO PASSES

We are throwing away the passes and opening all classes to everyone for \$10 for a 1½ hour class!

WEDNESDAY EVENING

6:00 – 7:30 p.m.

*Childcare provided
Room 3 of Arts & Ed. Wing*

FRIDAY EVENING

6:00 – 7:30 p.m.

FREE Yogic Breathing Class

Monday mornings

8:30 - 9:00 a.m.

NO YOGA

June – August

Yoga Classes will return in the fall beginning after Labor Day.

All Yoga classes take place in the CGCC Wellness Center.

1125 Anastasia Avenue

*Discover the benefits of this ancient tradition:
spiritual discipline, mental and physical fitness, and stress relief.*

Our Yoga classes are taught by certified teachers.

Coral Gables Congregational Church

United Church of Christ

**For more information, contact Megan Korallis
at 305-448-7421, ext. 119 or Megank@ucc-cgcc.org**