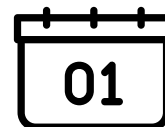


WELLNESS WEDNESDAY

Resources For Residents Seeking Mental Health-Related Assistance



New flyer available on the 1st Wednesday of each month!



Old Ship Church Meditation: The Way of the Bodhisattva

Every Sunday morning at 8:30 a.m.



Twenty minutes of sitting meditation, followed by a discussion of a Buddhist or related text. Currently we are reading No Death, No Fear, by Thich Nhat Hanh. Newcomers are warmly welcomed — no experience with Buddhism needed.

For more information and the Zoom link, contact Lisa or Catherine.
<http://www.oldshipchurch.org/for-adults.html>

Glastonbery Abbey Monday Meditations Event

Monday evening from 6:30-7:30 p.m.



Join us inside the Morcone Conference Center for Meditation. Our Meditation practice includes Prayer, Guidance, Sing Bowls, Still Silence and concludes with Herbal Tea freshly made from the Abbey gardens. As we become grounded, strengthened and refocused for the week ahead, may we be guided in the service of others. All are welcome.

Be Nutrition Savvy Over the Holidays

Presented by the Hingham Public Library

Monday, Dec. 12 from 7-8 p.m.

Join us for an informative discussion on making nutritious choices this holiday season while still enjoying all the delicious foods you love. This program will be presented by registered dietitian Kathy Jordan. This event will be held on Zoom. To join us, please register online, and we will email you the link shortly before the program.

To register visit: <https://conta.cc/3A0FNC3>



Second Parish in Hingham Unitarian Universalist: Light for Long Nights

Sunday, Dec. 18 - Special Service at 4 p.m.



Light for Long Nights (in-person only) We hold this short service for those who are not feeling Christmas cheer as much as loneliness or loss; those who seek a quiet way to rest in the promises of the season. Susannah Thornton will be our soloist.