

New Activity

Leadership (5 sessions)

Thursdays, Apr. 12, 26, May 3,
10, 24, 7:00-8:30pm, Ewing
Lib.



We'll look at and define what true leadership means and how YOU can be a leader in your own right.

Open Forum

Topic: **Optimism, Mindfulness, and Well-being**
Tue., Mar. 20, 7:00-8:30pm, Ewing Lib.

You are welcome to just come and listen, ask questions, or actively participate in the discussion.

Ongoing Activities

Gluten-Free Living

First Wednesdays, (next on
Feb. 1), 7-8pm, Ewing Lib.

Have you recently been diagnosed with celiac disease or gluten sensitivity? Are you confused by what you can and can't eat? Do you know how to keep your house, your family, your restaurant meals from hurting you? If you need help starting your gluten-free life, come learn from those with experience.



Guided Learning and Self Discovery

Third Saturdays (next on Feb. 11), 9:00am-
1:30pm, LCC

Do you have the desire to search within; to question life? Do you want to learn to mediate? Do you want to be happy or happier? Do you have the desire to have something new and different in your life? Do you attract people in your life that you do not feel comfortable with? Please join us to learn and discover a new way of life.

Spiritual Gathering

Healing, Meditation and Spiritual Discussions

Every Monday & Thursday (except major
holidays), 6:30-8:30pm, LCC

We will discuss ways for us to practice daily to learn to be in the moment; To support and empower ourselves, and each other. Check out the new web site at:
<http://sites.google.com/site/spiritualgathering/>

The 12 Principles

3rd Wednesdays (next on Feb. 15),
7:00-8:30pm, Lawrence Lib.



For creating true abundance in all the areas of your life, centering on the work of Dr Steven Covey, Don Miguel Ruiz, and Michael Cavallaro. Check out the new web site at
<http://the12principles.blogspot.com/>

The Pursuit of Happiness

Self-guided project/tour
Are we happy regardless of what we do? Naturally, we all want to be and stay happy rather than unhappy. Then, what should we know? What should we do? If we are curious and willing to know and do something, we are on.



About the Mercer Free School

The school was launched in March 2010 to provide the local community in/near Mercer County, NJ opportunities to share self-motivated learning experience *for free*. As long as no space/safety/regulatory issues are involved, anyone can facilitate activities and anyone can participate in them. For more information, please visit our home page at <http://mfs.insi2.org>

