

# calendar of events

All Calendar and Ongoing Events must be received by 12th of the month prior to publication. For calendar submission enter on our website: [www.naturalawakeningstriangle.com](http://www.naturalawakeningstriangle.com). Calendar submissions for non-advertisers are limited to space availability.

## WEDNESDAY, NOVEMBER 1

**Drum Circle.** 7-8:30pm. Join us as Cindy Jones MS LPCS and Taylor Houchens MS LPCA present "Drumming for Wellness". If you are feeling a need for ease from any of the following—boredom, loneliness, stress, fatigue. Come and get some rhythm relief! No experience necessary. All levels welcome! Bring your drums and percussion instruments (extras will be available!). Suggested donation \$10. Unity Center of Peace, 8800 Seawell School Rd., Chapel Hill. For more info: 919-968-1854 or [www.unitychapelhill.org](http://www.unitychapelhill.org).

## WEDNESDAYS, NOVEMBER 1 & DECEMBER 6

**Suitcase of the Spirit.** 3:00-4:30pm. We carry around our bodies sometimes as if they are a curse. We get worn, tired, and weary. Parts break; sometimes they aren't mendable. Our embodied experience is our precious gift. Celebrate your mobile sanctuary and experience the marvelous sensation of being alive through tasting, feeling, hearing, touching, and seeing that it is good! We will share simple experiences that honor our dwelling places, invite curiosity, and nurture sacred space. Suggested donation: \$25 (includes supplies). Register: [www.womengather.org/our-programs.html](http://www.womengather.org/our-programs.html) or call: 919-846-360.

## FRIDAY, NOVEMBER 3

**Skywatching at Little River.** 8pm-10pm. Morehead hosts free skywatching sessions every month (weather permitting). Morehead educators and CHAOS members (from Chapel Hill Astronomical & Observational Society) bring telescopes and guide you through fun observations of stars, planets, moons, nebulae and other celestial objects. You might even see a few meteors! Little River Park, 301 Little River Park Way, Rougemont, NC. [www.moreheadplanetarium.org](http://www.moreheadplanetarium.org)

## FRIDAY AND SATURDAY, NOVEMBER 3-4

**ELDERHOOD: Two-Day Teaching with Stephen Jenkinson.** November 3. 7:00pm-9:00pm. November 4. 9am-4pm. Lunch provided. This gathering is offered to anyone with a desire to be useful to those now inheriting an endangered and often dangerous world, those who have an instinct and a desire to be an ancestor worth claiming. All are welcome. Location: Sparkroot Farm & Village at the Bend, Moore, NC. Fee: \$145-225. 20% Discount for Triangle Residents! Eventbrite Discount Code: CHATHAM Visit: <https://tinyurl.com/y7sllr25>

## FRIDAY-SUNDAY, NOVEMBER 3-5

**Level Two Kundalini Yoga Teacher Training.** If you are a certified Level One Kundalini Yoga teacher, this is your chance to take it to the next level, right

here in Chapel Hill! Contact HarDarshan for more info: 919-257-7814, [www.matashaktiashram.org](http://www.matashaktiashram.org) or [hardarshan@matashaktiashram.org](mailto:hardarshan@matashaktiashram.org)

## FRIDAY, NOVEMBER 3

**Archangelic Light Class.** 6:00pm. This 2-day beginner's class (Friday eve and Saturday), entrains you to spiritual energy that enhances connection with the angels and divine feminine. Healing goes directly to the root cause of the issue. Use for yourself, others and long-distance. Many report enhanced intuitive development and opening of the third eye chakra. Fee \$260. Location: Cary. Register: <https://tinyurl.com/kodjkjs> Or contact Susan: [SusanMelchione@gmail.com](mailto:SusanMelchione@gmail.com), 919-210-2188, [www.SusanMelchione.com](http://www.SusanMelchione.com)

## SATURDAY, NOVEMBER 4

**Keep Your Information Safe at Secure Your Day.** 8:00am-12:30pm. Complimentary document shredding, secure destruction of computers and hard drives, electronic recycling. This event helps consumers protect themselves from identity theft by providing them an opportunity to properly dispose of their confidential documents and recycle their electronics correctly. Community members are encouraged to take advantage of complimentary document shredding, collection of computers and hard-drives for secure destruction, electric/electronics recycling and identity protection tips. Visit: <https://tinyurl.com/yewghfg3> Location: Coastal Federal Headquarters, 1000 St. Albans Drive, Raleigh.

**Bee Hotel Grand Unveiling Celebration.** 10:00am-3:30pm. Join us for the grand unveiling of our Bee Hotel in Gold Park. Event is planned to be family friendly and include mini bee hotel workshops, face painting, and other fun activities. 415 Dimmocks Mill Road, Hillsborough. [tinyurl.com/yda6nokf](http://tinyurl.com/yda6nokf)

**Sound Bath at Unity Church of Raleigh by Youthologie.** 7-9pm Join us for an evening of body, mind and spirit wellness. Immerse yourself in a universe of sound, harmonics, vibration and resonance. Experience a timeless inner journey; and lose the stress of the holiday hustle and bustle, at the Triangle area's only sound bath. Unity Church of Raleigh, 5124 Departure Dr, Raleigh, NC 27616. Tickets \$40 in advance, \$45 at the door. Reserve your spot: 919-847-1495. Bring yoga mat and pillow.

## SUNDAY, NOVEMBER 5

**Learn Quick Stress Release Techniques and Ways To Eliminate Unhealthy Food Cravings.** 1-4pm. Join us for a fun filled, educational day about true healthy living. The class starts with proven speedy methods to eliminate what makes you have the munchies, absorb or act out your stress, and feel run down and sick. Please bring one unhealthy food that you can't live without, and see and feel the difference! \$15 in advance, \$20 at the door. To register, email: [EmotionalWellnessCoaching@triad.rr.com](mailto:EmotionalWellnessCoaching@triad.rr.com), or call:

919-622-5183. Health Touch Conference Center, 3500 Westgate Drive, Building 400, Durham.

**ECK Light and Sound Service.** 11am-noon. First Sundays with fellowship and light refreshments to follow. Experience eternal truths and spiritual growth found through teachings of Eckankar. Topic: "You Are Never Alone when Climbing the Mountain of God." "The passage of Soul is as sure as the sun's; and through the morning, noon, and eventide of life's experience, It climbs steadily up the rugged mountainside to God-Realization." Triangle Eckankar Center, 6001 Chapel Hill Road, Suite 103, Raleigh. 919-852-1550; [www.eckankar-nc.org](http://www.eckankar-nc.org) or [www.meetup.com/SpiritualExperience](http://www.meetup.com/SpiritualExperience).

**Play and Pray Day.** 1:30-3:00 pm. Play and prayer are vital to our well-being. This workshop, led by Amy Allen of Flourish Counseling and Interplay Instructor Janet Jones, will teach you how to use improvisation to learn a new way to pray as you play. Bring your inner child and wear your "play clothes!" Suggested Love Offering \$20. Fellowship Hall. Register online at [unitytriangle.org](http://unitytriangle.org)

## SUNDAYS, NOVEMBER 5, 12 AND 19

**Concert on Sundays in Hillsborough.** 2:30pm-5:30pm. Concerts on the Old Courthouse Lawn, Courthouse Lawn, 106 E Margaret Lane, Hillsborough. [www.hillsboroughchamber.com](http://www.hillsboroughchamber.com)

## NOVEMBER 6-DECEMBER 18

**Nidra Yoga Class.** 5:30-6:30pm. Mondays. Nidra Yoga is the art of conscious deep relaxation. Led by Beth Briggs, a 40-year practitioner of Sivananda and Satchidananda Yoga, this powerful class will give participants the tools to relax and release stress and tension and to find balance and healing in their lives. Love Offering. Location: Fellowship Hall. Register online at [unitytriangle.org](http://unitytriangle.org)

**Strength and Abundance Class.** 6:30-8:30pm. Mondays. Seeing yourself in a few years living abundantly is the mental blueprint for your future self. First, you see an abundant life in your mind then you will see it in your daily experience. Talks, videos, small group sharing and daily exercises over seven weeks will break us out of our familiar, old expectations so we not only see our future life, we commit to it. Love Offering. Location: Fellowship Hall. Register online at [unitytriangle.org](http://unitytriangle.org)

## MONDAY, NOVEMBER 6

**Free Meditation and Reiki Share.** 7:00pm-9:00pm. Join us for a guided meditation, followed by a Reiki Share. Those without any experience and those with all levels of Reiki experience are welcome! After the meditation, we will take turns sharing this beautiful energy. Expect to feel less stressed, deeply relaxed and supported! RSVP on [meetup.com](http://meetup.com) is required as space is limited. To RSVP for this class visit [tinyurl.com/jwhbzth](http://tinyurl.com/jwhbzth). Or contact Susan: 919-210-2188, [SusanMelchione@gmail.com](mailto:SusanMelchione@gmail.com), or [www.SusanMelchione.com](http://www.SusanMelchione.com)

## WEDNESDAY, NOVEMBER 8

**Open Mic Night.** 7:00-8:30pm. Passionate Poets invites all to this evening of creative expressions where performers are encouraged to share their gifts of music, poetry, dance or comedy. Performance

times will be 3-5 minutes each depending on the number of participants. Arrive early at 6:30pm to sign up. Suggested donation \$10. Contact Vanessa Vendola at 919-810-3548 with questions. Unity Center of Peace, 8800 Seawell School Rd., Chapel Hill. For more info: 919-968-1854 or [www.unitychapelhill.org](http://www.unitychapelhill.org).

## FRIDAY AND SATURDAY, NOVEMBER 11 & 12

**The Root, The Core, The Heart of Reiki.** 9:30am-5:00pm. Wilmington, Level III-Attunement to higher level Reiki energy; two additional symbols and their use. Past life exploration. Expanded and applied knowledge, of chakra system for healing. Hands-on practice. How to attune. Class manual, certificate. All Level II welcome, 14 CE's for LMBT's. \$250. Full course description/pre-registration at [www.restoreessence.net](http://www.restoreessence.net) or contact Debra Collins 910-200-9442.

## SATURDAY, NOVEMBER 11

**Mantra, Meditation & Manifestation.** 1:30-4:30pm. Do you dream of a more fulfilling life? This workshop, Certified Life Coach Jessie Benson and Meditation and Mindfulness Teacher Sarah Johnston, will teach techniques to help you shape your life into one of genuine happiness. Join us for this fun and focused workshop designed to help you build the life of your dreams. Love Offering \$40. Fellowship Hall. Register online at [unitytriangle.org](http://unitytriangle.org)

**Reiki I Class.** 9:00am-5:30pm. This class teaches you to provide Reiki to yourself and others! Receive four Reiki attunements and experience Reiki throughout your lifetime! Learn the chakras and history of Reiki. Practice grounding, protection and traditional Reiki techniques. Receive a comprehensive manual and certificate of completion. Beginners welcome. Fee: \$150. Location: Cary. To RSVP for this class visit [tinyurl.com/jwhbzth](http://tinyurl.com/jwhbzth). Or contact Susan: 919-210-2188, [SusanMelchione@gmail.com](mailto:SusanMelchione@gmail.com), or [www.SusanMelchione.com](http://www.SusanMelchione.com)

**Journey Through The Chakras-A Kundalini Yoga Workshop In Chapel Hill.** 10am-1pm. This workshop will give you an experience of your energy centers, using sound, movement, color, and more! Fee: \$40. Register by November 7. Visit: [www.Matashaktiashram.org](http://www.Matashaktiashram.org) or visit [hardarshan@matashaktiashram.org](mailto:hardarshan@matashaktiashram.org)

## SUNDAY, NOVEMBER 12

**Awakening to Your Ten Bodies.** 8am-noon. You know you have one body, come learn about the other nine! We will do yoga to awaken you to your ten bodies, explore these concepts, and delve into your personal numerology! Fee: \$50. Sign up for the chakra workshop on Saturday and save! \$80 for both. To pre-register by Nov. 5, contact HarDarshan: (919) 257-7814; [hardarshan@matashaktiashram.org](mailto:hardarshan@matashaktiashram.org) or visit [www.matashaktiashram.org](http://www.matashaktiashram.org)

**Explore Soul Travel.** 11:00am-12:30pm. "Soul Travel reveals a majesty and security that abounds in the arms of God alone," Harold Klemp. Discussion: Eckankar's Spiritual Experiences Guidebook, by Harold Klemp. Learn simple, effective techniques to transform your life. Complimentary book given to attendees. Can't attend-call 919-852-1550 to request book. Triangle Eckankar Center, 6001 Chapel Hill Road, Suite 103, Raleigh. Visit: [www.eckankar-nc.org](http://www.eckankar-nc.org) or [www.meetup.com/SpiritualExperience](http://www.meetup.com/SpiritualExperience).

**Meditative Movement Class.** 2:00pm-3:30pm. Second Sundays at Dancing Moon! Focus on Sacral Chakra! Chakradance is for EVERYONE. No experience necessary. Ages 18-100! These are fun meditations that are deeply healing. Move in a darkened room to music, guidance and energy of your own chakras. Fee: \$20 or Discount of \$15 for package of 3 classes. Location: 1840 Wake Forest Rd, Raleigh. Register: <https://tinyurl.com/kodjkjs> Or contact Susan: [SusanMelchione@gmail.com](mailto:SusanMelchione@gmail.com), 919-210-2188, [www.SusanMelchione.com](http://www.SusanMelchione.com)

## MONDAY, NOVEMBER 13

**The Root, The Core, The Heart of Reiki.** 9:30am-5:00pm. Wilmington. Master Level. Receive a powerful attunement to Reiki energy. Learn the attunement process and how to structure a class for adult learners. Manual, certificate, ongoing support. Any Level III welcome, 7 CE's for LMBT's. \$150. Full course description/pre-registration at [www.restoreessence.net](http://www.restoreessence.net) or contact Debra Collins 910-200-9442.

**Special Monday lunchtime Kundalini Yoga class in Chapel Hill.** 11 am-noon. Fee: \$10. Mata Shakti Ashram, 305 Glenwood Drive, Chapel Hill. Call: 919-257-7814. Visit: [www.matashaktiashram.org](http://www.matashaktiashram.org); [hardarshan@matashaktiashram.org](mailto:hardarshan@matashaktiashram.org)

**Sexuality and Spirituality: Let's Talk About Both.** 1-3pm. What does sexuality have to do with our spirituality? An equally important question: what does our spirituality have to do with our sexuality? What gifts do these two foundational parts of the human experience offer to our relationship with the Holy One and each other? These are the questions this program will explore. Free will donation. A Place for Women To Gather, 8380 Six Forks Rd., Raleigh. [www.womengather.org](http://www.womengather.org) Call to attend: 919-846-3601 or to register, visit: <http://www.womengather.org/our-programs.html>

## TUESDAY, NOVEMBER 14

**Art of Conscious Aging: A Group for Women.** Bring a bag lunch and something to drink. Newcomers welcome. No fee to attend. No need to register. Parlor in Carr Building (enter at door by playground off Gregson Street parking lot). Trinity Avenue Presbyterian Church, 927 West Trinity Ave., Durham. Visit: <https://tinyurl.com/y9g3gkno>

## WEDNESDAY, NOVEMBER 15

**Sacred Flow: Music, Meditation and Movement.** 7-8:30pm. Enjoy an hour of celebration and silence/meditation! Incorporates breath practices, walking meditations, chanting/singing, sharing of poetry, etc. All in a container of sacred space and contemplation. Feel free to bring things you would like to share! And musical instruments! \$10 suggested donation. Unity Center of Peace, 8800 Seawell School Rd., Chapel Hill. For more info: 919-968-1854 or [www.unitychapelhill.org](http://www.unitychapelhill.org).

## THURSDAY, NOVEMBER 16

**Sexuality and Spirituality: Let's Talk About Both.** 7-9pm. See November 13 listing for details.

## SATURDAY AND SUNDAY NOVEMBER 18-19

**The Durham Art Walk Holiday Market.** 10am-5pm, November 18; 1pm-5pm, November 19. Shop, explore, be inspired. Visit: [www.durhamartwalk.com](http://www.durhamartwalk.com)

## SATURDAY, NOVEMBER 18

**Beacon Thermography Screenings at Health Touch in Durham.** 10am-5pm. Thermography is a state-of-the-art, FDA registered, non-invasive and radiation-free imaging technology that may detect abnormal conditions before they are detectable by mammography, ultrasound, x-rays or MRIs. While thermography's most common application is in breast cancer screening, it can also help detect a large number of other conditions and injuries. Early detection allows more time to address potential issues. Thermographs are read by MDs who are board-certified in thermal scan analysis. For information, call 910-803-2150 or visit [www.beaconthermography.com](http://www.beaconthermography.com).

## SUNDAY, NOVEMBER 19

**Spiritual Laws of Life Workshop.** 11am-noon. Free. Law of Plenty: "We live according to the Law of Plenty when we go about life with love and thanksgiving," Harold Klemp, The Spiritual Laws of Life, pg 183. The spiritual laws of life give us the many resources to make the very best decision at any one moment. Fellowship and light refreshments to follow workshop. Triangle Eckankar Center, 6001 Chapel Hill Road, Suite.103, Raleigh. 919-852-1550 [www.meetup.com/SpiritualExperience](http://www.meetup.com/SpiritualExperience) or visit [www.eckankar-nc.org](http://www.eckankar-nc.org)

**Beyond Meditation - Chant HU, a love song to God.** 12:30-1:00pm. Third Sunday of each month. Experience spiritual upliftment chanting HU, an ancient name for God, in a group setting. This simple spiritual exercise has helped people of different faiths open their hearts more fully to the presence of God. Triangle Eckankar Center, 6001 Chapel Hill Road, Suite.103, Raleigh. 919-852-1550. [www.meetup.com/SpiritualExperience](http://www.meetup.com/SpiritualExperience) or visit [www.eckankar-nc.org](http://www.eckankar-nc.org) or To hear HU: [www.miraclesinyourlife.org](http://www.miraclesinyourlife.org) or download Free HU App. Type HU Eckankar in search box.

## TUESDAY, NOVEMBER 21

**Retreat Day - Mandalas Here, Mandalas There, Mandalas Everywhere!** 9:30am-2:30pm. If you want to be centered for the holidays that are just around the corner, come and be encircled by the meaning and message of the mandala. Get in touch with how prevalent they are in our world, with their power to draw us into their center and then into our own. Once you are aware of how close this resource is, you will be able to access it at any time, a useful skill, especially when life gets hectic. Please bring your lunch. Drinks and dessert provided. Suggested donation: \$30. Register by calling: 919-846-3601 or visit: <http://www.womengather.org/our-programs.html>

## WEDNESDAY, NOVEMBER 22

**Compassionate Communication.** 7-8:30pm. Learn the basics of the four-step process of Nonviolent Communication (NVC) and specific strategies for giving empathy to ourselves. We will practice each step with a written exercise, with small group break-outs, and with full group sharing. These simple, specific communication techniques can be applied immediately to connect with compassion in all situations. Suggested donation \$10. Unity Center of Peace, 8800 Seawell School Rd., Chapel Hill. For more info: 919-968-1854 or [www.unitychapelhill.org](http://www.unitychapelhill.org).

## THURSDAY, NOVEMBER 23

**Unity of the Triangle Annual Thanksgiving Potluck**



**Dinner.** 2:00 pm, Appetizers. 3:00 pm, Dinner. Unity Triangle will provide the turkey, water, coffee and tea. Bring an appetizer, side dish, salad, bread/rolls or dessert. Please note the ingredients and if your dish is gluten-free for those who may have food allergies. Fellowship Hall. For information, contact Susan, heartsong77@earthlink.net

## SATURDAY AND SUNDAY, NOVEMBER 25-26

Spend the weekend with Special Guest Speaker John Stringer. John Stringer is a life teacher,

speaker, billboard charting singer-songwriter, healer, and author with a passion for music, community, expansion and limitless love and light. He currently travels extensively, speaking and playing at concerts, workshops, spiritual centers, churches, conferences, retreats and festivals while sharing his uplifting and healing music and message through songs. More information available online at [unitytriangle.org](http://unitytriangle.org)

## SATURDAY, DECEMBER 2

**Annual Holiday Craft Show.** 9am-4pm. Show featuring 65 talented artisans and crafters from

throughout North Carolina. Enjoy one-stop shopping and find the perfect gift for everyone on your holiday list! Free admission. St. Thomas More Catholic School, 920 Carmichael Street, Chapel Hill. Email: [stmholidayshoppe@gmail.com](mailto:stmholidayshoppe@gmail.com) Visit: [www.stmcsnc.org](http://www.stmcsnc.org)

## WEDNESDAY, DECEMBER 6

**Suitcase of the Spirit.** 3:00-4:30pm. See November 1 listing for details. Register by calling 919-846-360 or visit: [www.womengather.org/our-programs.html](http://www.womengather.org/our-programs.html)

# ongoing events

## SUNDAY

**That Cancer Show.** 8-8:30pm. Cornucopia Cancer Support Center hosts this informational talk radio program to assist anyone journeying with cancer. Airs live on WPTF 680 AM in the Triangle. Also live streams live at [www.wptf.com](http://www.wptf.com), click on the 680 AM Listen Live button. See more information at [www.cancersupport4u.org](http://www.cancersupport4u.org)

**Unity of the Triangle Sunday Services.** 9am and 11am. Come and be part of a meditative, heart-centered, music-inspired experience our community offers every week. "Come Home to Unity...your family awaits you." Childcare 8:45am-12:15pm. Unity of the Triangle, 5570 Munford Rd. Raleigh. [www.unitytriangle.org](http://www.unitytriangle.org) Facebook page: [www.facebook.com/unityofthetriangle](http://www.facebook.com/unityofthetriangle)

**Unity Church of Raleigh: Sunday Morning Services.** Prayer and Meditation 9:45-10:15 am; Sunday Celebration 10:30-11:45 am; Youth Program 10:30-11:45 am; Oneness Blessing (first and third Sundays) noon. November Theme "Prosperity 101". Unity Church of Raleigh is a gathering place for spiritually motivated people living in an awakening world. Come join us each Sunday for fun, fellowship, inspired music and message, and go feeling blessed. Unity Church of Raleigh, 5124-108 Departure Drive, Raleigh. [www.unitychurchofraleigh.org](http://www.unitychurchofraleigh.org)

**Unity of the Triangle Español Sunday Service.** 11:00am service every Sunday. Come and be a part of a meditative, heart-centered, music-inspired experience, in Spanish! Join Associate Minister Rev. Ana V. Quintana as she leads this new service each week. Childcare is available. Unity of the Triangle, 5570 Munford Rd. Raleigh. Visit: [unitytriangle.org](http://unitytriangle.org)

**Eckankar, The Path of Spiritual Freedom: ECK Light and Sound Service.** 11 am-noon. First Sunday of every month. Sunday, October 1: "Dissolve Your Limitations in the Light and Sound of God." Listen to personal stories, parables and creative arts expressing eternal truths and spiritual growth found through the teachings of Eckankar. Fellowship and light refreshments follow service. Triangle Eckankar Center, 6001 Chapel Hill Road, Suite 103, Raleigh. 919-852-1550 or visit: [www.eckankar-nc.org](http://www.eckankar-nc.org) or [www.meetup.com/SpiritualExperience](http://www.meetup.com/SpiritualExperience).

**Unity Church of Raleigh: The Quest: Facilitator Rev. Larry Henson, Sundays, October 1 - November 19, 12:30 - 2:30 pm.** The Quest is for sincere seekers everywhere who are ready to discover the Power

within them and use its incomparable ability to heal, comfort, and prosper. It incorporates all of the Unity Principles and stepping stones to move forward. This class now closed. For more information and future classes go to: [www.unitychurchofraleigh.org](http://www.unitychurchofraleigh.org).

**Eckankar, Spiritual Laws of Life Workshop.** Free. 11am-noon. Third Sunday each month. October 15: "Law of Noninterference." The spiritual laws of life give us the many resources to make the very best decision at any one moment. Learn how to shape your life and destiny to live in harmony with them. A different spiritual law discussed each month. Fellowship and light refreshments follow workshop. Triangle Eckankar Center, 6001 Chapel Hill Road, Suite 103, Raleigh. 919-852-1550 or visit: [www.eckankar-nc.org](http://www.eckankar-nc.org) or [www.meetup.com/SpiritualExperience](http://www.meetup.com/SpiritualExperience).

**Beyond Meditation: Chant HU, a love song to God.** 12:30-1pm. Third Sunday of each month. Experience spiritual upliftment chanting HU, an ancient name for God, in a group setting. This simple spiritual exercise has helped people of different faiths open their hearts more fully to the presence of God. Triangle Eckankar Center, 6001 Chapel Hill Road, Suite 103, Raleigh. 919-852-1550 or visit [www.eckankar-nc.org](http://www.eckankar-nc.org) or [www.meetup.com/SpiritualExperience](http://www.meetup.com/SpiritualExperience). To hear HU: [www.miraclesinyourlife.org](http://www.miraclesinyourlife.org) or download Free HU App. Type HU Eckankar in search box.

**Unity Center of Peace.** Sundays 9:30-10:40am, Adult Forum (Chapel), 10:45-11am. Silent Meditation (Chapel), 11am-12:15pm Celebration Service (Sanctuary), 5-6:15pm. Youth program from 11am-12:15pm. 8800 Seawell School Road, Chapel Hill. [office@unitychapelhill.org](mailto:office@unitychapelhill.org) [www.unitychapel.org](http://www.unitychapel.org) or call 919-968-1854.

**Pet Grief and Loss Support Group.** 6:30-8:00pm. Bi-monthly. Sign-up required 48 hours in advance of meeting. When dealing with your pet's illness, we understand how difficult this life situation is and we are here to help. With professionally guided group meetings by a licensed clinical psychologist you will receive support for pet loss or end-of-life decisions for pets, and a safe environment to express grief. Bowman Animal Hospital, 8308 Creedmoor Rd., Raleigh. Phone: 919-847-6216 or visit: <https://tinyurl.com/zq87ejr>

**Unity of the Triangle's Rediscovering the Bible.** First and third Sundays. 10:15am-10:55am. The Bible is not only one of the most important historical references, it is a roadmap for awaking to Christ-consciousness. We will explore the

metaphysical (spiritual), mental, and material information contained in these Holy Scriptures. Jesus' words are a meditation, and series of messages and clues, that when realized, lead to liberation. Unity of the Triangle, 5570 Munford Rd. Raleigh. [www.unitytriangle.org/](http://www.unitytriangle.org/) Facebook page: [www.facebook.com/unityofthetriangle](http://www.facebook.com/unityofthetriangle)

**Unity of the Triangle GenX Group.** (30's and 40's) 10:15-10:55am Sunday meetings include a short meditation, discussion of spiritual topics, and studies such as mindfulness. They go out to lunch after Sunday service at 12:30pm the last Sunday of each month and have a family friendly potluck the first Sunday each month at 5:30pm. It's a great way to get to know other fun, spiritual, and like-minded individuals! Unity of the Triangle, 5570 Munford Rd. Raleigh. Contact Rebecca Merola at 919-985-3068. [www.unitytriangle.org](http://www.unitytriangle.org) Facebook page: [www.facebook.com/unityofthetriangle](http://www.facebook.com/unityofthetriangle)

**Unity of the Triangle High Milers Group.** (Over 68 yrs) 10:15-10:55am Second and fourth Sundays. Come connect with fellow seniors between Sunday services to share your life's journey, your wisdom and your dreams while exploring how the Unity principles relate to your life. The format is open discussion and individual participation is encouraged. Enjoy sharing stories and wisdom, fun and fellowship. Unity of the Triangle, 5570 Munford Rd. Raleigh. [www.unitytriangle.org](http://www.unitytriangle.org) Facebook page: [www.facebook.com/unityofthetriangle](http://www.facebook.com/unityofthetriangle)

**Unity of the Triangle Classes for Youth.** 11am. Nursery, Preschool, UniKids (Grades K-2), UniKids (Grades 3-5), UniTeens (Middle school), and Y.O.U. (High school). Unity of the Triangle, 5570 Munford Rd. Raleigh. [www.unitytriangle.org](http://www.unitytriangle.org), Facebook page: [www.facebook.com/unityofthetriangle](http://www.facebook.com/unityofthetriangle) Unity Youth and Families Facebook page: <https://www.facebook.com/uct.youth/?fref=ts>

**Unity of the Triangle—What is Unity?** First Sundays 12:30pm. This 45-minute class offers an opportunity to learn about the basics of the Unity philosophy and history in addition to general information about our church. Unity of the Triangle, 5570 Munford Rd. Raleigh. [www.unitytriangle.org](http://www.unitytriangle.org) Facebook page: [www.facebook.com/unityofthetriangle](http://www.facebook.com/unityofthetriangle)

**Unity of the Triangle—Unity Highlights.** Second Sundays 12:30pm. This 60-minute class focuses on the core Unity teachings of Healing, Prosperity and Guidance. Each month there is a new emphasis so make it a regular part of your Unity experience. Unity of the Triangle, 5570 Munford Rd. Raleigh. [www.unitytriangle.org/](http://www.unitytriangle.org/) Facebook page:

[www.facebook.com/unityofthetriangle](http://www.facebook.com/unityofthetriangle)

**Unity of the Triangle—Spiritual Q & A.** With Rev. Neusom. Third Sundays 12:30pm. This is a 60-minute after the show gathering that invites all congregants to join our ministers to discuss ideas from the service and beyond. Unity of the Triangle, 5570 Munford Rd. Raleigh. [www.unitytriangle.org/](http://www.unitytriangle.org/) Facebook page: [www.facebook.com/unityofthetriangle](http://www.facebook.com/unityofthetriangle)

**Unity of the Triangle Boomers Group.** 10:00am–10:55am 50's and 60's. Second and fourth Sundays. Come connect with fellow seniors between Sunday services to share your life's journey, your wisdom and your dreams while exploring how the Unity principles relate to your life. The format is open discussion and individual participation is encouraged. Enjoy sharing stories and wisdom, fun and fellowship. Unity of the Triangle, 5570 Munford Rd. Raleigh. [www.unitytriangle.org](http://www.unitytriangle.org) Facebook page: [www.facebook.com/unityofthetriangle](http://www.facebook.com/unityofthetriangle)

**Gathering of the Sisterhood: An Evening for Evolving Women.** 6–8pm. First Sunday. Bringing like-minded women together of all ages and paths. Meet and greet first 30-minutes, then a talking stick will be passed allowing each participant 3–5 minutes to share. This will be followed by open time when people can stay and talk. 20 person limit, and \$7 charge which will include a beverage and a pastry of your choice. Registration is required. Oasis in Carr Mill Mall, 200 N Greensboro St, Suite A5. Carrboro. [www.oasisincarrmill.com](http://www.oasisincarrmill.com)

**Second Sunday Sewing at the Scrap Exchange.** 2–6pm. Ages: 14+. Join us for community sewing meetup in our Design Center, hosted by textile artist Christine Ramsey. Bring a new or old project and Christine can help you work through creative and technical blocks. Take the opportunity to sew with tons of fabric, trim and accessories at your fingertips. Free admission. Fee for materials. Scrap Exchange, 2050 Chapel Hill Rd, Durham. 919-688-6960. Visit: [www.scrapexchange.org](http://www.scrapexchange.org) for on-line registration: [www.sewsunday.eventbrite.com](http://www.sewsunday.eventbrite.com)

**The Yoga of The Twelve Step (Y12SR).** 7:30–9:00pm. Yoga meets the 12 Steps. This meeting is for people facing addiction and their loved ones. No yoga experience or props required. All are welcome. Donation based. Please join us. Evolve Movement, 219 Oberlin Road, Raleigh. Visit: <http://y12sr.com>

## MONDAY

**Nidra Yoga Class.** 5:30–6:30pm. Mondays. November 6 – December 18. Nidra Yoga is the art of conscious deep relaxation. Led by Beth Briggs, a 40-year practitioner of Sivananda and Satchidananda Yoga, this powerful class will give participants the tools to relax and release stress and tension and to find balance and healing in their lives. Love Offering. Location: Fellowship Hall. Register online at [unitytriangle.org](http://unitytriangle.org)

**Strength & Abundance Class.** 6:30–8:30pm. Mondays. November 6 – December 18. Seeing yourself in a few years living abundantly is the mental blueprint for your future self. First you see an abundant life in your mind then you will see it in your daily experience. Talks, videos, small group sharing and daily exercises over seven weeks will

break us out of our familiar, old expectations so we not only see our future life, we commit to it. Love Offering. Location: Fellowship hall. Register online at [unitytriangle.org](http://unitytriangle.org)

**Course in Miracles.** 7pm–8pm. Contact David Beaver at 919-271-6605. Unity of the Triangle, 5570 Munford Rd. Raleigh. [www.unitytriangle.org](http://www.unitytriangle.org) Facebook page: [www.facebook.com/unityofthetriangle](http://www.facebook.com/unityofthetriangle)

**Unity of the Triangle Men's Group.** First and Third Mondays 6:30–8pm. Men of all ages are invited to share from their heart their challenges, feelings, and spiritual journey while being supported and uplifted by the group. Members determine what they wish to gain from the meeting based on what is shared and expressed during the check-in. Contact John Pelligrino at [john@jfp-international.com](mailto:john@jfp-international.com) Unity of the Triangle, 5570 Munford Rd. Raleigh. [www.unitytriangle.org](http://www.unitytriangle.org); Facebook page: [www.facebook.com/unityofthetriangle](http://www.facebook.com/unityofthetriangle)

**Chronic Pain Support Group.** 10am–noon. Second and fourth Monday. Suffering pain every week is hard! Our hope is to share our coping methods, be understanding and be prayer warriors for each other. Sponsored by Crossroads Fellowship. (<http://crossroads.org/>) For information contact Mary Hilbert, 919-616-8978, [su4fun@yahoo.com](mailto:su4fun@yahoo.com)

**KidsCan! (for families coping with a parent's cancer).** 6–8pm. 2nd Monday. Please call 919-684-4497 to register. Visit: <https://tinyurl.com/yapmn8nx>

**Prostate Cancer Support Group (for patients and family members).** 4–6pm. 4th Monday. Located in the 0-Level conference room by the Duke Cancer Center Café, Durham.

**Food Addicts in Recovery Anonymous.** 7pm. Mondays. We are an international fellowship of men and women who have experienced difficulties in life as a result of the way we used to eat. Through shared experience and mutual support, we help each other to recover from the disease of food addiction. White Plains Methodist Church, 313 SE Maynard Rd., Cary. Contact: Kathryn, 919-467-8568 or Anne, 919-977-7648.

**Yoga For People Living With or Surviving Cancer.** 11am–12:30pm. Mon. and Thurs. A welcoming class for people who are new to yoga or who want to increase their flexibility, strength and stamina. UNC Comprehensive Support Program, 6013 Farrington Road, Chapel Hill. Call: 919-966-3494. \$5 and scholarships possible.

**Meditation and Prayer Circle.** 7pm. Connect with Spirit in the silence during our weekly Meditation and Prayer Circle. Bring your prayer requests for yourself, a loved one or the world or simply enjoy a time of quiet reflection. Meets every Monday evening from 7–8pm. All are welcome. Love Offerings gratefully accepted. Unity Center of Peace, 8800 Seawell School Rd., Chapel Hill. 919-968-1854, [www.unitychapelhill.org](http://www.unitychapelhill.org)

## TUESDAY

**Seeing Who You Really Are.** 7:00–8:30pm. Second Tuesdays. Monthly meetings are about seeing clearly who we are at the center of our being. We'll use guided awareness exercises from Richard Lang and Douglas Harding to draw our attention back to it's

source—the open, boundless Awareness that is our True Self. All are welcome. Unity of the Triangle, 5570 Munford Rd. Raleigh. [www.unitytriangle.org](http://www.unitytriangle.org) Facebook: [www.facebook.com/unityofthetriangle](http://www.facebook.com/unityofthetriangle)

**Men in Unity Support Group.** Facilitator Rev. Larry Henson, Monthly meeting now on 4th Tuesdays, beginning October 24, 7:00 p.m. We live in a time of transformation and confusion. Many old patterns of social oppression have yielded to the urge for change. The Men in Unity group seeks to be an inspiring presence where men can come to know themselves more fully, and to find and explore each of our self-made purposes. Sign up at [www.unitychurchofraleigh.org](http://www.unitychurchofraleigh.org)

**Oneness Blessings.** 7:00pm–8:30pm. 1st Tuesday. A Divine intelligent energy transfer that causes a neurobiological transformation within the brain of the recipient. This transfer helps people move away from the sense of separation towards a sense of oneness with all that is, allowing feelings of bliss, ease, peace, joy, and love. It is not a teaching or concept, but rather an experience that supports all paths or beliefs. Unity of the Triangle, 5570 Munford Rd. Raleigh. [www.unitytriangle.org](http://www.unitytriangle.org) Facebook page: [www.facebook.com/unityofthetriangle](http://www.facebook.com/unityofthetriangle)

**Unity of the Triangle's Spiritual Dialogue with Rev. Ana.** 12:30pm–2:30pm. Join Rev. Ana in a spiritual dialogue that will support your healing and transformation while also allowing to connect at a deeper level with others. This interactive and popular study group often uses a book or video series and always incorporates prayer, meditation, and certainly fun! An evening session will be added soon. Unity of the Triangle, 5570 Munford Rd. Raleigh. [www.unitytriangle.org](http://www.unitytriangle.org) Facebook page: [www.facebook.com/unityofthetriangle](http://www.facebook.com/unityofthetriangle)

**Breast and Gynecologic Cancer Support Group (for patients).** 5:30–6:30pm. 3rd Tuesday. Located in the 0-Level conference room by the Duke Cancer Center Café, Durham. Visit: <https://tinyurl.com/yapmn8nx>

**The Holistic Moms Network Monthly Meeting.** 10:30am. Third Tuesday. The Holistic Moms Network is a non-profit support and educational resource for parents with an interest in natural health, holistic living and mindful parenting. We host a monthly meeting on a variety of healthy living topics as well as playgroups and other fun events! We invite you to join us at a meeting and start connecting with like-minded families in the area. Free. Location: Sweetbottoms Baby Boutique, 2845 Jones Franklin Rd. Visit: <http://trianglerc.holisticmoms.org>

**The Art of Conscious Aging: An Ongoing Group.** 11:30–2:00pm. 2nd Tuesday. Each gathering will focus on a single topic. Participants will have an opportunity to provide program leadership. Any woman who experiences herself at any stage of her elder years is invited to join us in a deep sharing of her own experiences. Bring bag lunch and a drink. No fee or need to register. Newcomers welcome. Health Touch Wellness Center, 3500 Westgate Drive, Building 500, Durham. Visit: [www.rcwms.org](http://www.rcwms.org)

**Smart Recovery (Smart Management And Recovery Training).** 7:30pm. Tuesdays. Offering free behavior science based mutual support groups for abstaining from any type of addiction. Location: Binkley Baptist Church, 1712 Willow Drive, Chapel Hill. Visit: [www.trianglesmartrecovery.org](http://www.trianglesmartrecovery.org)

**Raleigh A.R.E.** Spiritual Growth Study Group.



7:30–9:30pm. Call Wayne at 919-783-6045.

**Chapel Hill Farmers Market.** 3–6pm. University Mall, next to Wells Fargo, Chapel Hill. [www.thechapelhillfarmersmarket.com](http://www.thechapelhillfarmersmarket.com)

**All Levels Yoga.** 9:30am. Description—Participate in this challenging and relaxing all level vinyasa yoga class to strengthen your core and increase your flexibility! Location: Bond Park Community Center, 150 Metro Drive, Cary NC 27513 (class subject to cancellation if minimum enrollment not met).

## WEDNESDAY

**Unity Church of Raleigh Midweek Gathering.** Class Wednesday Evenings 7:30 – 9:00pm – “Prosperity and the Bible” based on the book Wells of Abundance by E.V. Ingraham. This class focuses on the progressive stages of supply. According to Ingraham, there are seven planes of supply and we will explore each plane and the law that applies to it. Join Rev. Bev for these insights into living a prosperous life. Unity Church of Raleigh, 5124-108 Departure Drive, Raleigh. [www.unitychurchofraleigh.org](http://www.unitychurchofraleigh.org)

**Unity of the Triangle SuperCentered Midweek Service.** Yoga. 6:00-7:00pm; Meditation 7:00-7:30pm; light dinner at 7:30pm. Boost your midweek with gentle yoga, meditation and a light dinner of soup and salad. Unity of the Triangle 5570 Munford Rd Raleigh. [unitytriangle.org](http://unitytriangle.org) 919-832-8324 [www.facebook.com/unityofthetriangle](http://www.facebook.com/unityofthetriangle)

**Unity Church Midweek Gathering: Class – Prosperity and the Bible.** 7:30pm–9:00pm. Wednesdays. Based on the book Wells of Abundance by E.V. Ingraham this class focuses on the progressive stages of Supply. According to Ingraham, there are seven planes of supply and we will explore each plane and the law that applies to it. Join Rev. Bev, for these insights into living a prosperous life. Unity Church of Raleigh, 5124-108 Departure Drive, Raleigh. [www.unitychurchofraleigh.org](http://www.unitychurchofraleigh.org)

**Wednesday Night Alive! 7:00–8:30pm.** A series of Wednesday evening events offering a variety of dynamic, consciousness-building experiences through music, movement, sound healing, drumming and “intergenerational” games and activities. Check our website for each month’s lineup. Unity Center of Peace, 8800 Seawell School Rd., Chapel Hill [www.unitychapelhill.org](http://www.unitychapelhill.org)

**Compulsive Eaters Anonymous Meeting.** Noon–1pm. Wednesdays. Stop dieting. H.O.W. is another solution for people who struggle with dieting and/or weight control. Free. Grace Lutheran Church, 5010 Six Forks Road, Raleigh. Visit: [www.ceahow.org](http://www.ceahow.org)

**La Leche League of Chapel Hill.** 7pm. Second Wednesdays. Meets at the Women’s Birth & Wellness Center. 930 Martin Luther King Jr. Blvd., Chapel Hill. For more info, call Pam Freedman, 919-932-6885.

**Chronic Pain, Arthritis, Fibromyalgia Support Group.** 1:30pm. Third Wed. Monthly meetings with speakers, support, resources and friendship. Free. Location: Cary Rex Wellness Center. Classroom 1, 1515 Cary Parkway, Cary. 919-387-0080.

**Chapel Hill A.R.E.** Spiritual Growth Study Group. 7–9 p.m. Call Cindy at 919-619-0616.

## THURSDAY

**Unity Church of Raleigh: Finding Yourself in Transition.** 7-9pm. Thursdays October 5 – November 2. Facilitator Al Henderson, L.U.T. Candidate. Change can be challenging, even overwhelming. In this class, participants will identify how change affects their lives and learn practical ways to uncover a deeper insight to apply in our lives and affairs. This class is now closed. For more information and future classes go to: [www.unitychurchofraleigh.org](http://www.unitychurchofraleigh.org)

**Kundalini Yoga and Meditation in Chapel Hill.** 6:15-7:45 pm. Thursdays. (no class Thanksgiving day). Fee: \$15 drop in or \$10 per class when purchasing a 5 class pass. Location: 305 Glenwood Drive. Call: 919-257-7814, visit: [hardarshan@matashaktiashram.org](mailto:hardarshan@matashaktiashram.org) or [www.matashaktiashram.org](http://www.matashaktiashram.org)

**Coping with Motherhood Support Group.** First and third Thursday mornings of each month. Mother-to-Mother Support Group for Perinatal Mood Disorders, facilitated by Nancy Albrecht, RN, MA, IBCLC. Women’s Birth and Wellness Center, 930 MLK Jr. Blvd., Chapel Hill. [www.ncbirthcenter.org](http://www.ncbirthcenter.org). Please call Nancy for details before coming to class at 919-933-3301, ext. 207.

**Cancer Support Group.** 5:30-7:00pm. 3rd Thursday. Offering monthly support groups for patients and family members who are coping with cancer. Dinner is provided. There is no charge for parking. Located at the Teer House, 4019 N. Roxboro St., Durham. For more information about these groups, please call 919-684-4497 or email [cancersupport@duke.edu](mailto:cancersupport@duke.edu) or visit: <https://tinyurl.com/yapmn8nx>

**Mind-Body Approaches to Coping with Cancer (for patients and family members).** 3:00pm-4:30pm. 1st and 3rd Thursday. Located in the 0-Level conference room by the Duke Cancer Center Café, Durham. Visit: <https://tinyurl.com/yapmn8nx>

**Spanish Prayer Circle.** By phone, 8:55pm. Call 641-715-3200 code: 253899# Whether you are a native Spanish speaker or learning the language, this meditation, as guided by Rev Ana, will take you to a place within of true beauty and oneness. People from NC, FL, OH, PR, and VA connect every week. [unitytriangle.org](http://unitytriangle.org) or visit our Facebook page: [www.facebook.com/unityofthetriangle](http://www.facebook.com/unityofthetriangle)

**Spiritual Frontier Fellowship.** First Thursdays. 6:30pm. Serving the Triangle metaphysical community since 1973, this not-for-profit organization aims to enhance the spiritual, mystical, and metaphysical awareness and consciousness of the community by sponsoring programs that facilitate personal growth and development. Every month talks are preceded by a free 30-minute meditation. Unity of the Triangle, 5570 Munford Rd. Raleigh. [www.unitytriangle.org/](http://www.unitytriangle.org/) Facebook page: [www.facebook.com/unityofthetriangle](http://www.facebook.com/unityofthetriangle)

**Fibromyalgia/Arthritis/Chronic Pain/Joint Replacement Support Group.** 1:30–3:30pm. Third Thursday. Everyone welcome. Location: Classroom 1, Rex Wellness Center, 1515 SW Cary Parkway, Cary. For information call: 919-387-0080.

**Breastfeeding Class.** 6:30pm. First Thursdays. (Third Thursday added when registration demands.) Have all your breastfeeding questions answered by a Certified Lactation Consultant. Moms and dads are welcome. Free for patients; \$25 for non-

patients. Call to register at Women’s Birth & Wellness Center, 930 Martin Luther King Jr. Blvd., 2nd floor, Chapel Hill. 919-933-3301. More info at [www.ncbirthcenter.org](http://www.ncbirthcenter.org)

**Yoga For People Living With or Surviving Cancer.** 11am–12:30pm. Thurs. See Monday listing for details.

**Bereaved Parents Grief Support Group.** 7:00–8:30pm. First Thursday. Group is also for grandparents and siblings (adults). Loss can be by any means and child any age. Part of The Shore Grief Center’s groups. Location: St John’s Episcopal Church, 830 Durham Rd, Wake Forest. For more information Phone: 919-368-6286 or visit: [www.theshoregriefcenter.org](http://www.theshoregriefcenter.org)

**BodySculpt.** 9:30am. Participate in this fast-paced cardio bodysculpt to burn calories, tone your body and improve your strength! All fitness equipment provided (including optional free weights). Location: Bond Park Community Center, 150 Metro Drive, Cary. Class subject to cancellation if minimum enrollment not met.

**Kickboxing.** Noon. Engage in a vigorous kickboxing workout to torch calories, tone your body and improve your strength! No kickboxing experience required. Location: Bond Park Community Center, 150 Metro Drive, Cary NC 27513 Class subject to cancellation if minimum enrollment not met.

**Wake Forest Survivors of Suicide Loss.** 7:00–8:30pm. Second Thursday. Your loss could be recent or not, we welcome everyone. This grief support group meets at St. John’s Church, 834 Durham Rd., Wake Forest. Questions: call Carolyn, 919-368-6286.

**Survivors of Suicide.** Chapel Hill. 7pm. Second and fourth Thursdays of each month at United Church of Chapel Hill, 1321 Martin Luther King Blvd. Contact: Jodi Flick, Call: 919-962-4988 or email: [joflick@email.unc.edu](mailto:joflick@email.unc.edu)

**Parkinson’s Association of the Carolinas Support Group.** 1:45–2:45pm. Every fourth Thursday of the month. Heritage of Raleigh, 1200 Carolos Drive, Raleigh. Contact Nancy Davison at [nancyd@qilady.com](mailto:nancyd@qilady.com) or 919-215-0204.

**MS Society Support Group.** Young adults group and multiple adult support groups meet once a month in the Triangle area. For meeting locations and times, call 1-800-FIGHT-MS or visit [www.nationalmssociety.org](http://www.nationalmssociety.org)

**North Raleigh Celiac Disease Support Group.** 7–9pm. Third Thursday, except for July and August. Rex Hospital, Raleigh. Our agenda items include current research information and publications; group problem solving; sharing recipes and information from members; what to buy and where to shop, decoding FDA labels; guest speakers; tastings; and more. Contact: Patricia Berger, Email: [lpperger@bellsouth.net](mailto:lpperger@bellsouth.net) before attending.

**Duke Chapel Choral Vespers.** 5:15pm. Thirty-minute candlelight worship service with scripture readings, prayers and sacred music held in the intimate setting of the Chancel. Goodson Chapel, Duke West Campus, Durham. Check website for specific dates. <https://chapel.duke.edu/>

**La Leche League South Durham.** 10:30am. Third Thursdays. Meets at Eno River Unitarian Church in the nursery, 4907 Garrett Rd. Durham. For more information call Becky Harris 919-627-4657.

**Stay Quit Stop Smoking Support Group.** 5:30-

6:30pm. First Thursday. Drop in support group for people who have recently quit smoking or are thinking of quitting and want extra support. Light refreshments will be available. Durham Human Services Building, 414 E. Main Street, Durham. Call: 919-560-7895 or visit: [tinyurl.com/jqu9vx4](http://tinyurl.com/jqu9vx4)

**Walk On The Wild Side.** 11am–noon. First Thursday. Walk on the Wild Side has been helping people discover native North Carolina for almost ten years. Using the Blomquist Garden of Native Plants as an outdoor lab, you will learn of amazing adaptations, partnerships and systems that help plants thrive here. Duke Gardens, 420 Anderson St., Durham. Meets at Blomquist Garden entrance. Pre-registration required. Fee for event. Parking fees apply. Visit: [tp://tinyurl.com/hxhvhs9](http://tinyurl.com/hxhvhs9)

**Pittsboro Farmers Market.** 3–6pm Chatham County Fairgrounds, Pittsboro. [www.pittsborofarmersmarket.org](http://www.pittsborofarmersmarket.org)

**English Country Dance.** 7:30–9:30pm. Thursdays. Beginners welcome; all dances taught; no partner necessary. Live music on second and fourth Thursdays. Gender-free calling. Bring non-street shoes or dance in socks. \$7. Freedman Center, 1004 Watts, Street, Durham. Visit: <http://tinyurl.com/zgcukj4>

## FRIDAY

**Touch and Agree (TAG) Christian Women's Business Network Meeting.** 1:00–3:30pm. Third Friday. Come out and join this non-denominational, multi-cultural group of Spirit-led women for insights, teachings and tools to grow your business. Fee. Raleigh. ErickaJackson.com/touch-and-agree

**Tango at the Open Eye Cafe.** 8pm. Third Friday of each month. Come dance tango with us! Free class for beginners, 8–9pm. Dancing from 9–11:30pm, fee of \$5. Open Eye Cafe, 101 South Greensboro St., Carrboro. Email: [luminakkeith@gmail.com](mailto:luminakkeith@gmail.com) or visit: [www.triangletango.com](http://www.triangletango.com) for more information.

**First Friday in Raleigh.** 5:30pm. First Friday of the month. Enjoy a free self-guided tour of local art galleries, art studios, museums, retail, restaurants and alternative art venues. Galleries, live music and participating restaurant specials. [www.godowntownraleigh.com/firstfriday](http://www.godowntownraleigh.com/firstfriday)

**Shabbat Service.** 7–8:30pm. Last Friday of the month. Observe the Jewish Sabbath in a relaxed and informal way with lots of music and explanations of the Hebrew prayers. All are invited; no experience needed. Mark Malachi. Unity Center of Peace, 8800 Seawell School Road, Chapel Hill. Call: 919-968-1854, or visit: [www.unitychapelhill.org](http://www.unitychapelhill.org)

**Unity of the Triangle Spiritual Movie Night.** 7–9pm. Last Friday. Bi-monthly. Come together with Unity friends to watch a movie, eat popcorn, and socialize! A movie with a spiritual aspect will be shown the last Friday of every other month. Great discussions are sparked from these movies. Drop the kids off upstairs for their own movie night, bring a friend, and join in on the fun! Unity of the Triangle, 5570 Munford Road, Raleigh. [www.unitytriangle.com](http://www.unitytriangle.com)

**Dance to Blues Music.** Lesson: 8–9pm. Social Dancing: 9pm–midnight. Fridays. We have a beginner lesson every week that covers the basics,

plus usually includes a few additional topics for more advanced dancers. Then stick around for three hours of dancing to blues music. It's a great way to end your week. Come join us! \$7/\$5 students. Triangle Dance Studio, 2603 S. Miami Blvd, Durham. Visit: <http://tinyurl.com/jyoyqnp>

**Second Friday Art Walk.** 6–9pm. Second Friday. Chapel Hill & Carrboro. [www.2ndfridayartwalk.com](http://www.2ndfridayartwalk.com)

**Third Friday Art Walk.** Durham. Visit: [www.raleighdurham.about.com](http://www.raleighdurham.about.com)

**Fourth Friday Art Walk.** Hillsborough. Visit: [www.raleighdurham.about.com](http://www.raleighdurham.about.com)

## SATURDAY

**Beacon Thermography Screenings at Health Touch in Durham.** 10am–5pm. 2nd Saturday. Thermography is a state-of-the-art, FDA registered, non-invasive and radiation-free imaging technology that may detect abnormal conditions before they are detectable by mammography, ultrasound, x-rays or MRIs. While thermography's most common application is in breast cancer screening, it can also help detect a large number of other conditions and injuries. Early detection allows more time to address potential issues. Thermographs are read by MDs who are board-certified in thermal scan analysis. For information, call 910-803-2150 or visit [www.beaconthermography.com](http://www.beaconthermography.com).

**Unity Church of Raleigh, Men in Unity Support Group.** Facilitator Rev. Larry Henson: Monthly Breakfast Meeting now on 3rd Saturdays, beginning November 18, 8:30 p.m. At the Men's Breakfast we will break bread, break our old roles, break out of our complacency and work toward projects that truly do good for our church and our community. Breakfast will be provided. Sign up at [www.unitychurchofraleigh.org](http://www.unitychurchofraleigh.org)

**Kickstart Your Health Class Series.** Noon-2pm. Saturdays, from October 7–November 4. In the Kickstart Your Health Class Series, class participants will discover which foods are optimal for weight management, learn about various health topics and become empowered with practical cooking skills. \$175 includes education materials and delicious food. Location: Health Touch Community Center, 3500 Westgate Drive, Suite 505, Durham. Register today by emailing [denisedysard@gmail.com](mailto:denisedysard@gmail.com) Call: 919-610-3403. Visit: [www.facebook.com/pcrmffl](http://www.facebook.com/pcrmffl)

**Baby Wearing and Cloth Diapering Classes.** First Saturday monthly Baby Wear Class and third Saturday monthly Cloth Diapering Class. Searching for the right cloth diaper or baby wearing option can be overwhelming. Join your fellow expectant and/or experienced parents for our very hands-on classes! Open to everyone, no need to sign up. Women's Birth & Wellness Boutique, 930 MLK Jr. Blvd. Chapel Hill. Phone: 919-537-7055, or visit: [www.ncbirthcenter.org/calendar](http://www.ncbirthcenter.org/calendar)

**Free Infant Craniosacral Clinic.** 2–4pm. Fourth Saturday. Women's Birth and Wellness Center, 930 MLK Blvd., Room 304, Chapel Hill. For more information call: 919-537-7055 or visit: [www.ncbirthcenter.org/calendar/](http://www.ncbirthcenter.org/calendar/)

**The Triangle Sarcoidosis Support Group.** 10am second Saturday. We are creating an environment of support, education and awareness on sarcoidosis;

what it is and how to live with it. We share resources and provide knowledge based support to include webinars, videos and speakers. If you, or someone you know, has sarcoidosis, go to <http://tinyurl.com/j98o5ly> to join.

**Really, Really Free Market.** 2:30–5:30pm. On the first Saturday of every month, everything is free for the giving and free for the taking no money is exchanged and no bartering necessary. Held under the pavilion at Carrboro Town Commons, 301 West Main Street, Carrboro. [www.carrboro.com/reallyreallyfreemarket](http://www.carrboro.com/reallyreallyfreemarket)

**Food Addicts in Recovery Anonymous.** 10:30am. Saturdays. We are an international fellowship of men and women who have experienced difficulties in life as a result of the way we used to eat. Through shared experience and mutual support, we help each other to recover from the disease of food addiction. Location: Saint Raphael's Catholic Church, 5801 Falls of Neuse Rd., Raleigh. Contact: Kathryn: 919-467-8568 or Anne: 919-977-7648.

**InterPlay Group.** 10am–noon. First Saturday. Come as you are for play that refreshes, energizes and reconnects body and spirit! We'll explore InterPlay's simple yet powerful forms based in movement, voice, story and stillness. Indulge in a creative process rooted in affirmation and ease. Free for first time. \$5–\$15 sliding scale. Raleigh Friends Meeting, 625 Tower St., Raleigh. For information contact: Constance, 919-845-9798, [dancinggram@aol.com](mailto:dancinggram@aol.com) or visit our website: [www.interplaync.org/triangle/event](http://www.interplaync.org/triangle/event)

**InterPlay Group.** 10am–noon. Third Saturday, United Church, 1321 MLK Blvd., Chapel Hill. See above listing for details. Email Terry: [temccarthy@hotmail.com](mailto:temccarthy@hotmail.com) or call 919-265-4107; visit: [www.interplaync.org](http://www.interplaync.org)

**Carrboro Farmers Market.** 9am–noon. November–March. 301 W. Main St. [www.carrborofarmersmarket.com](http://www.carrborofarmersmarket.com)

**Cary Farmers Market.** 8am–12:30pm. 135 W. Chatham Street, Cary. [www.caryfarmersmarket.com](http://www.caryfarmersmarket.com)

**Chapel Hill Farmers Market.** 9am–noon. November–March. 201 S. Estes Drive, Chapel Hill. [www.thechapelhillfarmersmarket.com](http://www.thechapelhillfarmersmarket.com)

**Chatham Mills Farmers Market.** 10am–1pm. November–January. Chatham Mills, 480 Hillsboro Street, Pittsboro. [www.chathamillsfarmersmarket.com](http://www.chathamillsfarmersmarket.com)

**Durham Farmers Market.** 8am–noon through November 19. 501 Foster Street, Durham. [www.durhamfarmersmarket.com](http://www.durhamfarmersmarket.com)

**Hillsborough Farmers Market.** 10am–noon. November–March. 10am–noon. November–March. 8am–noon. April–October. UNC Hospitals Hillsborough Campus, 430 Waterstone Dr [www.hillsboroughfarmersmarket.org](http://www.hillsboroughfarmersmarket.org)

**Western Wake Farmers Market.** 8am–noon. April–November. 9:30am–noon December–March. 260 Town Hall Drive, Morrisville. [www.wwfam.org](http://www.wwfam.org)

**Wake Forest Farmer's Market.** 10am–noon. November–March. 8am–noon. April–October. 150 N. White St., Wake Forest. [www.wakeforestmarket.org](http://www.wakeforestmarket.org)

**Midtown Farmers Market.** 8am–noon thru November 4. The commons at North Hills Mall. [www.midtownraleighfarmersmarket.com](http://www.midtownraleighfarmersmarket.com)