

## Insight Meditation Center of Newburyport      NOVEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Savings Ends	2	3 <b>ELECTION DAY</b>	4 7-9pm Wed. Med. Class (8)	5 7-8:30pm Online Intro to Insight Meditation Class (3)	6	7 9am-4pm Full Day Retreat with Chris Crotty
8	9 7-8pm Loving Kindness with Covid	10 7-8:30pm Book Group (3)	11 7-9pm Wed. Med. Class (9)	12 7-8:30pm Online Intro to Insight Meditation Class (4)	13	14 9:30am-1pm Online Half Day Retreat with Jessica Morey
15	16	17	18 7-9pm Wed. Med. Class (10)	19 7-8:30pm Online Intro to Insight Meditation Class (5)	20	21
22 9:30am-1pm Half Day Retreat with Chas DiCapua	23 7-8pm Mindfulness with Covid	24 7-8:30pm Book Group (4)	25 No Wed. Med. Class	26 <b>Happy Thanksgiving</b>	27	28 10am-12:30pm Beginner's Intro Retreat with Matthew Daniell
29	30					