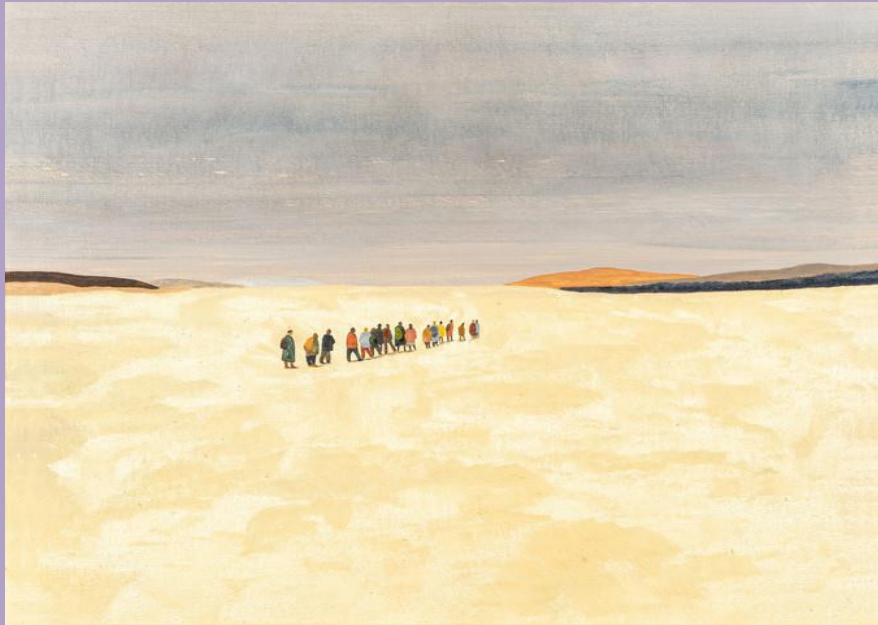


THIS SUDDEN STRANGENESS



Mindfulness Dialogues to Re-Imagine Our Time in The Wilderness

With
Carlos Monteagudo and Special Guest, Danny Martin

...we would all be together
in a sudden strangeness.

Pablo Neruda

**These ongoing gatherings will touch our deep heart's core and reconnect
with our innate intelligence in order to generate meaning together to
guide us through this uncertain time**

**Bi Weekly (every other week)
Starting Thursday, October 1 , 6:00-7:30pm EST via Zoom
Join us just prior at 5:30pm for "happy ½ hour"**

Carlos Monteagudo, MD, MPH, is an elder at Bloomfield Presbyterian Church on the Green, and a practicing psychiatrist, with a passion for bringing groups together to connect deeply through dialogue. **Danny Martin PhD**, has been developing the practice of Mindfulness Dialogue for decades. He was born in Belfast, served as a Roman Catholic priest in Kenya, and studied under Thomas Berry.

RE-IMAGINING Our Time In the Wilderness

AN INVITATION

Now that it has become crystal clear that our time in the wilderness during the COVID-19 Pandemic will not be ending anytime soon, you are invited to join a biweekly (every two week) gathering of community friends and neighbors to RE-IMAGINE and co-create what this time in the wilderness will become.

In a piece he calls *The Sleep of Prisoners*, the British playwright, Christopher Fry, writes:

*Thank God our time is now when wrong
Comes up to face us everywhere,
Never to leave us till we take
The longest stride of soul we ever took.*

Sounds like our world today, doesn't it? Fry goes on:

*Affairs are now soul size.
The enterprise
Is exploration into God....*

Come and be together in the Wilderness. Explore and discover what it means to transition from being traumatized and shellshocked victims, to survivors, and then finally to thriving as victors. That's where we want to end up. And we can get there if we come together.

So here is a proposal: an open ended invitation into an 'exploration into God' using Mindfulness Dialogue process to 'Re-Imagine Our Time in the Wilderness.'

It will involve real commitment, both personal and collective:

- *Personal commitment to a consistent practice of Mindfulness*
- *Collective commitment to consistent participation in biweekly gatherings*

We are initially reaching out broadly to the religious community of greater Bloomfield to start. This can expand further to others as the emerging core sees fit. The meetings will be facilitated and open to all. And though regular attendance is highly encouraged, people can come and go as they are able. There are ways to help newcomers come up to speed if they join later in the process.

Please RSVP to Carlos@carlosmonteagudo.com by Wed. Sept. 30, to receive the Zoom log-in link. You may call, text or email Carlos Monteagudo (the group facilitator) with questions. 773-540-1052.