

## Late July/August Activities

### Everyone is Welcome!

#### Summer Activities:

##### Living Well This Summer

Tuesdays, July 24 and 31, August 7, 2-3:30 pm, Assembly Hall

We'll be looking at various ways to stay healthy, happy and active this summer - including healthy breathing, chair yoga, meditation and more. Jean Boudwin, a certified yoga and meditation instructor will be our facilitator. We invite everyone to participate.



##### What to Do About "Stuff"

Sunday, July 29, 12:45 pm, Chapel

We accumulate a lot of stuff as we live. In NYC we have a real challenge with space, but that is not necessarily the real problem. Let's look at "stuff". What do we need? What needs are met with the stuff? Do you have a paper (or shoe, or book, ...) challenge? Join us in conversation.

##### Summer Messiah

Sunday, August 12, 12:45-2 PM, Assembly Hall

Here's your summer opportunity to have a great time singing the choruses from the Christmas portion of the Messiah, plus the Hallelujah Chorus. There will be a light lunch to the backdrop of nostalgic and fun videotapes of some of our earlier musical events. Then everyone is welcome to sing! If you prefer not to sing, come and join the audience. Hosts: Jerry Brown, Director of Music, Rev. Dr. Hope Johnson and Dr. Janice Marie Johnson.



##### Beyond Our Borders Film Group

Dates/Times TBA

We hope to form a film & discussion group this summer. The plan is to view contemporary films from around the world and discuss over wine/coffee/soft drinks and snacks afterwards (on a quarterly schedule). We may go to theatres or view in the Assembly Hall or Gallery. We hope you'll join us and bring friends. Send in film suggestions now to Valerie Lynch, Membership Coordinator / [vlynch@ccny.org](mailto:vlynch@ccny.org) or 212-683-4988, ext. 126.

#### Regularly Scheduled Activities:

##### Gallery35 at Community

The art group again created a summer exhibit for the Gallery. The art includes previously shown work as well as new pieces. (All the art is available for sale - a portion of which benefits Community Church.)



##### Art & Card Making Circle

Sunday, August 5, 1-3 pm, Gallery

Everyone is invited to join in for an afternoon of creative fun. Create art and/or cards for the holidays or other special occasions. Various supplies will be provided but feel free to bring your own as well.

##### Pranayama Breathing Exercises with Nafisa

Mondays, By Appointment, Chapel

Contact Nafisa Degani – [nafisa.degani@gmail.com](mailto:nafisa.degani@gmail.com) or 516-376-2477

Learn the breathing technique which improves breathing capacity, opens the upper chest muscles, strengthens the lungs and opens air passages while releasing tension through the spine and shoulders. Requested Contribution: \$20



##### Hatha Yoga

Saturdays, 10:30-12 pm, Gallery / Tuesdays, 6-7:30 pm, Rear Lounge

(Check door sign for room changes)

Hatha Yoga is a branch of yoga which concentrates on physical health and mental well-being. Please bring a yoga mat to the class.

Requested Contribution \$15/\$5 Students

##### NYC Street Singers

Most Tuesdays - 6-8:30 pm, 3rd Fl Room B

(or occasionally at a city park)

Open to all who also believe in the transformative power of the arts to inspire and unite, please join us on Tuesday evenings. For information contact Cheryl Lisbin [clisbin25@aol.com](mailto:clisbin25@aol.com)

##### Constructive White Conversations

Mondays, July 23/August 27, 6:30-9 pm, Gallery (Conversation starts at 7 pm)

What is *Constructive White Conversations*? - It is a gathering offered by [CWC](http://www.constructivewhiteconversations.org/) (out of Brooklyn NY) in which those of us who identify as white can speak freely and openly about race, racism, oppression, isolation, and all related issues. This is an entry point for white people who want to understand and dismantle racism, build and maintain white antiracist community, and explore the nature of white identity. More

Information: <https://www.constructivewhiteconversations.org/> Please RSVP to: [cwc.midtown@gmail.com](mailto:cwc.midtown@gmail.com)