

Practicing Mindfulness 2020 Religious Adult Education  
Congregational Church of Boothbay Harbor

- 1/12 LECTURE 1 Mindlessness—The Default Setting
- 1/19 LECTURE 2 Mindfulness—The Power of Awareness
- 1/26 LECTURE 3 Expectations—Relinquishing Preconceptions
- 2/2 LECTURE 4 Preparation—Taking Moral Inventory
- 2/9 LECTURE 5 Position—Where to Be for Meditation
- 2/16 LECTURE 6 Breathing—Finding a Focus for Attention
- 2/23 LECTURE 7 Problems—Stepping-Stones to Mindfulness
- 3/1 LECTURE 8 Body—Attending to Our Physical Natures
- 3/8 LECTURE 9 Mind—Working with Thoughts
- 3/15 LECTURE 10 Walking—Mindfulness While Moving
- 3/22 LECTURE 11 Consuming—Watching What You Eat
- 3/29 LECTURE 12 Driving—Staying Awake at the Wheel
- 4/5 LECTURE 13 Insight—Clearing the Mind
- 4/12 NO CLASS-EASTER SUNDAY
- 4/19 LECTURE 14 Wisdom—Seeing the World as It Is
- 4/26 LECTURE 15 Compassion—Expressing Fundamental Kindness
- 5/3 LECTURE 16 Imperfection—Embracing Our Flaws
- 5/10 LECTURE 17 Wishing—May All Beings Be Well and Happy
- 5/17 LECTURE 18 Generosity—The Joy of Giving
- 5/24 NO CLASS-MEMORIAL DAY WEEKEND
- 5/31 LECTURE 19 Speech—Training the Tongue
- 6/7 LECTURE 20 Anger—Cooling the Fires of Irritation
- 6/14 LECTURE 21 Pain—Embracing Physical Discomfort
- 6/21 LECTURE 22 Grief—Learning to Accept Loss
- 6/28 LECTURE 23 Finitude—Living in the Face of Death
- 7/5 LECTURE 24 Life—Putting It All in Perspective