**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 Service and Dinner*
6:15pm, Page House East. Led by Rabbi Shosh Dworsky. All welcome. ?? frankm2, isaacsj2, austina

*First Fridays with Fred*
8:30-9:30 am. Connect with Fred Rogers, VP & Treasurer, in Sayles Hill Great Space.

**Saturday, September 15**

*Come watch Carleton Football*
vs. St. Olaf at 1pm at Laird Stadium! Free pizza will be given to the first 400 students in attendance!

**Sunday, September 16**

*Meaning, Music, and Muffins*
Opening Chapel Service at 11:00 a.m. in the Chapel! Led by student Chaplain’s Associates, and includes brunch for all.

**Tuesday, September 18**

*Yom Kippur*
Pre-fast meal at 5:45 p.m. in Great Hall followed by Kol Nidre at 6:45 p.m. Rabbi Shosh Dworsky will lead the service.

*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

**Wednesday, September 19**

*Yom Kippur Schedule*
Service at 10:00am, 12:30pm Yizkor, 5:00pm study, 6:00pm Mincha Service, 7:00pm Neilah, 8:00pm Break-fast meal. ALL SERVICES IN GREAT HALL.

*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.

*Fellowship Information Session for Sophomores*
5:00 p.m. in Leighton 304. Come find out what fellowships are open to you and have your questions answered.

**Thursday, September 20**

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

*Externships and Internships: Gaining Experience as a Sophomore*
at noon in Leighton 304. Start thinking about your career path and gaining experience.

*Unpacking the Writing Portfolio Mystery*
Leighton 304 at 5:30 p.m. Learn about resources online designed to help you assemble a successful portfolio.

**Friday, September 21**

*What Can You Do With a Degree in Philosophy?*
Career Talk by Zoey Gold ’15 & Michael Bonin ’11 Friday, 9/21 @ 4, Leighton 426.

*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 Service and Dinner*
6:15pm, Page House East. Led by Rabbi Shosh Dworsky. all welcome. ?? frankm2, isaacsj2, austina

*Fridays with Fred*
8:30-9:30 am, Sayles Hill Great Space. Ask Fred Roger’s VP & Treasurer your questions about the campus.

**Sunday, September 23**

*Gospel Brunch Begins!*
11:00am, Chapel Lobby. Come for singing and for a yummy brunch! Student-led and cosponsored by Chaplain’s Office and OIIIL.

*Catholic Mass*
led by Father Denny Dempsey of St. Dominic Catholic Church.
4:30pm, Chapel Sanctuary. Soup supper follows Mass.
GENERAL

Sitar lessons are offered at Carleton! Also Raga improvisation for any instrument, and Raga vocal. Sitar provided. Contact David, dwhetsto@carleton.edu.

Interested in a political internship with an inspiring local MN house candidate? We need you! Email Maddie Ulanow '15 at mulanow@dfl.org

Nationally-targeted dead heat Democratic congressional campaign seeking motivated interns from now till Election Day. Ready to help take back Congress? Contact Maddie Ulanow '15 mulanow@dfl.org

TODAY’S RIDDLE

WHEN YOU NEED ME, YOU THROW ME AWAY.

BUT WHEN YOU’RE DONE WITH ME, YOU BRING ME BACK.

WHAT AM I?

... ANSWER IN NEXT WEDNESDAY’S NNB!
STUDENT INVOLVEMENT FAIR & PICNIC

1ST FRIDAY, SEPT. 14
5-7PM
CHAPEL LAWN

-DINING HALLS CLOSED-
MEAL SWIPES ONLY
INCREDIBLES 2

1ST FRIDAY, SEPTEMBER 14 • 9PM • CHAPEL LAWN
1ST SATURDAY, SEPTEMBER 15 • 8&11PM • WEITZ CINEMA