

The Power of Story for Stepping into Meditation

The power of
STORY
IFSC 25th Anniversary

Interfaith Story Circle

2017-2018



**Stories can serve as a strong medium
for calming our minds and bodies
and helping us to engage in meditation**

Our guest teller, **Janaki Ramkumar**, will share stories and techniques she uses in teaching her meditation class at the Strom Wellness Center in Delmar. Janaki is a member of the Hindu Temple Society of the Capital District and the mother of two college-aged sons who are alumni of Children@the Well Youth Storytellers for Peace and Understanding. It was their family's experience with the program *that prompted Janaki's desire to become a storyteller in her own right. And she has!*

Come share your own traditional or personal stories related to the theme or just come to listen. Either way, you will be warmly welcomed!

Thursday, January 18, 7-9 p.m.
Hubbard Interfaith Sanctuary

959 Madison Avenue, Albany, NY 12202

The Sanctuary is on the campus of College of St. Rose. We have permission to park in the Lima parking lot **behind the sanctuary** by the campus quad. Enter by the driveway close to the corner of Madison and Partridge (between 929 and 921 Madison) marked with a parking sign.

Free and Open to the Public

For further information, please contact Gert Johnson, grsjohnson@aol.com, 518-374-0637
or visit our website at www.WithOurVoice.org/ifsc

Interfaith Story Circle and Children@the Well are programs of WithOurVoice, Inc.