

## Insight Meditation Center of Newburyport      DECEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 7-9pm Wed. Med. Class (11)	3 7-8:30pm Online Drop-In Intro to Insight Meditation Class	4	5
6 9:30am-1pm Half Day Retreat with Chas DiCapua	7 7-8pm Loving Kindness with Covid	8 7-8:30pm Book Group (5)	9 7-9pm Wed. Med. Class (12)	10	11 7-8:30pm R Bradshaw Evening Talk	12 9:30-1pm Half Day Retreat with Rebecca Bradshaw
13	14	15	16 7-9pm Wed. Med. Class (snow date)	17 7-8:30pm Online Drop-In Intro to Insight Meditation Class	18	19 9:30-1pm Loving Kindness for the Holidays
20	21 <b>IMCN WINTER BREAK</b>	22 7-8:30pm Book Group (6)	23	24	25 <b>CHRISTMAS</b>	26
27	28	29	30	31		