

calendarofevents

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. Calendar submissions for non-advertisers are limited to space availability.

MONDAY, MAY 1

Discovering Kundalini Yoga. 11:30am-12:30pm. designed especially for beginners but open to all. Come on your lunch break! Fee is \$20. Location: 305 Glenwood Drive, Chapel Hill, NC. 27514. 919-257-7814. hardarshan@matashaktiashram.org. www.matashaktiashram.org.

TUESDAY, MAY 2

Myth of Psyche and Eros. 7pm. Love and Soul united in this fascinating and timeless story. Come explore this heartwarming and inspiring myth of redemption and love from the book *Metamorphosis: the Book of Transformations*. Free. Cameron Village Regional Library, Raleigh. For more information visit: www.newacropolisraleigh.org

WEDNESDAY, MAY 3

Fairy Hair at Youthologie—Get Your Spring Sparkle. 11:00 am to 2:00 pm. This fun, affordable hair bling is great for all ages. Choose from 20 colors. You can wash, curl, flat iron, color, dry and style your hair as you normally would. It takes about 15-30 minutes depending on the number of strands with 6-10 recommended. Youthologie Aesthetic & Anti-Aging Medicine, 10940 Raven Ridge Rd, Ste 214, Raleigh, NC. 27614. Phone for appointment 919-847-1495. Visit: www.facebook.com/TwinselHair

Meditative Movement Class. 5:30pm-7:00pm. Integration of all Chakras! 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 at: www.meetup.com/Chakradance-with-Susan. Or contact Susan: SusanMelchione@gmail.com www.SusanMelchione.com; 919-210-2188,

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.

FRIDAY, MAY 5

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. Visit www.meetup.com/Meditation-Reiki-in-Cary to RSVP for this class. Or contact Susan:

919-210-2188, SusanMelchione@gmail.com, www.SusanMelchione.com

SUNDAY, MAY 7

Worship Service—How Does God Assist with Our Health and Healing? 11am-noon. "Each level of healing is a teacher. It teaches us something about ourselves. It teaches us something about our relationship with God." Harold Klemp, *How to Survive Spiritually* in our Times. Experience eternal truths and spiritual growth found through the teachings of Eckankar. Fellowship and light refreshment to follow service. Triangle Eckankar Center, 6001 Chapel Hill Road, Ste.103, Raleigh 919 852-1550 or visit: www.eckankar-nc.org, or www.meetup.com/SpiritualExperience

Video Rebroadcast "Reach Your God-Given Potential." 1:15 pm. Experience a video rebroadcast of a talk given in Minneapolis in April by Harold Klemp, the spiritual leader of Eckankar. Author of over 60 books, Harold Klemp is known for his practical approach to spirituality, using stories and humor to help people find greater freedom, wisdom and love in their lives. Triangle Eckankar Center, 6001 Chapel Hill Road, Ste.103, Raleigh 919 852-1550 or visit: www.eckankar-nc.org, or www.meetup.com/SpiritualExperience.

MONDAY, MAY 8

Discovering Kundalini Yoga. 11:30am-12:30pm. Designed especially for beginners but open to all. Come on your lunch break! Fee is \$20. Location: 305 Glenwood Drive, Chapel Hill, NC. 27514. 919-257-7814. hardarshan@matashaktiashram.org. www.matashaktiashram.org.

TUESDAY, MAY 9

Free Meditation & 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 is required as space is limited. To RSVP for this class. visit www.meetup.com/Meditation-Reiki-in-Cary Or contact Susan: SusanMelchione@gmail.com, www.SusanMelchione.com; 919-210-2188

WEDNESDAY, MAY 10

Drum Circle. 7:00-8:30pm. 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.

FRIDAY, MAY 12

Reiki I Class. This 2-day beginner's class (starting 6:00pm) 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 www.meetup.com/Meditation-Reiki-in-Cary. Or contact Susan: SusanMelchione@gmail.com, www.SusanMelchione.com 919-210-2188

Traditional Blackfoot Pipe Ceremony. 6:45pm. The Pipe Ceremony is a meaningful community prayer experience in keeping with the traditional ways of the Blackfoot people. All are welcome. Suggested donation: \$10 (at door). Triangle Center for Spiritual Living, 559 Jones Franklin Road, Raleigh. Phone: 919-859-2249 Email: info@trianglecsl.org www.trianglecsl.org See us on Facebook, Meetup and subscribe to our YouTube Channel.

SATURDAY, MAY 13

Koka Booth Amphitheatre, 8003 Regency Parkway, Cary. Visit: www.esprittdeshe.com/cary-nc/register

A Conversation Between Masters with Barbara Flagle. 10:00am-12:30pm. Join us for a viewing and discussion of the inspirational talk between Dr. Wayne Dyer and Esther Hicks (*The Teachings of Abraham*®), as they share one evening together discussing the law of attraction, vibrational energy, and awareness of Source. Suggested donation: \$20. Triangle Center for Spiritual Living, 559 Jones Franklin Road, Raleigh. Phone: 919-859-2249 Email: info@trianglecsl.org or visit our website: www.trianglecsl.org See us on Facebook, Meetup, YouTube.

Community Game Night. 7:00pm. Join us in the Fellowship Hall for fun, games and food! Please bring snacks and beverages to share. Triangle Center for Spiritual Living, 559 Jones Franklin Road, Raleigh. Phone: 919-859-2249 Email: info@trianglecsl.org www.trianglecsl.org See us on Facebook, Meetup and subscribe to our YouTube Channel.

SUNDAY, MAY 14

Wise Women's Tea: Honoring The Wisdom Of All Women. 3pm. Come join Rev. Dusty and Rev. Betty as we honor the wisdom in all women for an afternoon of deep sharing, deep laughter, tea and chocolate! Triangle Center for Spiritual Living, 559 Jones Franklin Road, Raleigh. Phone: 919-859-2249 Email: info@trianglecsl.org or visit our website: www.trianglecsl.org See us on Facebook, Meetup and subscribe to our YouTube Channel.

Book Discussion: The Road to Spiritual Freedom, by Harold Klemp. 11am-12:30pm. Heart-opening stories of everyday people having extraordinary experiences tell of a secret truth at work in your life -there is divine purpose and meaning to every experience you have. Book optional, copies will be available for purchase with cash or check at discussion. Triangle Eckankar Center, 6001 Chapel Hill Road, Ste.103, (5 minutes west of NC Fairgrounds), Raleigh. 919 852-1550 or visit: www.eckankar-nc.org, or

MONDAY, MAY 15

Thy Wounded Self. 10:30am-noon. We each carry a wounded self within us that calls for nurturing and attention. If we can embrace that wounded self and give it the comfort it needs, the healing will begin. Come prepared to take the first steps in releasing self-judgment and seeing yourself as you truly are: a Divine being in a physical world. Suggested donation: 20. A Place for Women to Gather, 8380 Six Forks Road, Suite 203, Raleigh. www.womengather.org

TUESDAY, MAY 16

Thy Wounded Self. 7:00-8:30pm. See May 15 listing for details.

WEDNESDAY, MAY 17

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

THURSDAY, MAY 18

DoTerra Essential Oils Class and Wine Tasting. 7-9 pm. Come and join us for an information-packed, fun event at Youthologie, North Carolina's first green medical office. Learn all about essential oils and how these powerful health accelerators can enhance your well-being. Sample some oils, enjoy refreshments and maybe win a prize, all while sipping some tasty wine! RSVP to attend 919-847-1495. Location: 10940 Raven Ridge Road, Ste 214, Raleigh, NC 27614.

Free informational meeting for Kundalini Yoga Teacher training. 8pm. Beginning in September. Meet the lead trainer, other potential students, and

past trainees. Look at the textbooks and have some yogi tea! Chapel Hill. RSVP with HarDarshan: 919-257-7814. hardarshan@matashaktiashram.org

Open Spiritual Discussion. 7:00-8:30pm. Join us for uplifting conversations on various spiritual topics. Hosted by the local Eckankar community. Panera Bread, 8511 Colonnade Center Drive, Raleigh. Call 919 852-1550, and for the evening's topic, check www.meetup.com/SpiritualExperience. More information about Eckankar can be found on www.eckankar.org or www.eckankar-nc.org.

SATURDAY, MAY 20

Saturday/Sunday, May 20-21. Ho'OpOnOpOno. Deborah Mangis and Mary Koehler will teach the IZI LLC Sponsored SELF I-DENTITY through HO'OPONOPONO® (SITHR) at the Courtyard Marriott Hotel in Chapel Hill, North Carolina. SITHR is an updated ancient Hawaiian problem solving process to release memories that are experienced as problems. The SITH® process provides "a step by step approach to achieving Peace, Balance and a new meaning of life through an understanding of one's Self-I-Identity." Register: http://regonline.com/SICHNC2017 or 919-803-9999.

Reiki II Class. 9:00am-5:30pm. Learn the Power Symbol, the Psychological/Emotional Symbol and the Long-Distance Symbol to enhance your Reiki experience and send this energy to others. Receive two second degree attunements. A comprehensive manual and refreshments will be provided. You will be awarded a certificate of completion. Prerequisite: Completion of a Reiki I Class. Fee: \$160. Location: Cary. To RSVP for this class visit www.meetup.com/Meditation-Reiki-in-Cary. Or contact Susan: SusanMelchione@gmail.com; www.SusanMelchione.com or 919-210-2188.

SUNDAY, MAY 21

Ho'OpOnOpOno. See May 20 listing for details.

Spiritual Laws of Life Workshop—Law of Soul. Free. 11am-noon. "We recognize that Soul is eternal; It has no beginning and no ending. Therefore, when a person leaves this physical body, he continues to

exist, usually on a higher plane of consciousness." Harold Klemp, How to Find God, Mahanta Transcripts, Bk 2, chap 4. Fellowship and light refreshments to follow. Triangle Eckankar Center, 6001 Chapel Hill Road, Ste.103, Raleigh. Call 919 852-1550 or visit: www.eckankar-nc.org, or www.meetup.com/SpiritualExperience.

Chant HU, an ancient name for God. 12:30-1pm. Experience how chanting HU in a group setting can open your heart. HU can be sung by people of any religious belief for spiritual upliftment. Triangle Eckankar Center, 6001 Chapel Hill Road, Ste 103, (5 minutes west of NC Fairgrounds), Raleigh. Call: 919 852-1550 or visit: www.eckankar-nc.org or www.meetup.com/SpiritualExperience. To hear HU, you can visit: www.miraclesinyourlife.org or download the FREE HU App.

TUESDAY, MAY 23

Free Meditation & 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 is required as space is limited. To RSVP for this class visit www.meetup.com/Meditation-Reiki-in-Cary. Or contact Susan: SusanMelchione@gmail.com; www.SusanMelchione.com or 919-210-2188.

SATURDAY, MAY 27

Movies That Matter: What The Bleep Do We Know. 7:00pm. What the Bleep Do We Know!? takes viewers on a journey to unlock the secrets of life. Called by the media "the little film that could," and "the critic proof movie," What the BLEEP Do We Know!? is considered the first break-out film in the genre of Spiritual Cinema, and continues to find a new audience to this day. \$7 donation at the door. Triangle Center for Spiritual Living, 559 Jones Franklin Road, Raleigh. Phone: 919-859-2249 Email: info@trianglecsl.org www.trianglecsl.org See us on Facebook, Meetup and subscribe to our YouTube Channel.

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. Airing live on WPTF 680 AM in the Triangle. Also live streams live at www.wptf.com, click on the 680 AM Listen Live button. See more information at www.cancersupport4u.org

Triangle Center For Spiritual Living: Sunday Morning Services. 8:45am/10:45am (Meditation 10:00am). May Theme: Creativity 5/7: "Walk with Confidence," 5/14: Mother's Day "Clarity for Life," 5/21: "Open to the Energy," and 5/28: "Take Massive Action Now." Senior Minister: Rev. Dusty Rippelmeyer; Asst. Minister: Rev. Bill Turner; Staff Minister Rev. Betty Harris. Youth Director: Dr. Michael Mroczynski. Music Directors: Cindi Johnson, Karen Rochford Dailey. 559 Jones Franklin Road, Raleigh. 919-859-2249.

www.trianglecsl.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 Facebook page: www.facebook.com/unityofthetriangle

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

Eckankar, Experience the Light and Sound of God. Worship Service. 11am-noon. First Sunday of every month. Sunday, May 7: How Does God Assist with Our Health and Healing? Listen to personal stories, parables and creative arts expressing eternal truths

and spiritual growth found through the teachings of Eckankar. Fellowship and light refreshment to follow. Triangle Eckankar Center, 6001 Chapel Hill Road, Ste.103, Raleigh www.eckankar-nc.org; www.meetup.com/SpiritualExperience; 919 852-1550.

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/ www.unitychapel.org or call 919-968-1854.

Eckankar, Spiritual Laws of Life Workshop. Free. 11 am-noon, Third Sunday of each month. The spiritual laws of life give us the many resources to make the very best decision at any one moment. Learn how to shape our lives and destiny to live in harmony with them. A different spiritual law will be discussed each month. Fellowship and light refreshment to follow. Triangle Eckankar Center, 6001 Chapel Hill Road, Ste. 103, Raleigh. Visit: www.eckankar-nc.org

www.meetup.com/SpiritualExperience or call 919 852-1550.

Conversations on Awakening. 10:00-10:50am 2nd, 3rd & 4th Sundays. Join Nancy Burns & Jenny Clarke for an ongoing discussion of the Awakening Process. Please come to listen, share, ask questions and be a part of the discussion! Unity of the Triangle, 5570 Munford Rd. Raleigh. Visit: unitytriangle.org.

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>

Beyond Meditation. 12:30pm. Third Sunday of the month. Join us to chant the word HU. All are invited to join us for this simple spiritual exercise. It has helped people of many different faiths open their hearts more fully to the presence of God. We will spend twenty minutes singing/chanting the word HU, an ancient, sacred name for God, followed by five minutes of quiet contemplation. Triangle Eckankar Center, 6001 Chapel Hill Rd, Ste 103, Raleigh. Call: 919 852-1550 or visit: eckankar-nc.org

Unity of the Triangle's Rediscovering the Bible. First and third Sundays. 9:55-10:55am. 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/ Facebook page: www.facebook.com/unityofthetriangle

Unity of the Triangle GenX Social 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 Facebook page: www.facebook.com/unityofthetriangle

Unity of the Triangle High Milers Social 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 Facebook page: www.facebook.com/unityofthetriangle

Unity of the Triangle Blessing Circle. 10:25-10:45am. The Oneness Blessing (also known as Deeksha) is a non-denominational transfer of an awakened energy or intelligence which, over time, is designed to bring about the state of Oneness in the recipient. Unity of the Triangle, 5570 Munford Rd. Raleigh. www.unitytriangle.org Facebook page: 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. Facebook page: 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 Facebook page: www.facebook.com/unityofthetriangle

Unity of the Triangle "Unity Basics". 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/ Facebook page: www.facebook.com/unityofthetriangle

Unity of the Triangle "Spiritual Conversations". 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/ Facebook page: www.facebook.com/unityofthetriangle

Conversations on Awakenings. 10:20-10:50am. 2nd, 3rd and 4th Sunday. Join Nancy Burns and Jenny Clarke for an ongoing discussion of the Awakening process. Please come if you have something to share, ask, or you just want to listen and contemplate. Unity of the Triangle, 5570 Munford Rd. Raleigh. Phone: 919-985-3068. Visit: www.unitytriangle.org Facebook page: www.facebook.com/unityofthetriangle

Unity of the Triangle Boomers Social Group. 10:15-10:55am 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 Facebook page: 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

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 for on-line registration:

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

Heart, Mind & Spirit Recovery. 7pm. Join us as we gather together to create a life "free" from dependencies and addictions through the practice of spiritual principles and tools for recovery. Experience our ongoing recovery meeting that offers 52-weeks of spiritual tools and support. Love Offerings Accepted. Senior Minister/Spiritual Director: Rev. Dusty Rippelmeyer; Asst. Minister: Rev. Bill Turner; Staff Minister Rev. Betty Harris. Triangle Center for Spiritual Living, 559 Jones Franklin Road, Raleigh. Phone: 919-859-2249. info@triangleclsl.org www.triangleclsl.org

A Course in Miracles. 7pm-8pm. Contact David Beaver at 919-271-6605. Unity of the Triangle, 5570 Munford Rd. Raleigh. www.unitytriangle.org Facebook page: 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 Unity of the Triangle, 5570 Munford Rd. Raleigh. www.unitytriangle.org; Facebook page: www.facebook.com/unityofthetriangle

Taoist Tai Chi Continuing Class. 9:30-11am. Unity of the Triangle, 5570 Munford Road, Raleigh. Taoist Tai Chi Beginner Class. 1:00-2:30pm. and 6-7pm. Oak Park Shopping Center, 5218 Hollyridge Drive, 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 or visit our website: www.northcarolina.usa.taoist.org

Taoist Tai Chi Beginner Class. 10-11am. Starting May 15. Southern Star Ballroom, Falls Village Shopping Center, 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 or visit our website: www.northcarolina.usa.taoist.org

Taoist Tai Chi Continuing Class. 9:30-10:45am. Eno River Unitarian Universalist Fellowship, 4907 Garrett Road, Durham, and 6-8pm. Episcopal Center at Duke, 505 Alexander Ave., 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 or visit our website: www.northcarolina.usa.taoist.org

Taoist Tai Chi Beginner Class. 1:30-2:30pm. Starting June 5. 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. Delphi Fitness and Wellness, 302 Colonades Way #101, Cary, Call: 919-787-9600. Email: northcarolina@taoist.org or visit our website: www.northcarolina.usa.taoist.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

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

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 Facebook: www.facebook.com/unityofthetriangle

Taoist Tai Chi Combined Beginner and Continuing Class. 9-10am. North Forest Hills Park, Collums Road, Chapel Hill. 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 or visit our website: 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 or visit our website: www.northcarolina.usa.taoist.org

Oneness Blessings. 7pm-8pm. 1st and 3rd 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 Facebook page: www.facebook.com/unityofthetriangle

Unity of the Triangle's Spiritual Dialogue with Rev. Ana. 1:00pm. 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 Facebook page: www.facebook.com/unityofthetriangle

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. Participants will create a sacred container for reflection in community on the art of conscious aging. 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. Colony Hills Clubhouse, 3060 Colony Road, Durham. Visit: www.rcwms.org

Breast Cancer Support Groups. 6:30-8:30pm. Second Tuesday. Patients receive counseling, guidance and information from our professional counselors and from other patients during these sessions. Duke Cancer Patient Support Program. Call 919-684-4497 for more information. <http://tinyurl.com/hpegqzp>

Food Addicts in Recovery Anonymous. 7-8:30pm. Tuesdays. 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: Bethel Church, 7904 S NC 55 Hwy., Willow Springs,

NC. Contact: Kathryn: 919-467-8568 or Anne: 919-977-7648.

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

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

Triangle Center For Spiritual Living. Wednesday Night: Peak of The Week: The Wise Heart Meditation 6:30pm; Service 7-8pm. 5/3: "Who Are You Really?" 5/10: "Mindfulness the Great Medicine," 5/17: "Transforming the Roots of Suffering," 5/24: "Finding Freedom," and 5/31: "Embodying the Wise Heart." Senior Minister: Rev. Dusty Rippelmeyer; Asst. Minister: Rev. Bill Turner; Staff Minister Rev. Betty Harris. Youth/Family Director: Dr. Michael Mroczynski. Music Directors: Cindi Johnson, Karen Rochford Dailey. 559 Jones Franklin Road, Raleigh, Phone: 919-859-2249. www.triangleclsl.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

Unity of the Triangle's Super Centered Meditation Service. Gentle Yoga 6:00-6:45pm, Meditation 6:45-7:30pm and light dinner at 7:30pm. Super Centered, a midweek time to boost your week. After a session of gentle yoga, a meditation service will be offered by Rev Neusom with the support of other leaders from our community, followed by a light dinner. Unity of the Triangle, 5570 Munford Rd. Raleigh. www.unitytriangle.org Facebook page: www.facebook.com/unityofthetriangle

Taoist Tai Chi Continuing Class. 9:30-11:30am. Oak Park Shopping Center, 5218 Hollyridge Drive, Raleigh. Taoist Tai Chi Beginner Class. 10-11am. Starting May 15. Southern Star Ballroom, Falls Village Shopping Center, 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 or visit our website: www.northcarolina.usa.taoist.org

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 or visit our website: www.northcarolina.usa.taoist.org

Taoist Tai Chi Beginner Class. 1-2:30pm. Oak Park Shopping Center, 5218 Hollyridge Drive, Raleigh. Taoist Tai Chi Beginner Class. 6:30-8:30pm. Starting April 5. 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 or visit our website: www.northcarolina.usa.taoist.org

Taoist 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 or visit our website: www.northcarolina.usa.taoist.org

Taoist Tai Chi Beginner Class. 1:30-2:30pm. Starting June 5. 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. Delphi Fitness and Wellness, 302 Colonades Way #101, Cary, Call: 919-787-9600. Email: northcarolina@taoist.org or visit our website: www.northcarolina.usa.taoist.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

Cancer Caregiver Support Group. 4-5:30pm. First and third Wed. Caregivers of cancer patients are invited to join our support group. Duke Cancer Patient Support Program. Call 919-684-4497 for more information. http://tinyurl.com/hpegqzpt

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.

Durham Farmers Market. 3:30-6:30pm. 501 Foster Street. www.durhamfarmersmarket.com

THURSDAY

Kundalini Yoga and Meditation in Chapel Hill with HarDarshan. "The End of Karma". 6:15-7:45pm. Location: 305 Glenwood Drive, Chapel Hill. Fee is \$15 drop in or buy a 5-class pass for \$50. 919-257-7814. hardarshan@matashaktiashram.org or visit

www.matashaktiashram.org.

Taoist Tai Chi Combined Beginner and Continuing Class. 9-10am. North Forest Hills Park, Collums Road, Chapel Hill. 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 or visit our website: www.northcarolina.usa.taoist.org

Taoist Tai Chi Continuing Class. 11:45-1:15pm. Unity of the Triangle, 5570 Munford Road, Raleigh. Taoist Tai Chi Beginner Class. 6-7pm. Oak Park Shopping Center, 5218 Hollyridge Drive, 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 or visit our website: www.northcarolina.usa.taoist.org

Taoist Tai Chi Beginning Class. 6-8pm. Episcopal Center at Duke, 505 Alexander Avenue, Durham. Taoist Tai Chi Continuing Class. 7:15-9pm. Oak Park Shopping Center, 5218 Hollyridge Drive, 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 or visit our website: www.northcarolina.usa.taoist.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. Please call Nancy for details before coming to class at 919-933-3301, ext. 207.

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 or visit our Facebook page: 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/Facebook page: 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

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

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 NC 27513 (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

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. For more information, contact Nancy Davison at 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

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: lpberger@bellsouth.net before attending.

Chapel Hill A.R.E. Spiritual Growth Study Group. 7-9pm. Call Amy at 919-942-7731.

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

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

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/zgckuj4>

FRIDAY

Spectrum Yoga. 6pm. First Friday. Honor nature in your body, mind and spirit by shifting your yoga practice with the seasons. In this monthly yoga class, you will learn how yoga postures can flow harmoniously with your body's natural biorhythm. Winter (energizing), Spring (Clearing), Summer (Restorative), Fall (Awakening). Facilitated by Reuben Schooler, a Kriya yoga initiate and a Certified Ayurvedic Educator. Unity of the Triangle, 5570 Munford Rd. Raleigh. www.unitytriangle.org/ Facebook page: www.facebook.com/unityofthetriangle

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

Taoist Tai Chi Beginner Class. 1pm. Market Pavilion, Margaret Lane, Hillsborough. See Tuesday listing for details.

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 or visit: www.triangleletango.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.downtownraleigh.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

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

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/jjoyqnp>

Second Friday Art Walk. 6–9pm. Second Friday. Chapel Hill & Carrboro. www.2ndfridayartwalk.com

Third Friday Art Walk. Durham. Visit: www.raleighdurham.about.com

Fourth Friday Art Walk. Hillsborough. Visit: www.raleighdurham.about.com

SATURDAY

Triangle Center For Spiritual Living: Miracles For YOU. A Course in Miracles with Rev. Kathi Moon meets every Saturday morning, 10:30am–Noon. Love Offerings Accepted. Senior Minister/Spiritual Director: Rev. Dusty Rippelmeyer; Asst. Minister: Rev. Bill Turner; Staff Minister Rev. Betty Harris. Youth & Family Director: Dr. Michael Mroczynski. Music Directors: Cindi Johnson and Karen Rochford Dailey. Triangle Center for Spiritual Living, 559 Jones Franklin Road, Raleigh, Phone: 919-859-2249. info@triangleclsl.org See us on Facebook, Meetup.com and subscribe to our YouTube channel.

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

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/

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

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 or visit our website: 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 or call 919-265-4107; visit: www.interplaync.org

Apex Farmers Market. 8:30am–12:30pm. 220 N. Salem St. www.apexfarmersmarket.com

Carrboro Farmers Market. 9am–noon 301 W. Main St. www.carrborofarmersmarket.com

Chapel Hill Farmers Market. 8am–noon. University Mall, www.thechapelhillfarmersmarket.com

Chatham Mills Farmers Market. 10am–1pm. Chatham Mills, Pittsboro. www.chathamillsfarmersmarket.com

Durham Farmers Market. 8am–noon through November 19. 501 Foster Street, Durham. www.durhamfarmersmarket.com

South Durham Farmers' Market. 8am–noon. 5410 NC 55, Greenwood Commons www.southdurhamfarmersmarket.org

Hillsborough Farmers Market. 10am–1pm. UNC Hospitals Hillsborough Campus, 430 Waterstone Dr www.hillsboroughfarmersmarket.org

Western Wake Farmers Market. 8am–noon. 1225 Morrisville Carpenter Rd. www.westernwakefarmersmarket.org

Cary Downtown Farmers Market. 8am–12:30pm. 301 S. Academy St, Cary. www.caryfarmersmarket.com

Clayton Farm and Community Market. Winter hours: every other Saturday 10am–1pm. 348 E. Main Street, Clayton. www.cfcmmc.org

Wake Forest Farmer's Market. 8am–noon. 150 N. White St., Wake Forest. www.wakeforestmarket.org

Midtown Farmers Market. 8am–noon April 15 through November 5. The commons at North Hills Mall. www.midtownraleighfarmersmarket.com