Students, faculty and staff are all invited to attend a weekly Wednesday meditation series with Ruth Ozeki.

Meditation instruction will be offered at the beginning of the meeting. This will be a simple silent practice, seated in chairs or on floor cushions, with some walking meditation as well. There will be time for questions and conversation at the end.

**Wednesdays • 4:30 - 5:30 PM**
Helen Hills Hills Chapel Sanctuary

**Ruth Ozeki** is a novice Zen priest in the Soto Zen lineage. The meditation, while based in her Zen practice, is secular, inclusive and non-denominational. Ozeki is the author of several novels, including *A Tale for the Time Being* and is currently the Elizabeth Drew Professor of Creative Writing at Smith.