UPCOMING EVENTS

7:30 p.m. Thurs. Feb. 6th: Program committee meeting at McClure's, 309 Eugenia.
10 a.m. Sun., Feb. 11th:

7:30 p.m. Fri. Feb. 16th: Those interested in starting a GARDEN COOP in the spring should attend this planning meeting at Terri Laurence's, 2850 Stevens. Call Nancy for information.

10 a.m. Sun., Feb. 18th: "Long term intimate relationships—what's it take to make them work" or "You need a cheerful lack of inhibitions!" Program by Mark and Nancy McClure.


10 a.m. Sun. Feb. 25th: Program by Bruce Bachor—subject to be announced.


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Members of the COUNSELING COMMITTEE are available to anyone seeking advice. Call them: George Salden, 233-5717; Fred Sech, 221-0859; Terri Laurence, 233-7365; Al Wetlelton, 222-0093; Bruce Bachor, 256-2261; Theron Caldwell, 255-6068; Sidney Manering, 238-2829.

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BRIARPATCH, Inc., an Innovative Fund project of United Way, has just learned that the needed federal funds for matching United Way funds have been sharply cut back. If you can contribute to this needed service for Madison-area teenagers on the run, your help may be crucial to Briarpatch staying open. Send your gift to Briarpatch, 222 North Bassett, Madison 53703, or leave it marked for Briarpatch at Prairie.

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Church school information: Theron Caldwell notes with pleasure that this semester there are three men working with the children, saying: "This is so important in a world where home and after-school activities are so often dominated." Chuck Langley, John Siegfried, and Jerry Strochem are with the children this semester. Two immediate needs for the church school operation: money to buy portable phonograph...or, a used one...if someone in Prairie could donate a used record player. Also, there is a need for a 16mm film projector—does anyone have access to one, know where a good used one could be purchased, or have money to donate for buying one??
Yoga is human ecology. By Allen Weinstock

(The following article appeared in the Feb. 5th edition of the "Capital Times." Dr. Weinstock will be the principal speaker for this Sunday's Prairie Society program.)

EDITOR'S NOTE—Allen Weinstock, Ph.D., is a clinical and consulting psychologist in private practice and Director of the Yoga Meditation Society of Madison. He is also on the Board of Directors of the Himalayan International Institute of Yoga Science and Philosophy, and a disciple of Shri Swami Rama.

By Allen Weinstock

In the past few years we have become more aware of the pollution we are creating in our external environment. We are gradually learning to clean up the pollution we have created and to change our way of living so that we pollute less. The science of ecology is developing to give us new methods and tools to accomplish this.

Our environment is not limited, however, to the air, water and land that surround us. Our body, emotions and mind are also part of our environment.

This environment "within our skin" is actually more important than the external environment. It is always with us. We can temporarily escape the pollution of the city by driving to the country. We cannot escape even for a moment from our internal environment.

This internal environment is also subject to pollution. For example, our body becomes polluted when we inhale cigarette smoke or when we use intoxicating drugs. When we combine certain foods improperly, causing gas to form in the digestive system, or when we take in foods which are contaminated by pesticides we are also polluting the body.

In some cases, these toxins are removed from the body in the elimination process. Sometimes these pollutants remain in the system and cause disease.

As we become more conscious of internal pollution, we are also changing the way we treat our body. The interest in health foods is largely an effort to reduce the toxins we taking in. This is just a beginning.

Yoga is a highly developed science for reducing pollution within. Yoga is human ecology.

Hatha Yoga is one of yoga science for reducing pollution within. Hatha yoga focuses primarily on the body and breath.

Proper diet is taught to reduce pollution taken into the system. Yoga postures help to tone the digestive and circulatory systems. Toxins are more efficiently eliminated. Through the practice of Hatha Yoga, stiffness and tension in the muscles are reduced. The body becomes limber and agile like that of a child.

Irregular or shallow breathing reduces the efficiency of the lungs in eliminating carbon dioxide from the system. When the lungs are not properly emptied with exhalation, the carbon dioxide remaining in the lungs and increase their capacity to take in fresh oxygen. They are taught to breathe rhythmically and deeply. Deep and regular breathing leads to relaxation.

Disturbing thoughts and worries interrupt our peace of mind. Anxiety, anger and other undesirable feelings are also pollutants. They may overstimulate the glandular secretions and the autonomic nervous system. This creates pollution from within.

Meditation is another branch of yoga science. Meditation reduces pollution caused by mental and emotional strain. Scientific studies have shown that meditation leads to a reduction of anxiety, irritability, depression and other "polluting emotions." This research suggests that the physical correlates of stress and anxiety are also reduced with meditation.

Proper diet, yoga postures, correct breathing and the practice of meditation work together in yoga to reduce pollution within.

The gogginess, nervousness, restlessness and confusion we feel from day to day are exactly like the pollutions of air and water we see around us. These experiences are not part of our basic nature any more than pollution is part of the nature of water.

Perhaps you have been high in the mountains where the air is fresh and pure. A sip of water from the mountain stream feels completely refreshing. This freshness and purity can be felt within through the practice of yoga and human ecology.

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