Today

**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 students.
Contact: austina, isaacsj2, frankm2.

Sunday, October 7

**Laotian Buddhist Temple Road Trip**
Sunday, October 7th.
Road trip to a Laotian Buddhist temple. 11:30am to 2:30pm.
Please email chanaratp@carleton.edu or eganm@carleton.edu to sign up!

**Fellowship in Christ Celebration:**
Doing Carleton with God, 5pm, Chapel. Christian student groups unite in this celebration with food, faith, and fellowship.

Tuesday, October 9

**Athenaeum Religion Talk**
Talk given by former CC Religion Prof. Shazad Bashir, "Should Muslims get to Define the Study of Islam?" Athenaeum @ 12PM - Lunch provided.

**Info Table**
Learn about the School for Field Studies at the info table 11 AM-2 PM in Sayles-Hill.

Wednesday, October 10

**Mindfulness and Meditation**
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. ?-betsylanegetaz

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

**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).

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.

**Cinema and Cultural Change in Chile and Argentina**
Winter Break 2019 program info meeting from 5-6 PM in Weitz 132.

**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

**Torah Study**
Join us noon to 1pm at Tandem Bagels for Torah Study! All are welcome!
Contacts: austina, isaacsj2, frankm2

**National Hoagie Day**
Join us for lunch in LDC as we celebrate National Hoagie Day!!

**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.

**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.

**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).
Sunday, October 14

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

GENERAL

Swipe Out Hunger
Donate your lunch swipe to food insecure students on 7th Friday (10/26)! Sign up at https://goo.gl/iM6phB

4th Week Horoscope

Libras celebrating a birthday this week, sleep soundly knowing your hard work will pay off in the coming months. When you go outside today, breathe in the crisp air, close your eyes, and relax. Continue your life looking forward, knowing that what you do is enough.

Symbols this week: rain on windowpanes, leaf carried high in the wind, songbird perched on a nodding stalk of grass. If you find a cool rock, pick it up.

And that person you’ve been meaning to reach out to? Now’s the perfect time.

VALLEYS CARE
4TH SATURDAY, OCT 6
BUSES LEAVE WILLIS AT 6PM AND RETURN TO CAMPUS BY MIDNIGHT TICKETS INCLUDED
SIGN UPS OPEN TUESDAY, OCT 2 AT NOON ON SAO WEBSITE
EIGHTH GRADE

FRIDAY OCT 5TH AND SATURDAY OCT 6TH
8PM AND 11PM
WEITZ CINEMA
The Critical Language Scholarship Program (CLS)

Information Meeting: Wednesday, October 10
4:30 - 5:30 PM in Leighton 236

CLS is a program of the U.S. Department of State that offers fully-funded overseas language and cultural immersion programs for American undergraduate and graduate students. With the goal of broadening the base of Americans studying and mastering critical languages and building relationships between the people of the United States and other countries, CLS provides study opportunities to a diverse range of students from across the United States at every level of language learning.

Languages supported currently include Arabic, Azerbaijani, Bangla, Chinese, Hindi, Indonesian, Japanese, Korean, Persian, Punjabi, Russian, Swahili, Turkish, and Urdu.

Class Eligibility: First-year Students, Sophomores, Juniors, Seniors

Official Website: http://clscholarship.org/

** The official CLS deadline falls in mid-November.

Campus Representative: Marynel Ryan Van Zee, Director of Student Fellowships, 131 Laird, x4300, mryanvanzee

go.carleton.edu/fellow

(“national/international opportunities”)