



September 2018

WWW.harlestonneighbor2neighbor.com

LEARN ABOUT MEDITATION AT SEPT. 29 SEMINAR

A free educational seminar on meditation and mindfulness will be offered in our next Saturday morning lecture series in Gage Hall 9:30 a.m.-11:30, Saturday, September 29. The topic will be *Why Might I Meditate?*, and the speaker will be Gary Smith, who has been the facilitator of a meditation group in Charleston and taught mindfulness in local schools for four years. This program will cover meditation and mindfulness, how to begin a personal program, and where one can find local resources and participate as a beginner. Gary will also suggest articles and books to help you get started. For more information contact Thu Leshar at 843-408-6783 or email dtlesher@gmail.com.

VOLUNTEER FOR FIRST (SCOTS) PRESBYTERIAN MEALS ON WHEELS

First (Scots) Presbyterian operates a small Meals on Wheels program and is looking for new volunteers. Volunteers pick-up the meals at the church, located at 53 Meeting Street, and then deliver to older adults living on the peninsula in zip codes 29401 and 29403. Most volunteers deliver meals once a month, and it only requires about 1.5 hours of your time. It's a great opportunity for couples or friends to volunteer together. You do not have to be a member of the church to volunteer. If you would like more information, please call Elizabeth Bernat at (843) 300-9464 or bernateliz@gmail.com.

NEW PROGRAM COMMITTEE LOOKING FOR PROGRAM IDEAS

Our new Program Committee got off to a great start in its first meeting last month. They've already generated a list of creative ideas, and would welcome more from neighbors who would, for example, enjoy neighborhood walks, sharing good books, cooking potlucks together, having lunch once a month. The Committee members include Elizabeth Bernat, Yvonne Evans, Beverly Carson, and Gloria Kelso. HN2N Board Vice President Susan Bissette heads the committee. If you have ideas you'd like to pass along or would like more information, contact Susan at susangarro@bellsouth.net.

2nd WEDNESDAY NEIGHBORHOOD HAPPY HOURS— Oct. 10
Sixty Bull Street Cafe, 5:00-6:30 p.m.