

## 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.

### SATURDAY, FEBRUARY 3

**Photography and “Spiritual Practice” Workshop.** 10am–noon. Are you interested in integrating photography into your spiritual practice? Join us for this experiential workshop led by Wayne Upchurch. Love offering. Unity Church of the Triangle, 5570 Munford Rd. Raleigh. Location: Multipurpose Room 228. For more information, contact Wayne at [Wayne@wayneupchurch.com](mailto:Wayne@wayneupchurch.com) or visit our website at [unitytriangle.org/events](http://unitytriangle.org/events)

### MONDAY, FEBRUARY 5

**Looking at Faith in the Mirror.** 1:30pm–3:00pm. Are you seeking answers from yourself or God? You are not alone. If you’d like to get to know more about developing faith and discover the you within yourself, you are invited to attend this program and join the conversation that will, Free will donation. Call if you plan to attend: 919-846-3601. A Place For Women to Gather, 8380 Six Forks Road, Suite 203, Raleigh. Visit: [www.womengather.org](http://www.womengather.org)

### TUESDAY, FEBRUARY 6

**Tai Chi New Beginner Classes.** 9:30am–11:30am at Church of the Nativity, 8849 Ray Road, Raleigh. 10:30am–11:30am and 6:30pm–8:30pm at Unity of the Triangle, 5570 Munford Road, Raleigh. The Taoist Tai Chi internal arts, incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-787-9600. Email [northcarolina@taoist.org](mailto:northcarolina@taoist.org) or visit our website: [www.northcarolina.usa.taoist.org](http://www.northcarolina.usa.taoist.org)

### WEDNESDAY, FEBRUARY 7

**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).

### THURSDAY, FEBRUARY 8

**Intro to Human Design Workshop with Elana Sunseri.** 6:30pm–8:30pm. Human Design is a unique and powerful tool for self-awareness and for learning how to live in harmony with others. The science of Human Design combines the best of the I Ching, the Kabbalah, Astrology, modern science and the chakra system. Love Offering. Unity Church of the Triangle, 5570 Munford Rd. Raleigh. Location: Fellowship Hall. For more information and to register, visit our website at [unitytriangle.org](http://unitytriangle.org)

**Tai Chi.** 10:30–11:30am, Unity of the Triangle, 5570 Munford Road, Raleigh. The Taoist Tai Chi internal arts incorporate stretching and turning

into a sequence of movements that improve the health of body, mind and spirit. Practice of this art reduces tension, improves circulation and balance, and increases strength and flexibility. Call: 919-787-9600. Email [northcarolina@taoist.org](mailto:northcarolina@taoist.org) or visit: [www.northcarolina.usa.taoist.org](http://www.northcarolina.usa.taoist.org)

### FRIDAY, FEBRUARY 9

**Optimal Love Connection.** 6:30pm. Join us for a look at LOVE in a new and glorious light. This event is designed to honor the Loving Beings that we are, and to explore ways to manifest an optimally loving relationship. Presenters include Barbara Elleen Johnson, Sterling Fulton, Dana Gower, Cindy Goulding, Mike Goulding and Terrence Perry. Love Offering \$30. Unity Church of the Triangle, 5570 Munford Rd. Raleigh. Location: Fellowship Hall. Visit: [www.unitytriangle.org](http://www.unitytriangle.org)

**Unity Church of Raleigh, Women’s Group Monthly Meeting.** 6:30 p.m. The UCR Women’s Group has recently formed to offer women of all ages equal opportunities for personal, spiritual, community and global growth with a potluck social! Join us as we explore our key priorities to have fun, empower women through connecting activities and create ways to develop deeper friendships. Join Us at Unity Church of Raleigh, 5124-108 Departure Drive, Raleigh. Free sign up at: [www.unitychurchofraleigh.org](http://www.unitychurchofraleigh.org)

**The Story of Now: An Intergenerational Songwriting Experience.** 7-9pm. Have you lost heart in this season of politics or become overwhelmed by activist possibilities? Do you long for life-giving skills to sustain you and an intergenerational community to inspire you? No prior songwriting skills necessary. Open to ages 12 and up. Cost: \$50. Resource Center for Women & Ministry in the South, 1202 Watts Street, Durham. To register visit: <http://www.rcwms.org/calendar.html>

### SATURDAY, FEBRUARY 10

**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. 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’s 2nd Saturday Breakfast.** 8:30 a.m. FREE. Facilitator: Rev. Larry Henson. At our Men’s Breakfast we will break bread, break our old roles, break out of our complacency and then work on projects that truly do good for our church and our community. All men are welcome; join us February 17 at 8:30 a.m.! Breakfast will be provided and work on our backyard project will continue after the breakfast. Sign up at: [www.unitychurchofraleigh.org](http://www.unitychurchofraleigh.org)

**Past Life Regression Experiential Workshop.** 10am–noon. Would you like to experience a lifetime you have lived before the one you are currently living? If you have or have not experienced a regression, this session will be a different experience for each regression carries its own message applicable to your present situation. Led by Phran Gacher | \$25 Suggested Love Offering. Unity Church of the Triangle, 5570 Munford Rd. Raleigh. Location: Fellowship Hall. Visit: [www.unitytriangle.org](http://www.unitytriangle.org)

### WEDNESDAY, FEBRUARY 14

**Open Mic Night.** 7-8:30pm. 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)

### THURSDAY, FEBRUARY 15

**Looking at Faith in the Mirror.** 7:00–8:03pm. See Feb 5 listing for details.

**Wisdom of East and West.** 7pm. Discover twelve fascinating civilizations from East and West: their art, religion and philosophies. Explore their views on nature, the human being and the universe. Appreciate and apply these timeless ideas that add perspective to our lives. Location: Cameron Village Regional Library, 2nd floor, Raleigh.

### SATURDAY, FEBRUARY 17

**Unity Church of Raleigh’s 4th Annual Hearts in Unity Fundraiser Italian Dinner.** 6:00–10:00pm. The fun evening includes a lasagna dinner and prizes for the best homemade lasagna and dessert, dancing and games with our DJ, \$1 Raffle Tickets for fabulous prizes, and special entertainment. There’s even fun for the kids: PJs and Pizza with fun games. \$15/adults; \$5/child & \$2.50/siblings. SPECIAL: Buy a table of 8 for \$105. For tickets visit our website at: [www.unitychurchofraleigh.org](http://www.unitychurchofraleigh.org)

### TUESDAY, FEBRUARY 20

**Butterfly Woman.** 1:30–3:00pm. Butterfly Woman, a short film from The Spiritual Cinema Circle, shows us one woman’s journey from chrysalis to butterfly. No matter our age, change is inevitable as we seek our true selves at each stage in our life. As we discuss one woman’s transformation, perhaps we will gain insight into our own. Free will donation. A Place For Women to Gather, 8380 Six Forks Road, Suite 203, Raleigh. Visit: [www.womengather.org](http://www.womengather.org)

### WEDNESDAY, FEBRUARY 21

**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, FEBRUARY 22

**Butterfly Woman.** 7:00–8:30pm. See February 20

listing for details.

## SATURDAY, FEBRUARY 24

**Unity Church of Raleigh, 4th Saturday Breakfast Book Club.** 10:00 am–noon. Our popular Breakfast Book Club, led by Rev. Bev, is reading Neville's pivotal New Thought book anthology, *The Power of Imagination*. Come learn first-hand in our vibrant and connecting book club what Roy Eugene Davis cites: "Neville Goddard was one of the quietly dramatic and supremely influential teachers in the New Thought field for many years." Join us! Love Offering. Unity Church of Raleigh, 5124-108 Departure Drive, Raleigh [www.unitychurchofraleigh.org](http://www.unitychurchofraleigh.org)

## WEDNESDAY, FEBRUARY 28

**Workshop for the Highly Sensitive Person.** 6:15–7:45 pm in Chapel Hill with HarDarshan Khalsa, LPC, one of three therapists in the state of North Carolina vetted by Dr. Elaine Aron as a specialist in this field. Come learn coping tools and understand

yourself as a highly sensitive person. Fee: \$30. (919) 257-7814. [hardarshan@sacredlistener.com](mailto:hardarshan@sacredlistener.com). [www.sacredlistener.com](http://www.sacredlistener.com)

**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).

## TUESDAY, MARCH 6

**Stress, the Twenty-first Century Disease/Conundrum/Challenge/Killer.** 1:30-3:00pm, or 7:00-8:30pm. We all face challenges every day, and stress is a killer; but what makes our lives stressful? How does this affect our bodies, minds and spirits? What are the hormonal responses to stress? How do

we heal from stress? What sort of practices can we use to reduce stress? These are the questions we plan to examine at this program with a practical look at ways to live less stressfully. Free will donation. A Place For Women to Gather, 8380 Six Forks Road, Suite 203, Raleigh. Visit: [www.womengather.org](http://www.womengather.org)

## MONDAY, MARCH 12–FRIDAY, MARCH 16

**S.E.E. WEEK IN THE WOODS.** Unity Center of Peace will be hosting a weeklong immersion in New Thought and Unity principles with 5 days of Unity S.E.E. (Spiritual Education and Enrichment) classes. Taught by an all-star Unity faculty, this is a wonderful, consciousness-expanding opportunity like no other! Come take advantage of the numerous opportunities for networking and community building while being spiritually fed. SEE credits available. To register and for information visit: <https://see.unitychapelhill.org/> 8800 Seawell School Rd., Chapel Hill. 919-968-185

## on going 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](https://www.facebook.com/unityofthetriangle)

**Unity of the Triangle Español Sunday Service.** 11:15am 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)

**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.** 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 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.

**In the Flow; an Introduction to Different Forms**

**of Energy Healing.** 10:15-10:50am. 4th Sunday. Location: Room 228. Unity of the Triangle, 5570 Munford Rd. Raleigh. [www.unitytriangle.org](http://www.unitytriangle.org) Facebook page: [www.facebook.com/unityofthetriangle](https://www.facebook.com/unityofthetriangle)

**Love in Action: Overcoming the Destructive "ISMS" In Our Society.** 5:30-7:30pm. 4th Sunday. Potluck and discussion; love offering. Location: Fellowship Hall. Unity of the Triangle, 5570 Munford Rd. Raleigh. [www.unitytriangle.org](http://www.unitytriangle.org) Facebook page: [www.facebook.com/unityofthetriangle](https://www.facebook.com/unityofthetriangle)

**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 Road, Raleigh. Phone: 919-847-6216 or visit: <https://tinyurl.com/zq87ejr>

**Unity of the Triangle's Rediscovering the Bible.** 10:15am–10:55am. First and third Sundays. The Bible is not only one of the most important historical references, it is a road map 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](https://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](https://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](https://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](https://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?** 12:30pm. First Sunday. 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](https://www.facebook.com/unityofthetriangle)

**Unity of the Triangle—Unity Highlights.** 12:30pm. Second Sunday. 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](https://www.facebook.com/unityofthetriangle)

**Unity of the Triangle—Spiritual Q & A.** With Rev. Neusom. 12:30pm. Third Sunday. 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:

**Unity of the Triangle Boomers Group.** (50's and 60's). 10:00am–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 "The Awakenings Experience".** 10:15-10:55am. 3rd Sunday. Please join Jenny Clarke and Nancy Burns to deepen your process of awakening.. We will be doing both experiential processing and discussion/sharing. Unity of the Triangle, 5570 Munford Rd., Raleigh. Visit: [www.unitytriangle.org](http://www.unitytriangle.org) Facebook: page: [www.facebook.com/unityofthetriangle](http://www.facebook.com/unityofthetriangle)

**LGBTQ Art Gathering.** 4:30-6:30pm. 3rd Sunday. Come create something – draw, color, doodle, knit, collage – anything you'd like to work on. Our aim is to nurture the LGBTQ community, support and inspire each other as artists and creators, as well as provide a therapeutic space centered in love. This event is held every third Sunday in conjunction with the LGBT Centers of Raleigh and Durham. All are welcome, regardless of skill level. Location: Fellowship Hall. 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)

**Seeing Who You Really Are.** 10:15am. 2nd Sunday. 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)

**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>

**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)

# MONDAY

**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)

**Taoist Tai Chi Continuing Class.** 9:30-10:45am. Eno River Unitarian Universalist Fellowship, 4907 Garrett Road, Durham. The Taoist Tai Chi internal arts, incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-787-9600. Email [northcarolina@taoist.org](mailto:northcarolina@taoist.org) or visit our website: [www.northcarolina.usa.taoist.org](http://www.northcarolina.usa.taoist.org)

**Taoist Tai Chi Beginning Class.** 10-11am. Southern Star Ballroom, 6625-015 Falls of Neuse Road, Raleigh. The Taoist Tai Chi internal arts, incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-787-9600. Email [northcarolina@taoist.org](mailto:northcarolina@taoist.org)

**Taoist Tai Chi Beginner Class.** 11am–noon. Eno River Unitarian Universalist Fellowship, 4907 Garrett Road, Durham. The Taoist Tai Chi internal arts, incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-787-9600. Email [northcarolina@taoist.org](mailto:northcarolina@taoist.org) or visit our website: [www.northcarolina.usa.taoist.org](http://www.northcarolina.usa.taoist.org)

**Taoist Tai Chi Beginner Class.** 1:30–2:30pm Blue Lotus Yoga, 401 N West St., Suite 105, Raleigh. The Taoist Tai Chi internal arts, incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-787-9600. Email [northcarolina@taoist.org](mailto:northcarolina@taoist.org) or visit our website: [www.northcarolina.usa.taoist.org](http://www.northcarolina.usa.taoist.org)

**Taoist Tai Chi Continuing Class.** 6–8pm. Episcopal Center at Duke, 505 Alexander Ave., Durham. The Taoist Tai Chi internal arts, incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-787-9600. Email [northcarolina@taoist.org](mailto:northcarolina@taoist.org) or visit our website: [www.northcarolina.usa.taoist.org](http://www.northcarolina.usa.taoist.org)

**Taoist Tai Chi Beginners Class.** 6:30–7:30pm, and 6:30-8:30pm. Unity Church of Raleigh, 5124-108 Departure Drive, Raleigh. The Taoist Tai Chi Society internal arts of health incorporate

stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. They reduce tension; improve circulation and balance, and increase strength and flexibility. Call 919-787-9600 for more information. Email [northcarolina@taoist.org](mailto:northcarolina@taoist.org) or visit our website: [www.northcarolina.usa.taoist.org](http://www.northcarolina.usa.taoist.org)

**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)

**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.

# TUESDAY

**Unity Church of Raleigh: "Lessons in Truth".** Facilitator: Al Henderson, L.U.T. Candidate. 1-3pm. February 6 and 13. Tuesdays. This class will explore the highlights of H. Emily Cady's book, Lessons in Truth to enable us together to strengthen our spiritual muscles. Whether you are a Newbie or seasoned Truth Student, Cady offers us food for thought that can guide us on our pathway to deeper insight into truth as we travel this spiritual journey together. Love Offering. Unity Church of Raleigh, 5124-108 Departure Drive, Raleigh. Sign up at: [www.unitychurchofraleigh.org](http://www.unitychurchofraleigh.org)

**Men in Unity Support Group.** 7pm. 4th Tuesday. Facilitator Rev. Larry Henson monthly meeting. 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)

**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)

**Taoist Tai Chi Combined Beginner and Continuing Class.** 9–10am. North Forest Hills Park, Collums Road, Chapel Hill. The Taoist Tai Chi internal arts, incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-929-0396. Email [northcarolina@taoist.org](mailto:northcarolina@taoist.org) or visit our website: [www.northcarolina.usa.taoist.org](http://www.northcarolina.usa.taoist.org)

**Taoist Tai Chi Beginner Class.** 9:30–11am. Church of the Nativity, 8849 Ray Road, Raleigh. Taoist Tai Chi Beginner Class. The Taoist Tai Chi internal arts, incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-787-9600. Email [northcarolina@taoist.org](mailto:northcarolina@taoist.org) or visit our website: [www.northcarolina.usa.taoist.org](http://www.northcarolina.usa.taoist.org)

**Taoist Tai Chi Beginner Class.** 10:30–11:30am and 6:30–8:30pm. Unity of the Triangle, 5570 Munford Road, Raleigh. The Taoist Tai Chi internal arts, incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-787-9600. Email [northcarolina@taoist.org](mailto:northcarolina@taoist.org) or visit our website: [www.northcarolina.usa.taoist.org](http://www.northcarolina.usa.taoist.org)

**Taoist Tai Chi Continuing Class.** 11:45am–1:15pm. and 6:30–8:30pm. Unity of the Triangle, 5570 Munford Road, Raleigh. The Taoist Tai Chi internal arts, incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-787-9600. Email [northcarolina@taoist.org](mailto:northcarolina@taoist.org) or visit our website: [www.northcarolina.usa.taoist.org](http://www.northcarolina.usa.taoist.org)

**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! Free. Location: Sweetbottoms Baby Boutique, 2845 Jones Franklin Rd. Visit: <http://trianglenc.holisticmoms.org>

**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. (Class subject to cancellation if minimum enrollment not met).

**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 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.

## WEDNESDAY

**Unity of the Triangle Super Centered 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)

**Taoist Tai Chi Continuing Class.** 9:30–10:45am. Eno River Unitarian Universalist Fellowship, 4907 Garrett Road, Durham. Taoist Tai Chi Beginner Class. 11am–12noon. Eno River Unitarian Universalist Fellowship, 4907 Garrett Road, Durham. The Taoist Tai Chi internal arts, incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-787-9600. Email [northcarolina@taoist.org](mailto:northcarolina@taoist.org) or visit our website: [www.northcarolina.usa.taoist.org](http://www.northcarolina.usa.taoist.org)

**Taoist Tai Chi Continuing Class.** 9:30–11am. Church of the Nativity, 8849 Ray Road, Raleigh. Taoist Tai Chi Beginner Class. 11am–12noon. Eno River Unitarian Universalist Fellowship, 4907 Garrett Road, Durham. The Taoist Tai Chi internal arts, incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-787-9600. Email [northcarolina@taoist.org](mailto:northcarolina@taoist.org)

**Taoist Tai Chi Beginning Class.** 10–11am. Southern Star Ballroom, 6625-015 Falls of Neuse Road, Raleigh and 1:30–2:30pm. Blue Lotus Yoga, 401 N. West St., Suite 105, Raleigh. The Taoist Tai Chi internal arts, incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-787-9600. Email [northcarolina@taoist.org](mailto:northcarolina@taoist.org)

**Taoist Tai Chi Beginner Class.** 6:30–8:30pm. Cornerstone Presbyterian Church, 2220 High House Road, Cary. The Taoist Tai Chi internal arts, incorporate stretching and turning into a sequence of movements that improve the health of

body, mind, and spirit. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-787-9600. Email [northcarolina@taoist.org](mailto:northcarolina@taoist.org) or visit our website: [www.northcarolina.usa.taoist.org](http://www.northcarolina.usa.taoist.org)

**Tai Chi Continuing Class.** 6:30–8:30pm. Cornerstone Presbyterian Church, 2220 High House Road, Cary. The Taoist Tai Chi internal arts, incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-787-9600. Email [northcarolina@taoist.org](mailto:northcarolina@taoist.org) or visit our website: [www.northcarolina.usa.taoist.org](http://www.northcarolina.usa.taoist.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

**Kundalini Yoga and Meditation in Chapel Hill.** 6:15pm– 7:45 pm. Thursdays. Fee: \$15 drop in or \$10 per class when purchasing a 5 class pass. (919) 257-7814. 305 Glenwood Drive, Chapel Hill. Visit: [hardarshan@matashaktiashram.org](mailto:hardarshan@matashaktiashram.org), or visit: [www.matashaktiashram.org](http://www.matashaktiashram.org)

**Reiki Share.** 6:30–7:30pm. 4th Thursday. Join us to experience the wonderful unconditional love energy that is Reiki. Reiki is a popular form of energy healing developed in 1922 by Japanese Buddhist Mikao Usui. Location: Fellowship Hall. 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)

**A Course in Miracles for Unity.** 1:30–3:30pm. Thursdays. This new, daytime class offers a 4-week introduction on spiritual transformation and finding love’s presence, in harmony with Unity teachings. Perfect for beginners and returning members. All are welcome. Love offering. 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)

**Taoist Tai Chi Combined Beginner and Continuing Class.** 9–10am. North Forest Hills Park, Collums

Road, Chapel Hill. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-929-0396. Email [northcarolina@taoist.org](mailto:northcarolina@taoist.org) or visit our website: [www.northcarolina.usa.taoist.org](http://www.northcarolina.usa.taoist.org)

**Taoist Tai Chi Beginner Class.** 10:30am–11:30am. Unity of the Triangle, 5570 Munford Road, Raleigh. The Taoist Tai Chi internal arts, incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-787-9600. Email [northcarolina@taoist.org](mailto:northcarolina@taoist.org) or visit our website: [www.northcarolina.usa.taoist.org](http://www.northcarolina.usa.taoist.org)

**Taoist Tai Chi Continuing Class.** 11:45–1:15pm. Unity of the Triangle, 5570 Munford Road, Raleigh. The Taoist Tai Chi internal arts, incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit.

**Taoist Tai Chi Beginning Class.** 6–8pm. Episcopal Center at Duke, 505 Alexander Avenue, Durham. The Taoist Tai Chi internal arts, incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-787-9600. Email [northcarolina@taoist.org](mailto:northcarolina@taoist.org) or visit our website: [www.northcarolina.usa.taoist.org](http://www.northcarolina.usa.taoist.org)

**Taoist Tai Chi Continuing Class.** 6:30–8:30pm. Unity Church of Raleigh, 5124-108 Departure Drive, Raleigh. The Taoist Tai Chi Society internal arts of health incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. They reduce tension; improve circulation and balance, and increase strength and flexibility. Call 919-787-9600 for more information.

**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.** 6:30pm. First Thursday. 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)

**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.

**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>

**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)

**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)

**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)

**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](http://ErickaJackson.com/touch-and-agree)

## 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)

**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)

**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. Third Saturday, United Church, 1321 MLK Blvd., Chapel Hill. Come as you are for play that refreshes, energizes and reconnects body and spirit! Email Terry: [temccarthy@hotmail.com](mailto:temccarthy@hotmail.com) or call 919-265-4107; visit: [www.interplaync.org](http://www.interplaync.org)

## FRIDAY

**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)