

# November Spiritual Wellness Series

(Please note several day, place and time changes this month.)

## First Congregational UCC 72 Pleasant St.



### All Souls Ritual and Meal

Thursday, November 2 at Trinity Episcopal/Lutheran Church,  
130 Broad St.: 6:00-8:00

All Souls Day is a feast day in the Church to commemorate family and friends who have died and who inspire us by their lives and witness. And also, we simply just miss them and want a place to honor them and share stories. Bring photos, mementos, flowers and other items to contribute to our communal altar which will stay up throughout the entire month.

6 pm Gather to pray, create and bless our communal altar in the Church

6:30pm Supper and Stories

Tacos will be served. All are welcome from the Claremont community.

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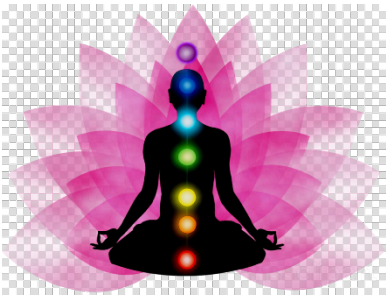


### Trauma Informed Care

Wednesday, November 8, 6-7:30

Kerry Rochford from Turning Points Network and TLC Family Resource Center will be leading a very important workshop for ALL. She will give a basic introduction to the importance of understanding what it means to be trauma informed as we move in our diverse society. It is likely that each of us has our own experience of trauma – and for some of our sisters and brothers the trauma history is extreme.

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### The Experience of Reiki

Wednesday, November 15, 6:00

Reiki is an **energy healing technique** that promotes relaxation, reduces stress and anxiety through gentle touch. Reiki practitioners use their hands to deliver energy to your body, improving the flow and balance of your energy to support healing. In this session several Reiki practitioners from Claremont will offer their gifts free to all who attend. Please come and take advantage of this generous offer and amazing experience!

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### Thanksgiving Eve – November 22, gathering in the Sanctuary

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### Sound Bath Singing Bowl

Wednesday, November 29, 6:00

Join us for a relaxing sound bath with guided meditation. The vibrations of crystal singing bowls have a calming and healing effect on the mind and body. Sound healing stimulates the immune system, lowers blood pressure and balances energy centers among other benefits. This peaceful experience will last 45 mins to an hour. Please plan to arrive a few minutes early so we can get started on time. Registration is needed due to space needs. For further information, call Beth Polari of #OneTreeWellness at (603) 504 2291.