Welcome!

As graduate students, we know you are busy. Many of you have jobs, families, and other responsibilities along with your studies. The goal of this monthly newsletter is to provide information about wellness events happening in the community, education, organizations, etc. The idea of this newsletter was created in response to a survey given to Xavier University graduate students. Students expressed that they would like to focus on personal wellness, but would be more likely to participate if the opportunities were 1) close to their homes, or 2) on campus during days when they have class. We believe that wellness encompasses many aspects of daily life. We hope that you find this newsletter inspiring and helpful in the months to come!

If you have any questions or opportunities please contact Kate Reichman at hamiltonk@xavier.edu, or Dr. Michelle Hall at hallm4@xavier.edu

October Community Events

- Hyde Park Square Art Show: Oct 7 10:00 a.m.
- TVCA Veteran Wellness Expo: Oct 10 11:00 a.m. Xavier University
- Queen Bee Half Marathon: Oct 13 7:30a.m. Jack Casino
- The Haunted Library: Oct 20 7:00p.m.
- Hike, Yoga, Meditate: Gorman Heritage Farm Oct 21 10:00a.m.
- Fall Food Fest: Oct 21 10:00 a.m. Findlay Market
- Bengals Kids Club Tour N’ Treat: Oct 22 5:30 p.m. Paul Brown Stadium

For more information and a full listing of events visit http://events.cincinnati.com/
Contemplative practices are activities, either active or passive, that allow us to step into what motivates ourselves as people. There are many types of contemplative practices, each tailored to an individual’s own strengths and interests (see illustration on the left for examples). What makes a contemplative practice is the act of using CONNECTION and AWARENESS along with the practice. It goes beyond just being mindful about what one is doing: The aim is to take what is learned and transform it into our everyday life and community.

According to The Center for Contemplative Mind in Society the following are the core values/qualities associated with contemplative practice:

• Patience (acceptance, commitment, sustainability)
• Wisdom (understanding, perspective-taking, clarity of thought)
• Honest self-reflection
• Calmness (grounding, centeredness, a sense of ease of being, equanimity)
• Integrity in the midst of complex situations
• Compassion (sensitivity, care, wholesome attitudes and intentions)
• Focus (lucid, attentive awareness, presence)
• Skillful listening and communicating
• Creativity

For more information on contemplative practice please visit www.contemplativemind.org

Organization Spotlight: The Hive Cincinnati

This month we sat down with Geralyn Sparough, the curriculum developer for The Hive, to discuss what the organization has to offer.

What is the background of The Hive?
The Hive was founded 2 years ago by a Presbyterian minister who was on a mission to “create a church for the unchurched”. To create a community where community is needed.

What is the mission of The Hive?
The Hive aims to help people develop a contemplative practice. The space is created as a place of calm. It is the hope that members take what they have learned and experienced, and bring it out into the community. This ties into the community aspect of a “church”, yet doesn’t have a designated religious affiliation. Participants in classes use contemplative based practices to learn how they value themselves.

What does The Hive have to offer?
Classes cover a wide variety of topics. Past classes have been: Your Life and The Value of Money, Qigong practice group, Experiencing Archetypes: A SoulCollage® Experience, Keeping A Gratitude Art Journal, and more. In addition to classes, The Hive offers retreats, social hours, and special events. Full memberships for unlimited classes and extra events are $50 initially and then $30 a month, plus $20 for an added family member. Individual courses usually last 4-6 weeks and vary in prices.

Upcoming set classes: Your Life & The Value of Money 7:00-8:30 p.m. 10/9-10/30; The Art of Self-Discipline: Home Practice 7:00-9:00 p.m. 10/11-11/1; The Art & Practice of Deep Listening 7:00-8:30 p.m. 10/11-11/1
For a full Fall schedule, information, and how to sign up visit http://www.cincyhive.org/

For questions of comments regarding this newsletter please contact Kate Reichman (Hamilton) at hamiltonk@xavier.edu or Dr. Michelle Hall at hallm4@xavier.edu