

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.

SUNDAY, JULY 2

ECK Light and Sound Service. 11am-12noon. Our Relationship with the Divine Being is Always One-on-One. "In ECK, if we can remember that Soul is an atom of God, that our relationship with the Divine Being is always one-on-one, then we have made a substantial step." 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.

MONDAY, JULY 3 - MONDAY, AUGUST 7

Monday Evenings—6-Week Bootcamp On Conscious Dating. 7:00-9:00pm. There's a new approach to finding love. The class will provide you with the tools and the support you need for self-discovery, confidence, and the mechanics of attracting the love you desire. The Conscious Dating Program® includes the 6 classes, two resource materials of over 200 pages and 2 one-on-one sessions with Rev Bill Turner, and is available for \$400. For more information go to www.SingleNoMore.net Triangle Center for Spiritual Living, 559 Jones Franklin Road, Raleigh, Phone: 919-859-2249. www.triangleclsl.org

TUESDAY, JULY 4

Annual 4th of July Celebration at Koka Booth Amphitheatre. Starting at 5:45pm. Join our TCSL community on Tuesday July 4th for our annual 4th of July celebration at the KoKa Booth Amphitheatre. 3:00pm – Gates open to Blankets, Lawn Chairs & Picnics, Kids Activities all day long, 5:45pm – Cary Town Band, 7:30pm – North Carolina Symphony. Fireworks to follow. We will secure lawn space for our group! You are free to bring food, wine, beer. Senior Minister: Rev. Dusty Rippelmeyer; Asst. Minister: Rev. Bill Turner; Staff Minister Rev. Betty Harris. 919-859-2249. www.triangleclsl.org

WEDNESDAY, JULY 5

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.

THURSDAY, JULY 6

The Healing Power of Belief. 1:30-3:00pm. When you are in need of healing, where do you go? Why do you go where you go? This program will explore these questions and others. What role does belief/faith play in the healing process? Don't expect

definitive answers to any of these questions! But do expect to engage your own experiences of belief, faith, and desire for healing. Free will donation. A Place for Women To Gather, 8380 Six Forks Road, Suite 203, Raleigh. www.womengather.org

"How to Pray" Class Series. 7:00-9:00pm. Learn how to integrate prayer into your daily life to become more peaceful. Join us Thursdays, July 6th, 13th, 20th & 27th, 7:00-9:00 pm for this informative and experiential workshop. Unity of the Triangle. 5570 Munford Rd. Raleigh. Visit: unitytriangle.org Phone: 919-832-8324

SATURDAY, JULY 8

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. Visit tinyurl.com/jwhbzth to RSVP for this class. Or contact Susan: 919-210-2188, SusanMelchione@gmail.com, or www.SusanMelchione.com

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@triangleclsl.org www.triangleclsl.org See us on Facebook, Meetup and subscribe to our YouTube Channel.

SUNDAY, JULY 9

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. Visit: www.eckankar-nc.org, call 919 852-1550 or visit www.meetup.com/SpiritualExperience

MONDAY, JULY 10

The Healing Power of Belief. 7:00-8:30pm. See July 6 listing for details.

TUESDAY, JULY 11

Mindfulness Meditation Group. 6-7pm. This non-denominational meeting is open to all levels of meditation experience. Instruction available for those new to mindfulness techniques. Come experience the power of group practice! \$5 suggested donation. Unity Center of Peace, 8800 Seawell School Rd., Chapel Hill 919-968-1854 www.unitychapelhill.org

WEDNESDAY, JULY 12

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.

THURSDAY, JULY 13

How to Pray" Class Series. See July 6 listing for details.

SATURDAY, JULY 15

Reiki Master Class. This 2 day class (starting at 6:00pm) includes 2 Master level attunements. Learn how to give Master level sessions in person and long distance. Use crystal grids in sessions. A comprehensive manual and refreshments will be provided. You will be awarded a certificate of completion. Prerequisite: Completion of a Reiki II Class. Fee: \$350. Location: Cary. Visit www.meetup.com/Meditation-Reiki-in-Cary to RSVP for this class. Or contact Susan: 919-210-2188, SusanMelchione@gmail.com, or www.SusanMelchione.com

SUNDAY, JULY 16

Spiritual Law of Life Workshop – Law of Karma. 11am-12 noon. Free. "Life will always teach you better. This is the basis of the Law of Karma: what you sow, you reap. And in the reaping of what we've sown, we gain spiritual wisdom." Harold Klemp, How to Survive Spiritually in Our Times, Mahanta Transcripts, Book 16, chap. 4. Fellowship and light refreshment to follow. Triangle Eckankar Center, 6001 Chapel Hill Road, Ste.103, Raleigh 919 852-1550 or visit: www.eckankar-nc.org or www.meetup.com/SpiritualExperience.

Chant HU, an ancient name for God 12:30pm–1:00 pm. 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. 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, JULY 18

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: tinyurl.com/jwhbzth. Or contact Susan: 919-210-2188, SusanMelchione@gmail.com, or www.SusanMelchione.com

WEDNESDAY, JULY 19

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, JULY 20

How to Pray Class Series. See July 6 listing for details.

Open Spiritual Discussion. 7:00pm-8:30pm. Join us for uplifting conversations on various spiritual topics. Hosted by the local Eckankar community. Panera Bread, 8511 Colonnade Center Drive, Raleigh. Near the Whole Foods. For more information: www.meetup.com/SpiritualExperience. Additional information about Eckankar, The Path of Spiritual Freedom, can be found on www.eckankar.org or www.eckankar-nc.org or call 919 852-1550.

Free Movie—La La Land. 7-10pm. Movies in the Garden is a family-friendly event, showing movies that are rated G, PG and PG-13. Food and drink will be available for purchase. Please, no outside alcohol, as this is a city park, but feel free to bring cushions/blankets/chairs. Location: RLT's Louise "Scottie" Stephenson Amphitheatre, 301 Pogue St, Raleigh. Visit: www.raleighlittletheatre.org/events/movies-in-the-garden

FRIDAY, JULY 21

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. Visit tinyurl.com/jwhbzth to RSVP for this class. Or contact Susan: 919-210-2188, SusanMelchione@gmail.com, or www.SusanMelchione.com

WEDNESDAY, JULY 26

Communicating with Compassion. 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, JULY 27

How to Pray Class Series. See July 6 listing for details

SoulCollage® as a Spiritual Practice. 6-9pm. Come create in community – no artistic ability necessary! Learn the spiritual practice of SoulCollage®. Tap into your intuition/ inner wisdom while expressing yourself creatively. By connecting with different aspects of ourselves and God/Higher Power through the creation of SoulCollage® cards, we gain greater awareness of the person God created us to be.

Suggested donation: \$40. All materials included. A Place for Women to Gather, 8380 Six Forks Road, Suite 203, Raleigh. www.womengather.org

Free Movie – Cinderella (2015). 7-10pm. Movies in the Garden is a family-friendly event, showing movies that are rated G, PG and PG-13. Food and drink will be available for purchase. Please, no outside alcohol, as this is a city park, but feel free to bring cushions/blankets/chairs. Location: RLT's Louise "Scottie" Stephenson Amphitheatre, 301 Pogue St, Raleigh. Visit: www.raleighlittletheatre.org/events/movies-in-the-garden

SATURDAY, JULY 29

Archangelic Light Master Class 9:00am-5:00pm. This includes advanced entrainment and learning to use this healing energy that goes to root cause of the issue. You will receive instruction in the entrainment process, enabling you to teach others. This is a transformational experience whether or not you plan to teach. Prerequisite: Completion of an Archangelic Light Practitioner Class. Fee: \$280 Location: Cary. Visit tinyurl.com/jwhbzth to RSVP for this class. Or contact Susan: 919-210-2188, SusanMelchione@gmail.com, or www.SusanMelchione.com

SUNDAY, JULY 30

Kundalini Yoga and Meditation Workshop in Oriental, NC. 2:30 – 5:00 pm. End a weekend at the beach at the Yoga Studio with an inspiring afternoon of yoga and meditation with a seasoned teacher, HarDarshan Khalsa. To register, contact susan@mywellnesspartner.com

ongoing events

SUNDAY

That Cancer Show. 8–8:30pm. Cornucopia Cancer Support Center hosts this informational talk radio program to assist anyone journeying with cancer. Airs live on WPTF 680 AM in the Triangle. Also live streams live at www.wptf.com, 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). July Theme: Open Communication 7/2: "Red, White, and Blue: Celebration," with Rev John Waterhouse 7/9: "Love for All Races," 7/16: "Compassion is the Road I Walk," 7/23: "We Are One People," and 7/30: "Open Arms for the World." Senior Minister: Rev. Dusty Rippelmeyer; Asst. Minister: Rev. Bill Turner; Staff Minister Rev. Betty Harris. 559 Jones Franklin Road, Raleigh. 919-859-2249. www.trianglecls.org See us on Facebook, Meetup, YouTube.

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

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, The Path of Spiritual Freedom: ECK Light and Sound Service. 11 am-noon. First Sunday of every month. Sunday, July 2: Our Relationship with the Divine Being Is Always One-on-One. Listen to personal stories, parables and creative arts expressing eternal truths and spiritual growth found through the teachings of Eckankar. Fellowship and light refreshment 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.

Eckankar, Spiritual Laws of Life Workshop. Free. 11am-noon. Third Sunday each month. July 16: Law of Karma. 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 discussed each month. Fellowship and light refreshment follow. Triangle Eckankar Center, 6001 Chapel Hill Road, Ste. 103, Raleigh 919 852-1550 or visit: www.eckankar-nc.org, or www.meetup.com/SpiritualExperience.

Beyond Meditation 12:30-1pm. Third Sunday each month. Join us to chant the word HU, an ancient, sacred name for God. All are invited for this simple spiritual exercise, which has helped people of different faiths open their hearts more fully to the presence of God. 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 www.meetup.com/SpiritualExperience. To hear HU, you can visit: www.miraclesinyourlife.org or download the FREE HU App.

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.

Conversations on Awakening. 10:00-10:50am 2nd, 3rd & 4th Sundays. Join Nancy Burns and 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>

Unity of the Triangle's Rediscovering the Bible. First and third Sundays. 10:15am–10:55am. The Bible is not only one of the most important historical references, it is a roadmap for awaking to Christ-consciousness. We will explore the metaphysical (spiritual), mental, and material information contained in these Holy Scriptures. Jesus' words are a meditation, and series of messages and clues, that when realized, lead to liberation. Unity of the Triangle, 5570 Munford Rd. Raleigh. www.unitytriangle.org/ 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?" 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

Unity of the Triangle "The Awakening Experience." 10:15-10:55am. 2nd, 3rd, & 4th Sundays. 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. Phone: 919-985-3068. Visit: www.unitytriangle.org Facebook page: www.facebook.com/unityofthetriangle

Unity of the Triangle Boomers Group. 10:00am–10:55am 50's and 60's. Second and fourth Sundays. Come connect with fellow seniors between Sunday services to share your life's journey, your wisdom and your dreams while exploring how the Unity principles relate to your life. The format is open discussion and individual participation is encouraged. Enjoy sharing stories and wisdom, fun and fellowship. Unity of the Triangle, 5570 Munford Rd. Raleigh. www.unitytriangle.org 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. In this meeting, 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. Monday evenings at 7:00. 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. www.triangleclsl.org See us on Facebook, Meetup, YouTube.

Triangle Center For Spiritual Living: Men's Group. 7:00-8:30pm. Meets on the 3rd Monday of each month at the Center. All men are welcome to participate in this group for the sharing of thoughts and experiences in an environment that supports spiritual and personal growth. For additional information, contact Don Procopio (don.procopio@pobox.com) Senior Minister: 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. www.triangleclsl.org See us on Facebook, Meetup, YouTube.

6-Week Bootcamp On Conscious Dating. Monday Evenings, July 3- August 7. 7:00-9:00pm. There's a new approach to finding love. The class will provide you with the tools and the support you need for self-discovery, confidence, and the mechanics of attracting the love you desire. The Conscious Dating Program® includes the 6 classes, two resource materials of over 200 pages and 2 one-on-one sessions with Rev Bill Turner, and is available for \$400. For more information go to <http://www.SingleNoMore.net> Triangle Center for Spiritual Living, 559 Jones Franklin Road, Raleigh. Phone: 919-859-2249. 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. 7:00pm-8:30pm. 1st Tuesday. A Divine intelligent energy transfer that causes a neurobiological transformation within the brain of the recipient. This transfer helps people move away from the sense of separation towards a sense of oneness with all that is, allowing feelings of bliss, ease, peace, joy, and love. It is not a teaching or concept, but rather an experience that supports all paths or beliefs. Unity of the Triangle, 5570 Munford Rd. Raleigh. www.unitytriangle.org Facebook page: www.facebook.com/unityofthetriangle

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

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

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/hpeqgzp>

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. 6:30pm; Service 7-8pm. Peak of The Week: The 7 Minute Solution Meditation 7/5: The Power of Awareness & Attraction, 7/12: "Are You Consciously Aware?" 7/19: "Are You Really Motivated?" 7/26: "Are You Growing & Learning?" 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.triangleclcs.org See us on Facebook, Meetup, YouTube.

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

Taoist Tai Chi Continuing Class. 9:30-11:30am. 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 at Mata Shakti Ashram in Chapel Hill. 6:15pm-7:45 pm. We are continuing the series "The End of Karma". Come and stretch your body, your mind, and refresh your spirit! Fee is \$15 drop in or \$50 for a 5 class pass. hardarshan@matashaktiashram.org, 919-257-7814, 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: jofflick@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: <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/zgcukj4>

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.triangletango.com for more information.

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

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/jyoyqnp>

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 www.trianglecsl.org See us on Facebook, Meetup, YouTube.

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

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

Chatham Mills Farmers Market. 8am–noon. 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. 8am–noon. 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. 9am–1pm through October. 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 through November 5. The commons at North Hills Mall. www.midtownraleighfarmersmarket.com