

Hello Friends,

The next gathering of our Seekers group will be on Monday, July 27, 2015 at 7pm in the Community House. Our topic will be a continued sharing of how the natural world inspires and restores us. We ended our discussion last month with our awe of nature and a lot of laughter. Perhaps it tickles us to see our overblown selves knocked down and giddy by fireflies. Where does this laughter and new joie de vivre take us in our daily lives? Do we lose it or hang on to it?

Our suggested reading for this conversation is from *Mindfulness & the Natural World: Bringing Our Awareness Back to Nature* by Claire Thompson (Metro Books, 2013), 118-139. If time limits require you to choose between reading about nature or being IN it, though, we hope you'll go experience it, and bring that to our discussion.

Thanks to Randy for both the discussion description and the reading.

All are welcome to join us!