

Meditation and Service 2021 Winter

*We will be attending to what is present and the
Course Schedule is likely to change a bit.*

WEEK 1: Creating the Circle and Service Learning 101

MONDAY January 4

In-class Themes and Activities

- Meditation
- What we will be up to this term
- Introductions
- Syllabus, Course Calendar, Service-learning, D2L
- Your meditation practice
- Setting intention

Reminders

Begin reading

- **Wherever You Go There You Are**, Kabat-Zinn
 - Initial chapters available on D2L course site
- “Meditation Techniques” handout on D2L Suggested Course Materials
- Purchase other books listed in syllabus
- Children, pets, partners, roomies--we love and welcome all of you! Do the best you can in the situation you are in!

WEDNESDAY January 6

Prepare for Class

See D2L Course Calendar for prompts

- Review syllabus in detail-bring 1 piece of information you are glad you saw and any requests for clarification
- Review service site descriptions on D2L
- Read **Capstone Handbook** link on D2L

In-class Themes and Activities

- Meditation
- How we will be together
- Confirm Service Plan
- As time allows: What is service and service-learning anyway?
- Handout Assignments: Logs #1 and Journal #1

Reminders

- Take in portions of **Wherever You Go....** and **Tao Te Ching** most days of the term. They are due as Prepare for Class but they are intended to inform your mindfulness practice in an ongoing way.

WEEK 2: Foundational Concepts and Moving into Action	
<p>MONDAY January 11</p> <p>Due Today Nothing</p> <p>Prepare for Class--include notes in Log #1 See D2L Course Calendar for prompts</p> <ul style="list-style-type: none"> • Observations and questions about your meditation practice so far • Listen to the 1st 25 minutes of this podcast. Bring a quote or a-ha or question to class https://meditationstudioapp.com/podcasts/893890153 <p>In-class Themes and Activities</p> <ul style="list-style-type: none"> • Meditation • Extended check-in with time for observations and basic tips on your meditation practice so far • “I Am” activity • Creating intentional connection within our learning community <p>Reminders</p> <ul style="list-style-type: none"> • Service shifts start THIS week • Make an appointment with Birdie or Jenna 	<p>WEDNESDAY January 13</p> <p>Due Today</p> <ul style="list-style-type: none"> • Logs #1 Journal #1 • Completed online application for Community Partner Service Site follow this link <p>Prepare for Class See D2L Course Calendar for prompts</p> <ul style="list-style-type: none"> • Explore the resources about Determinants of Health on D2L and jot notes in log • Explore the community partner website and jot notes in your learning log <ul style="list-style-type: none"> ○ bring at least one observation about how the Center’s work connects to our course themes and UNST themes. www.maybellescenter.org <p>In-class Themes and Activities</p> <ul style="list-style-type: none"> • Meditation • Service Learning Basics • Maybelle Center Orientation • Handout Assignments: Logs #2 and Journal #2 • As time allows: Listening for Change Activity or People Process Product <p>Reminders</p> <ul style="list-style-type: none"> • Wherever You Go...pace yourself to complete by Wednesday of Week 5 keep notes for your log

WEEK 3: Introduction to Tao Te Ching and Social Determinants of Health	
MONDAY January 18 NO ZOOM MEETING	WEDNESDAY January 20
<p>Martin Luther King, Jr. Holiday</p> <p>Dr. King was deeply involved with nonviolence and called for an end to the war in Vietnam.</p> <p>Thich Nhat Han, is a Buddhist monk and teacher from Vietnam who Dr. King recommended to receive the Nobel Peace Prize. They met in 1966. Thich Nhat Han is in his 90s and the founder of Plum Village.</p> <p>1 minute video clip https://youtu.be/hO-eUm_C-jE</p>	<p>Due Today Nothing</p> <p>Prepare for Class See D2L Course Calendar for prompts</p> <ul style="list-style-type: none"> ● Tao Te Ching 1st Verse initial thoughts and experiences jot notes in learning log <p>In-class Themes and Activities</p> <ul style="list-style-type: none"> ● Meditation ● Basics of Taoist philosophy especially as related to Tao Te Ching ● Social Determinants of Health as a lens for systems change (did not do w21) ● Community Service brief check-in ● As time allows-Listening activity: (did not do w21) <ul style="list-style-type: none"> ○ Cultivate curiosity ○ Notice What You Notice ○ Ask-Offer-Ask ● Handout Assignment: Unplugged Experience and Critical Reflection <p>Reminders</p>

WEEK 4: Key Concepts for Practicing Being Present

MONDAY January 25

Due Today
Nothing

Prepare for Class

See D2L Course Calendar for prompts

Tao Te Ching Read about ½ of the chapters jot ideas and notes in your log; what are you noticing, picking up on, wondering about? It is okay to spend more time with fewer verses. What connections do you notice to the Kabat-Zinn Wherever You Go... text?

In-class Themes and Activities

- Meditation
- Group reflections using Tao te Ching on:
 - Ying Yang
 - Duality/Non-duality
 - Acceptance and equanimity
 - Direct Experience in the moment

Reminders

- If you haven't already been reading the **Tao Te Ching** regularly begin taking time with verses several days a week.

WEDNESDAY January 27

Due Today
Logs #2 and Journal #2

Prepare for Class

See D2L Course Calendar for prompts

- Watch the 60 minute Dan Siegel lecture found on D2L and have log notes readily available during class
 - Memorable quotes; favorite ideas/concepts; least favorite
 - Bring 2 discussion questions or topics for us to consider as a group.
- **Wherever You Go There You Are** pp 1-134 see D2L Course Calendar for prompts have your log notes and book available during class

In-class Themes and Activities

- Meditation
- **Dan Siegel discussion and overview of neuroscience and mindfulness (not 21 W)**
- Peer led discussion
- Maybelle Center Communications Staff
- Handout Logs #3 and Journal #3 Assignment

Reminders

- Make a plan for Unplugged Experience--3 Days of Low Tech Living before Wednesday of Week 7

WEEK 5: Suffering and Meditation	
MONDAY February 1	WEDNESDAY February 3
<p>Due Today Nothing</p> <p>Prepare for Class See D2L Course Calendar for prompts TBD</p> <p>In-class Themes and Activities</p> <ul style="list-style-type: none"> • Meditation • Understanding suffering • The Four Noble Truths • Impermanence • Trauma awareness related to meditation <p>Reminders</p>	<p>Due Today</p> <p>Prepare for Class See D2L Course Calendar for prompts</p> <ul style="list-style-type: none"> • Wherever You Go There You Are pp 135-270 bring log notes and book to class <p>In-class Themes and Activities</p> <ul style="list-style-type: none"> • Meditation • Dan Siegel lecture; neuroscience • Social Determinants of health • Listening and presence as healing and/or From empathy into action and back again • Peer led discussion <p>Reminders</p> <ul style="list-style-type: none"> • Make plans for Unplugged Assignment; 3 days with limited access to technology. The critical reflection is due Wednesday of week 7 • Remember to read the Tao Te Ching

WEEK 6: The Four Foundations of Mindfulness	
MONDAY February 8	WEDNESDAY February 10
<p>Due Today Nothing</p> <p>Prepare for Class See D2L Course Calendar for prompts TBD check D2L</p> <p>In-class Themes and Activities</p> <ul style="list-style-type: none"> • Meditation • Satipatthana Sutra: The 4 foundations of mindfulness • Breath, postures, body awareness, aversion, sensate feelings, mind objects • Brief intro to the neuroscience and physiology of meditation <p>Reminders</p>	<p>Due Today Logs #3 and Journal #3</p> <p>Prepare for Class See D2L Course Calendar for prompts</p> <ul style="list-style-type: none"> • Coming to Our Senses 20 pages and Alone Together (40 minute listen) jot down key concepts and bring 2 discussion prompts to class. <p>In-class Themes and Activities</p> <ul style="list-style-type: none"> • Meditation • Systemic Pressures and Determinants of Health • Coming to Our Senses and Alone Together discussion • Service check-in • Handout Assignment: Logs #4 and Journal #4 <p>Reminders</p> <ul style="list-style-type: none"> • Have you made measurable progress on Follow Your Interest Social Media Project?

WEEK 7: Ethics and Social Responsibility	
MONDAY February 15	WEDNESDAY February 17
<p>Due Today Nothing</p> <p>Prepare for Class See D2L Course Calendar for prompts</p> <ul style="list-style-type: none"> • Bring up any questions you have about Mind Mapping for Journal #4 • Read Ethics for a New... Chapters 1-5 have log notes and book available during class <p>In-class Themes and Activities</p> <ul style="list-style-type: none"> • Meditation • Informing Ethics • 8 Fold Path in Buddhism • Deepest held values <p>Reminders</p> <ul style="list-style-type: none"> • Remember Follow Your Interest Social Media for Peer Review due next Wednesday 	<p>Due Today Unplugged Reflection</p> <p>Prepare for Class See D2L Course Calendar for prompts TBD</p> <p>In-class Themes and Activities</p> <ul style="list-style-type: none"> • Meditation • Unplugged Assignment...what did you notice • Service Check-in and Social Media Update <p>Reminders</p> <ul style="list-style-type: none"> • Pace yourself-reading, journals, project

WEEK 8 Diversity, Equity, and Social Justice	
MONDAY February 22	WEDNESDAY February 24
<p>Due Today Nothing</p> <p>Prepare for Class See D2L Course Calendar for prompts</p> <ul style="list-style-type: none"> • Read and bring observations about the article “We’ve Been Here All Along” <p>In-class Themes and Activities</p> <ul style="list-style-type: none"> • Meditation • Modern meditation in the West • Appropriation and mindfulness • Meditation and Social Justice <p>Reminders</p>	<p>Due Today Logs #4 and Journal #4 Follow Your Interest Social Media for Peer Review</p> <p>Prepare for Class See D2L Course Calendar for prompts</p> <ul style="list-style-type: none"> • Ethics for a New Millennium Chapters 10, 11, 12 have log notes and book available for class • We will share mind maps. Please have a few thoughts to share on what you are communicating in your mind map and be prepared to share an electronic version of your mind map. (no need to put notes in log) <p>In-class Themes and Activities</p> <ul style="list-style-type: none"> • Meditation • Mind maps activity • Wednesday of week 10-ending our time together • Peer Review for social media • As Time Allows: Ethics for a New Millennium discussion • Handout Assignments: Logs #5 and Final Reflection <p>Reminders</p> <ul style="list-style-type: none"> • Mini retreat on Monday during scheduled class time.

WEEK 9 Living into Mindfulness	
MONDAY March 1	WEDNESDAY March 3
<p>Due Today Nothing</p> <p>Prepare for Class</p> <ul style="list-style-type: none">• See D2L <p>In-class Themes and Activities</p> <ul style="list-style-type: none">• Meditation--mini retreat <p>Reminders</p>	<p>Due Today Follow Your Interest Assignment</p> <p>Prepare for Class See D2L Course Calendar for prompts</p> <ul style="list-style-type: none">• Tao Te Ching 2nd half have notes and book available for class <p>In-class Themes and Activities</p> <ul style="list-style-type: none">• Tao Te Ching Discussion• Service check-in<ul style="list-style-type: none">○ good good-byes○ social media projects for peer review• Planning for last class together• Handout Final Self-Evaluation Worksheet <p>Reminders</p>

WEEK 10 Wrapping-Up, Moving Forward, Celebrating	
MONDAY March 8	WEDNESDAY March 10
<p>Due Today Follow Your Interest Social Media Projects</p> <p>Prepare for Class See D2L Course Calendar for prompts</p> <ul style="list-style-type: none"> • Be prepared to present your work to Maybelle Center staff. These are well polished, formal presentations of your work. <p>In-class Themes and Activities</p> <ul style="list-style-type: none"> • Meditation • Presenting final projects to community partner • Reviewing the small group work and experience • Sangha Creating Community <p>Reminders</p>	<p>Due Today Logs and Journal 5</p> <p>Due Friday, March 6 9:00 am Final Reflection Self-Assessment/Grade</p> <p>Prepare for Class</p> <ul style="list-style-type: none"> • TBD with learning community <p>In-class Themes and Activities</p> <ul style="list-style-type: none"> • Close our time together-activities will be decided together • University Course Evaluation <p>Reminders</p>