

MINISTERING TO THE MIND

"If you always do what you always did, you will always get what you got."
— Jackie "Moms" Mabley

The Arts

Writer's Support Group

Tuesdays, Bi-Weekly, 6:30-8:30pm

9/5; 9/12; 9/26; 10/10; 10/24; 11/7; 11/21;
12/5; 12/19; 1/9/07; 1/23/07

Donations Appreciated

Dorothy Marcus, Convener

(201) 836-1750 dorthee@yahoo.com

Discussion Groups

FIONS: New Physics

Sundays Monthly, 2:30-4:30pm

9/24; 10/29; 11/26; 1/28/07



FIONS: Exploring Dreams

Selected Sundays, 2:30-4:30pm:

9/3; 9/17; 10/1; 10/15; 11/5;
11/19; 12/3; 12/17; 1/7/07;
1/21/07;



\$5 Suggested Donation

Allen Flagg (212) 532- 8042

All of our ministers are available for individual pastoral care and counseling for well-being and spiritual growth.

The Rev. Dr. James A. Forbes, Jr.
Senior Minister

The Riverside Church
91 Claremont Avenue
New York, New York 10027
www.riversidechurchny.org.

MINISTERING IN THE COMMUNITY ~ I see God in every human being" - Mother Teresa

Support Groups

Bereavement Support Group

2nd & 4th Tuesdays, 4:00-5:15pm

Donations Appreciated

~ Drop-ins welcomed.

Elizabeth Santiago, CSW,
Continuum Hospice Care,
(212) 649-5541



Caregivers Support Group

Pre-registration required.

Selected Fridays, 12:30-1:45pm

Sept. 8, Oct. 13, Nov. 11, Dec. 8, Jan. 12

Lorraine Ruggieri, (212) 362-6500,
Alzheimer's Assoc., NYC Chapter

Overeaters Anonymous Group

Please contact the Wellness Center
for more information



Donations Appreciated.

Life Challenging Illness Support Group

Selected Wednesdays & Thursdays, 6:30-8:00pm

~ \$10 Suggested Donation

Aug. 30, 31; Sept. 27, 28;
Oct. 25, 26; Nov. 15, 16;
Dec. 20, Dec. 21; Jan. 30, 31

John Mattson,
Convener
(914) 376-4446



THE WELLNESS PROGRAM

A Healing, Health & Wellness Ministry of

The Membership & Parish Life Commission at The Riverside Church

FALL — WINTER 2006
ONGOING PROGRAMS

MINISTERING TO THE SPIRIT

~ "The joy of the Lord is your strength." - Nehemiah 8:10



Christian Tradition

Centering Prayer

Sundays Weekly, 8:15 am

Morning Light Gathering

Sundays Weekly, 9:00 - 9:30 am

w/Rev. Fanny Erickson (212) 870-6704

Laity Empowerment Series

Fridays. 8 weeks, 6:30-9:00pm, Starts Friday, September 1, 2006, Saturday Retreat, Sept. 30 (no meeting Sept. 29), led by Rev. Elsa Callendar and Debra Northern.

Call 212 870 6703 (Parish Life Office)

Spiritual Renewal

Blessings of the Angels

Healing Retreat

Tuesday, September 26th,
6:30-8:30pm

Donations Appreciated



Vesper Light Christian Prayer & Meditation

Selected Mondays, 6:15-7:00 pm

October 16, November 13

Donations Appreciated



Advent Silent Night Retreat

Tuesday, December 5th, 6:30-8:30 pm

Donations Appreciated

Rev. Fanny Erickson, (212) 870-6704

Ecumenical/Interfaith Tradition

Universal Worship Ecumenical Celebration

2nd Sunday Monthly (3:30-5:00pm)

Sept. 10, Oct. 8, Nov. 12, Dec. 10, Jan. 14

~Donations Appreciated

The Light of Guidance Center (212) 529-7796

An Autumn Equinox Retreat

Cultivating the Mind and Heart of Awakening

Saturday, Sept. 23, 2-5 pm

Sharifa Norton and

Muinuddin Smith

(212) 477-6085

Donations appreciated



Meditation

Mindfulness Meditation

Tuesdays Weekly, 7:00 - 9:30 pm

Day of Mindfulness Retreat

3rd Saturday Monthly, 10:00 am - 4:30 pm

Community of Mindfulness/NY Metro Chapter

~Donations Appreciated

Marjorie Markus (212) 787-1473

email: marjoriem4@juno.com

David Flint (212) 666-4104

Sound Healing and Meditation with Devya and the Gong

Fridays, 9/22; 10/27, 11/17, 12/22, 1/5/07

\$23/session

Devya@earthlink.net;

(212) 749-8564

www.DevyaWorld.com



MINISTERING TO THE
BODY- "A cheerful heart is a good
medicine, but a downcast spirit dries up
the bones." -Proverbs 17:22

Healthcare Management

Take Control of Your Your Health: And Feel Better

Call 212 870 6758 to show

interest so we can offer

the enrollment required.

Free ~ Sponsored by North General Hospital.



Project Power

Sponsored by the American Diabetes Association.

Controlling and Preventing Diabetes

September—Physical Activity

October—Healthy Eating

November— A Clean Heart —

Prevention for risk of heart attack and stroke

Movement

Qigong

Tuesdays Weekly, 6:30-9:00pm

\$15 Suggested Donation .

Sept. 5, '06-Jan. 30, '07

Kathy Davis (718) 230-0315

email: HeartOfMind@att.net

Hatha Yoga (All Levels)

Saturdays Weekly, \$10/Session, 8:15-9:45 am

Beginning Hatha Yoga

Saturdays Weekly, \$10/Session, 10-11:30 am

Intermediate Hatha Yoga

Wednesdays Weekly, \$10/Session 6-7:30 pm

Contact Saradha Boopathi for dates and
times of Yoga classes cited above.

email: saradhaboopathi@yahoo.com



Individual Bodywork

Laying on of Hands

Appointment only — By donation.

Jesus' ministry of healing touch.

Private sessions.



Acupuncture Clinic

Tues. / Thurs.

Weekly, 11 am - 1:30pm

~Donation requested.

Reservations are required



Private Sessions

Monday - Sunday by appointment.

Massage, Energy Work,

Acupuncture & more.

Call (212) 570-6758 for referral and information.

Parish Nurse services include Annual Flu Shot
Day, Screenings, Individual Appointments,
Home and Hospital Visits, Education, and
Workshops. Call Luisa Porrata, MPH, RN,
212 870 6891.

The Healing, Health and Wellness
program is a pastoral ministry of the
Membership and Parish Life Commission
at the Riverside Church

Melody Merola, Chair

Schaunte Collins, Vice-Chair

Susan Guma, Chair, Healing/Health
and Wellness Committee

The Rev. Fanny Erickson,

Minister of Parish Life;

Founder/Director,

Healing/Health/Wellness Program

Luisa Porrata, MPH, RN, Parish Nurse