



SUNDAY REFLECTION

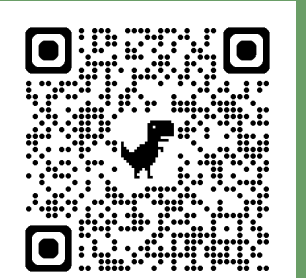
A NEW FAMILY-FRIENDLY GATHERING FEATURING
MINDFULNESS PRACTICE, MUSIC, AND STORYTELLING



EVERY Sunday 11:30-12:30
Second Congregational Church
43 Highland Avenue, Cohasset MA 02025

Mindfulness Plus is a non-religious spiritual practice and volunteer community supporting the South Shore.

For more information, please contact
Jonathan Pierce at 617-529-5296
or visit our website <https://www.mindfulness-plus.com/>





Sunday Reflection: Mindfulness, Music and Storytelling

Sunday Reflection is a weekly gathering offered by Mindfulness Plus (M+), a non-religious spiritual practice and volunteer community supporting the South Shore, and is offered to the community at no cost. *Sunday Reflection* invites participants to experience a new and welcoming spiritual community, via shared mindfulness practice, music, and storytelling.

What will the Sunday Reflection Mindfulness Plus experience be like?

- *Sunday Reflection* will include an opportunity to sit quietly in the beautiful, sun-dappled sanctuary of *Second Congregational Church Cohasset*.
- We'll hear beautiful music from pianist Konstantinos Papadakis, alongside poetry, book excerpts, and other meaningful texts.
- Jonathan Pierce, M+'s Lead Organizer, will offer a thoughtful reflection upon these readings, asking in novel ways, week to week, "*How can we mindfully hold and share lovingkindness in a world that often seems unloving and unkind?*"
- We'll have the opportunity to name aloud the persons, places, and events that we wish to hold in lovingkindness.
- We'll consider what it means to live in space and place, with particular attention to our natural environment.
- And we'll always engage in some gently guided mindfulness practice.

Who might attend?

Sunday Reflection is open to all and is family-friendly!

We welcome people who:

- are curious about mindfulness practice and those who are already experienced
- identify with a faith tradition or already belong to a spiritual community
- identify with "none" or are "non-practicing" when it comes to religion and spirituality

Why attend?

- Come to make joyful connections with others in your community – come for an experience of peace and well-being, a break from the noisy world – come to share something good and wholesome with your kids!
- M+ affirms that mindfulness practices open us to new and creative ways to be of support to ourselves and to each other, and that spiritual practice and community service go hand-in-hand. Come and learn how you might give of yourself to others!

Childcare is available for kids ages 2-6, provided by CORI-checked professionals!

Sunday Reflection is family-friendly - we welcome kids of all ages to join in!

To learn more, visit us at <https://www.mindfulness-plus.com/> [or Scan QR Code]

