

First Parish Church Groton

Sunday April 13, 2008

David Rynick, PCC, CPCC

Sermon: **Refreshing our Minds** **Acceptance and Commitment**

"Someone struggling to get out of the mud may never realize that the wiser and safer action to take would be to get with the mud."

Dr. Stephen Hayes

The human mind is designed to continually generate thoughts and associations. This is extraordinarily helpful in solving some kinds of problems, but in other situations, it is our thinking itself keeps us stuck. How can we learn to work more skillfully with our minds and our experience, particularly in those places where we seem to get stuck over and over?

Workshop: **Refreshing our Minds** **Practices for Coming Alive**

Come join us to learn more about working with your mind and your thoughts. Through first hand observation and discussion we will begin to see more clearly the difference between ourselves and what arises in our minds. Using simple techniques of mindfulness, we will practice coming alive in whatever circumstance we find ourselves.

Workshop reservations encouraged. Please RSVP to Susan Parks at 978.448.6307 or office@uugroton.org. We will gladly provide child care for this workshop if you let us know by Tuesday, April 8th.

Join us....