### 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.

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### Monday, February 18

**CANOE Ice Cream Eating Contest**
Join us for CANOE's Annual Ice Cream Eating competition on 7th Monday @9:30 pm in basement Cassat. Contact makori@ and kroegers@ for more info!

**Application Deadline for Four Friends and Donelson Fellowships**
Administered by the Office of Student Fellowships. For details, visit go.carleton.edu/fellow.

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### Tuesday, February 19

**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.

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### Wednesday, February 20

**Northfield Winter Stomp Contra Dance!**
All are welcome to dance in the Great Hall, 7:30-10:30. Local band, with dance instruction throughout the night.

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### Thursday, February 21

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

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**Celebrate National Pancake Day!**
Burton and LDC will be serving sweet and savory pancakes breakfast, lunch and dinner!

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### Friday, February 22

**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.

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### Saturday, February 23

**(K)Night in the Chapel Returns!**
Explore various religious faiths in this multifaith practice evening from 7pm to 10pm, with good food and fellowship too.
**GENERAL**

**Convocation Speaker Idea?**
Suggestions are now being accepted for the 2019-20 series. Submit online at go.carleton.edu/convosuggest

**Check out this Spring Class!**
RELG357: Televangelists & Cyber-Shaykhs: Explorations in Religion & Media. No prior religion classes necessary...only an open mind!

**Chaplain’s Associate Applications**
Help deepen spiritual and ethical life on campus! Apply to be a Chaplain’s Associate! For info, go to https://apps.carleton.edu/campus/peerleaders/. Questions to cfureslo.

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**A Trip to United Noodles!**

SAT, FEB 23
12PM TO 4PM
SIGN UPS OPEN ON 7TH TUESDAY AT NOON

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Answer to Wednesday’s Riddle!
What starts with an E, but only has one letter?
An Envelope!
MOVIE BUS
TO THE DUNDAŞ CINEMA
6TH FRIDAY, FEB. 15
BUS LEAVES FROM WILLIS AT 6PM &
RETURNS TO CARLETON BY 9:45PM
SIGN UP ON THE SAO WEBSITE

GREEN BOOK
6TH SATURDAY, FEB. 16
7 & 10PM | WEITZ CINEMA