Today

**Koru Mindfulness Class**
Learn to meditate with 4 week Koru Mindfulness class. 4 Wednesdays:
Oct. 10, 17, 24, and 31.
4:30-5:45pm @ SHAC. Register & more info on SHAC website.
?'s-betsylangetatz

**CUPA PARIS Study Abroad**
Info Table 11:00 AM-2:00 PM Sayles-Hill; Info Meeting 4:00-5:00 PM
LDC 302; Office Hours 1:00-4:00 PM
LDC 3rd Floor Lounge.

**Critical Language Scholarship Info Meeting**
4:30 PM, Leighton 236. Fully-funded overseas language/cultural immersion programs for American undergrads/grad students. go.carleton.edu/fellow (National/International).

**National Decorate Your Cupcake Day!**
Stop by the dining halls and decorate one the way you like it!

**Irish Studies in Ireland**
Summer 2019 program info meeting from 4:30-5:30 PM in Laird 211.

**Evensong: Contemplative Christian Song and Prayer**
8:30-9:00pm, Chapel Main Sanctuary.
Ecumenical worship with song, prayer, and meditative silence led by Chaplain Carolyn Fure-Slocum.

Thursday, October 11

**Reflections Talk**
"The view from here: A reflection on two decades of teaching" by Sociology Professor Annette Nierobisz, 12pm, Library Athenaeum. Lunch provided.

**Buddhist Meditation**
8:00pm, Chapel Main Sanctuary.
Led by Proud Chanarat '19.
Cushions and instruction provided. ?? - chanaratp

Friday, October 12

**Time to Meditate!**
8:15 - 8:45am, AGH Library. Practice mindful, moment-to-moment awareness. Led by Betsy Lane-Getaz and Nate Page of SHAC.

**Shabbat Services**
Join us for services and dinner at 6:15pm in Page House East!
Led by Rabbi Shosh Dworsky.
Contact: austina, Isaacsj2, frankm2.

Sunday, October 14

**Telling Our Journeys**
LGBTQA + Community Celebration: UU Chapel Service, 10:30am, Chapel. Performance artist Justin Leaf, guest speaker. Lunch follows service.

Monday, October 15

**National Cheese Curd Day!**
Sayles will be having a special on cheese curds all day!

Tuesday, October 16

**Time to Meditate!**
12:10-12:50pm, Chapel Main Level Sanctuary. Practice mindful, moment-to-moment awareness. Cushions provided. Led by Betsy Lane-Getaz and Nate Page. ??-chanaratp

**Freshman Fall Day!**
Donuts, Apple Cider, Class T-Shirts! Oct. 16th 4-6 @The Great Hall.
Sponsored by: Student 'n' Alumni Programming.

**History, Culture, and Commerce in Africa and Arabia**
Spring 2020 program info meeting from 5-6 PM in Leighton 236.

**Wednesday, October 17**

**Evensong: Contemplative Christian Song and Prayer**
8:30-9:00pm, Chapel Main Sanctuary.
Ecumenical worship with song, prayer, and meditative silence led by Chaplain Carolyn Fure-Slocum.

**German Studies in Berlin**
Fall 2019 program info meeting from 4:30-5:30 PM in LDC 104.

**History of Computing in England**
Summer 2019 program info meeting from 5-6 PM in Leighton 236.
Thursday, October 18

**Buddhist Meditation**
8:00pm, Chapel Main Sanctuary.
Led by Bhante Sathi of Triple Gem Meditation Center. Cushions and instruction provided.

University of Minnesota Learning Abroad Center
Info Table from 11 AM-2 PM in Sayles-Hill.

**Linguistics and Culture in Japan**
Spring 2020 program info meeting from 5-6 PM in Weitz 132.

**Sport and Globalization in London and Seville**
Spring 2020 program info meeting from 7:15-8:15 PM in Leighton 304.

Friday, October 19

**Time to Meditate!**
8:15 - 8:45am, AGH Library. Practice mindful, moment-to-moment awareness. Led by Betsy Lane-Getaz and Nate Page of SHAC.

**WANTED**

**Wanna host a prospie (or 6)?**
Thursday, 10/18-Saturday, 10/20?
Admissions hosting its largest fly-in program EVER! We’ll pay you in love.
Contact: rfuller

**Plus Karaoke Friday from 9:30-midnight!**

5th Saturday, Oct. 13

The Cave
bring onecard

This Weekend at the Cave:
NEW LOCAL EXPRESS ROUTE
BUS SCHEDULE

MONDAY-FRIDAY: 6-9PM
SATURDAY: 5-9PM

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SUNDAY: 3-6PM

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NEW STOPS AT ALDI AND THE DUNDAS MOVIE THEATER

DECREASED SERVICE DUE TO DRIVER SHORTAGES
QUESTIONS? CONTACT THE INFO DESK (x4636)
We invite the Carleton community, including students, families, faculty, staff, and alumni to join over 90 Carleton students who participated in Carleton’s Internship Reflection and Career Readiness Program over the summer. The students will share their internship experiences during a public poster session. This is an opportunity to find out what current students learned through their experiences, to learn how Carleton’s support enabled these experiences (including significant funding from alums), and to hear how internships influenced students’ academic and career plans.

Eqn: Give us a call: (507) 222-4293  
E-mail us: go.carleton.edu/career  
Stop by: Johnson House