

Dear Neighbor:

Thank you for being one of the 25 people who expressed interest in group meditation! We are pleased to announce that the initial meeting of what we are calling the Oriental Mindfulness Meditation group (OMM... appropriate, right?) will take place **Monday, January 23 at 7 p.m.**, in the meeting room of the Perry-Griffin Foundation, 300 High Street, Oriental.

As mentioned in our announcement at towndock.net (**thank you, Melinda**), we will meet twice weekly. This first meeting is a chance to get comfortable with each other and with the space in which we'll be "sitting"; to join in a working example of how each session will flow; and to participate, for the first time as a group, in a short meditation or two.

If you are unable to attend this kickoff session, please try to join us **Thursday, January 26 at 7 in the morning**, at the same location. OMM will then continue to meet, in the same place, on the same days, and at the same times: **Mondays at 7 p.m.** and **Thursdays at 7 a.m.** It is our hope that by offering an **early evening** and **early morning** option each week, one (or both!) will fit into your schedule.

IMPORTANT: For Monday's kickoff *and for all future meetings*, please park along the street and **arrive several**

minutes before the hour. (We'll be sure the room is open.) Your early arrival assures beginning on time and finishing within the hour.

We sincerely appreciate your interest, and the wide response this initiative has received. We look forward to meeting you next Monday (or Thursday), and to sitting with you whenever your schedule permits on Mondays and Thursdays thereafter. ([Click here](#) for a map showing the location of the Perry-Griffin Foundation.)

Yours in peace,
Shari Sias
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