

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

SATURDAY, JUNE 2

You're Invited to a Free Family-friendly Concert. 7-9pm. We love our new church home and neighborhood! That's why we're inviting you to grab a lawn chair and join us at our free Party in the Parking Lot. The dance band Shake Town will be playing all your favorite tunes. All are welcome! We'll even have ice-cold slices of watermelon to share. Hope to see you there, neighbor! For details, email ucrprograms@gmail.com Unity Church of Raleigh. 5124-108 Departure Drive, Raleigh. www.unitychurchofraleigh.org

2018 Tour D'Coop. 10am-4pm. The tour features hens and coops tucked into the gardens of your friends and neighbors throughout Raleigh and Wake County. All tour proceeds benefit Urban Ministries of Wake County." —Tour D'Coop. Find out more about the tour, get a preview of this year's coops and buy a ticket at <https://tourdcoop.com>

Sky Watching at Dorothea Dix Park. 8:30-11:30pm. Join staff and volunteers from the Morehead Planetarium and Science Center, Chapel Hill Astronomical and Observational Society (CHAOS) and Raleigh Astronomy Club (RAC) for a free skywatching program. Dorothea Dix Park Big Field, 101 Blair Drive, Raleigh. For more information visit: <https://tinyurl.com/ybzsyeed>

MONDAY, JUNE 4

Tai Chi New Classes. 10-11am Southern Star Ballroom, in the Falls Village Shopping Center, 6625-015 Falls of the 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. Web: northcarolina.usa.taoist.org

TUESDAY, JUNE 5

Tai Chi New Classes. 10:30-11am and 6:30-8:30: 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. Web: northcarolina.usa.taoist.org

WEDNESDAY, JUNE 6

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.

Art of Questioning. 10am-12noon. Come learn about

Coyote Mentoring and the teaching philosophy behind Piedmont Wildlife Center's programs. Learn levels of asking questions and the art of feeding the spark that is lit when someone comes across something that catches their wonder. Hands on class. Fee. Ages 15 and up. Piedmont Wildlife Center, 364 Leigh Farm Road, Durham. For more information visit: www.piedmontwildlifecenter.org/programs

SATURDAY, JUNE 9

Sound Therapy Class at Youthologie: Guided Meditation and Mindfulness Techniques. 10am-6pm. Class will explore the theory, use and techniques for guided meditation as part of sound therapy to promote health and wellness. There will be discussion and hands-on experience; lunch is included. You do not need to bring anything to the class—all materials will be provided. Reserve your spot 919-847-1495. \$150 for class, including lunch. Youthologie Aesthetic & Anti-Aging Medicine, 10940 Raven Ridge Rd, Ste 214, Raleigh, NC 27615.

Summer Church Outing: Carolina Mudcats Baseball Game! 5pm. The UCR Men's Group is hosting a fun evening with the Carolina Mudcats vs. the Winston-Salem Dash. This church outing is a great way to enjoy each other and America's Favorite Pastime! The day promises plenty of activities and enjoyment for kids of all ages! The carpool caravan leaves UCR at 3:15 p.m. We need 20 people to get the fabulous ticket price of \$7, and \$6 hot dog meal. Join us! For more details, email ucrprograms@gmail.com Unity Church of Raleigh. 5124-108 Departure Drive, Raleigh. www.unitychurchofraleigh.org

WEDNESDAY, JUNE 13

Rhythmic Breath Meditation. 7-8:30pm. Experience the benefits of meditation immediately, in a single session! Through conscious breathing, you can silence your mind and feel what it would be like to cultivate a deep meditation practice. Guided by Theo Feaster, combat anxiety and bolster your immune system through diaphragmatic breathing. Suggested donation \$10. Unity Center of Peace, 8800 Seawell School Rd., Chapel Hill. For more info: 919-968-1854 or www.unitychapelhill.org.

THURSDAY, JUNE 14

Free informational meeting about the upcoming Kundalini Yoga Teacher Training. 8pm. Look at the textbooks, meet the Lead trainer, and talk to past graduates, as well as enjoy some Yogi Tea! This training will meet one weekend per month from September 2018–June 2019. Pre-pay at the meeting to register and save \$200 on the course tuition! For directions, info, and/or request an application, email hardarshan@matashaktiashram.org or call HarDarshan 919-257-7814. www.matashaktiashram.org

THURSDAY, JUNE 14 – THURSDAY, JULY 21

American Dance Festival. For more performers and more information visit: americandancefestival.org

MONDAY, JUNE 18

Friendship version 10.0 1:00-3:30pm. Do you have a special relationship in your life? This beautiful movie unearths the essence of the meaning of life well lived. The movie will move you in so many ways and lift you up to what can be. Join us for the 98 minute movie followed by discussion. Free will donation. A Place for Women to Gather, 8380 Six Forks Road, Suite 203, Raleigh. www.womengather.org

WEDNESDAY, JUNE 20

Sacred Flow: Summer Solstice Observation. 7-8:30pm. We look forward to seeing you for this special edition of our monthly gathering where we will come together to celebrate the official return of summer. Come enjoy this opportunity to relax and create an improvised, intuitive, spontaneous (and probably outdoor!) spiritual experience together! By donation. Unity Center of Peace 8800 Seawell School Rd., Chapel Hill. 919-968-1854 or www.unitychapelhill.org.

What it means to Hold Space For Others. 10:30-noon. To "hold space" for another means that we are willing to walk alongside another person in whatever journey they are on. We offer support and let go of judgment and control. Holding space is not something exclusive to life coaches, spiritual directors, or hospice workers. It is something all of us can do for each other. Holding space is a skill we all need and a skill, an art we can continually grow in. Free will donation. A Place for Women to Gather, 8380 Six Forks Road, Suite 203, Raleigh. www.womengather.org

THURSDAY, JUNE 21

Summer Solstice Labyrinth Walk. 7pm. Millbrook Baptist Church 1519 E. Millbrook Rd., North Raleigh. For more information visit: www.womengather.org

SATURDAY, JUNE 23

Unity Church of Raleigh, 4th Saturday Breakfast Book Club, 10:00 a.m. – 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 firsthand 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

Sound Bath at Youthologie. 7pm-9pm. Join us for an evening of body, mind and spirit wellness. Immerse yourself in a universe of sound, harmonics, vibration and resonance. Experience a timeless inner journey, part massage and part meditation, at the Triangle area's only sound bath. Reserve your spot 919-847-1495. \$35 for advance ticket, \$40 at the door. Tickets non-transferable to another date. Bring yoga mat and pillow. Youthologie Aesthetic & Anti-Aging Medicine, 10940 Raven Ridge Rd, Ste 214, Raleigh, NC 27615.

WEDNESDAY, JUNE 27

Compassionate Connection. 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.

THURSDAY, JUNE 28

What it means to “Hold Space” For Others. 7:00-8:30pm. See June 20 listing for details.

SATURDAY, JUNE 30

Introduction to Birding. 8am-10am. Learn the basics of Birding and how to identify some common North Carolina birds on this informative hike! Fee. Space Limited. Piedmont Wildlife Center, 364 Leigh Farm Road, Durham. For more information visit: <https://tinyurl.com/yczfbsn>

TUESDAY, JULY 3

Our Soul Sisters Who Live in the Scriptures: Mentors and Models. 1:30-3:00pm. The women in the Judeo-Christian scriptures have long been a source of inspiration and courage. You will have the

opportunity to sit in the presence of some of these women, learn from them, and see how they can serve as mentors and models of faithful living for us, despite

the distance of time and culture. Free will donation. A Place for Women to Gather, 8380 Six Forks Road, Suite 203, Raleigh. www.womengather.org

WEDNESDAY, JULY 4

Celebration and Fireworks in Chapel Hill. Food trucks, watermelon eating contest, spin art, stilt walkers, face painting, live music and a huge fireworks display. Held in Kenan Stadium on UNC-Chapel Hill campus. Donations welcomed. Visit: www.visitchapelhill.org/events/annual-events

The Works! July 4th on Fayetteville Street. This massive Independence Day celebration in downtown Raleigh kicks off early in the day with live music, hot dog-eating contests, BMX stunt shows and more until the grand finale of fireworks light up the sky at 9:30pm in two different locations—you'll want to be at Red Hat Amphitheater or on Fayetteville St. both in Durham for the best view. Three stages of live entertainment. Visit: <https://tinyurl.com/ybcd89ex>

Independence Day Celebration. Gates will open for general admission at the end of the 7th inning based on availability for those that would like to view the fireworks show from inside the ballpark. Purchasing tickets to the game is strongly encouraged and ensures a spot inside the Durham Bulls Athletic Park to watch the fireworks. For more information visit: For day of questions about the fireworks show, please call 919-956-BULL. Durham Bulls Athletic Park, Durham. Visit: <https://tinyurl.com/y9ts3ed3>

WEDNESDAY, JULY 4 AND SATURDAY, JULY 7

39th Festival of the Eno. Music, Food, Crafts and more. WestPoint on the Eno, Durham City Park, Durham. For More information visit: www.enofest.org

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, click on the 680 AM Listen Live button. See more information at 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 Facebook page: www.facebook.com/unityofthetriangle

Unity Church of Raleigh: Sunday Morning Services: Prayer and Meditation 9:45 - 10:15 am; Sunday Celebration 10:30 - 11:45 am; Youth Program 10:30 - 11:45 am. 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

Unity of the Triangle Español Sunday Service. 1:30pm. 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. Unity of the Triangle, 5570 Munford Rd. Raleigh. Visit: unitytriangle.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 www.unitychapelhill.org or call 919-968-1854.

In the Flow; an Introduction to Different Forms of

Energy Healing. 12:45pm. 4th Sunday. Location: Room 228. Unity of the Triangle, 5570 Munford Rd. Raleigh. www.unitytriangle.org Facebook page: 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 Facebook page: 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. Beginning May 6. New time 1:30pm. First Sunday. 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/ Facebook page: www.facebook.com/unityofthetriangle

Science & Spirituality. 1:30pm. 3rd Sundays Join Dr. Marsha Walters for an ongoing study of science and spirituality. The topic for March is Quantum Weirdness. Come explore a simplified explanation of the quantum field and how it expresses the miraculous. Unity of the Triangle, 5570 Munford Rd. Raleigh. www.unitytriangle.org Facebook page: 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 Facebook page: 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 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? 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 Facebook page: 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/ Facebook page: 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; Facebook page: www.facebook.com/unityofthetriangle

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 Facebook page: 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 Facebook: page: 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 Facebook page: 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 Facebook: 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

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

MONDAY

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. 9:30-10:45am. 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 or visit our website: 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

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 or visit our website: 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 or visit our website: 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 or visit our website: 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 or visit our website: 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

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

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 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 Facebook page: www.facebook.com/unityofthetriangle

Unity Church of Raleigh: Christian Healing by Charles Fillmore. Facilitator, Al Henderson, L.U.T. Candidate, Tuesdays, May 22 to June 19, 1:00 – 3:00 p.m. This 5 week class will study how to set up new thought currents in mind and body and will make way for the spiritual illumination that will follow in all who are faithful to the instructions. Unity Church of Raleigh, 5124-108 Departure Drive, Raleigh. Sign up at: www.unitychurchofraleigh.org Love Offering

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 or visit our website: 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 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

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://trianglercnc.holisticmoms.org>

All Levels Yoga. 9:30am. 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

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

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 919-832-8324 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 or visit our website: 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

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

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

Vinyasa Slow Flow Yoga Level 1-2. 11am. Get over that mid-week hump with a little peace and relaxation. Led by Fran Richardson, this laid back, easy does it class encourages flexibility, strength and balance. \$10 per class or \$50 for 7 week series. Contact Fran at 919-880-9324 with questions. Unity Center of Peace 8800 Seawell School Rd. Chapel Hill. 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

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.

International Folk Dancing. 7:00-9:30pm. The Durham-Chapel International Folk Dance Club meets weekly to enjoy dances from around the world. We are open to everyone. No partners needed. Easy dances 7-8pm, teaching 8-8:30pm, dancing ends 9:25pm. First-timers are guests. Suggested donation for others is \$5 to help us with room rental. Location: Living Arts Collective, 410 W Greer St., Durham. Visit: <https://tinyurl.com/y7cpubex>

THURSDAY

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

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

Taoist Tai Chi Beginner Class. 9:30–11am. Church of the Nativity, 8849 Ray 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

Nia Class. 10am. Combining dance, martial arts and mindfulness, Nia tones your body while transforming your mind. More than just a workout, Nia is a holistic fitness practice addressing each aspect of your life - body, mind and soul. Led by Black belt Nia instructor Holly McKinney. Contact Holly at 919-971-2279 for pricing. Unity Center of Peace 8800 Seawell School Rd. Chapel Hill. www.unitychapelhill.org

Reiki Share. 7-8pm. 2nd and 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 Facebook page: www.facebook.com/unityofthetriangle

A Course in Miracles for Unity. 1:30–3:30pm. Thursdays. New daytime class. All are welcome. Love offering. Unity of the Triangle, 5570 Munford Rd. Raleigh. www.unitytriangle.org/ Facebook page: www.facebook.com/unityofthetriangle

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. 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/ Facebook page: 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. 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 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

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

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

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

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

Dance Blues Friday. 8-9pm Lesson. 9pm-12am. Fridays. Social Dancing. Fee \$7/\$5 students/military/seniors. Triangle Dance Studio, 2603 S Miami Blvd, Durham. Visit: www.rdblues.com/dances/blues

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 www.beaconthermography.com.

Reiki Share. 10am–noon. 1st Saturday of the month. Join us in this safe supportive environment for this opportunity to share and deepen your Reiki skills, as well as satisfy your curiosity if you have yet to experience this gentle, yet powerful healing technique. No experience necessary. All skills levels are welcome. Suggested donation \$5. Reiki Master/Teacher Janice Escott facilitates. Unity Center of Peace, 8800 Seawell School Rd., Chapel Hill. 919-968-1854 www.unitychapelhill.org.

Carrboro Farmers Market. 7am–noon 301 W. Main St. www.carrborofarmersmarket.com

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

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

Hillsborough Farmers Market. 8am–noon. UNC Hospitals Hillsborough Campus, 430 Waterstone Dr. www.hillsboroughfarmersmarket.org

Midtown Farmers Market. 8am–noon. North Hills Commons. www.midtownraleighfarmersmarket.com

Western Wake Farmers Market. 8am–noon. 1225 Morrisville Carpenter Rd. <http://www.wfm.org>

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

Chatham Mills Farmers Market. 8am–noon. Chatham Mills, Pittsboro. tinyurl.com/yaxa9qyv

Clayton Farm and Community Market. 9am–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

FRIDAY

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