Welcome!

Today's concert is the first event in the Contemplation by Design program which continues November 3-7, 2014.

Details about this new campus-wide program on the back of this booklet.

Unwind and Thrive

BeWell.Stanford.edu
YOUR RAFFLE ENTRY NUMBER IS:

**To Enter The Raffle Go to**
http://stanford.io/contemplationraffle

Type in your unique raffle number shown at the top of this page, and your e-mail so we can write you to let you know if you won a prize!

**Enter Before Tuesday May 27.**
**Raffle ends Tuesday May 27.**

PRIZE One: Stanford Sierra Camp Faculty and Staff Weekend attendance for 2 people. (Estimated value $770)

[Image of a lake]

[alumni.stanford.edu/get/page/sierra/faculty-staff]

PRIZE Two: Your choice of enrollment in HIP’s:
- MBSR 8-week class (value $310)
- CARES 8-week class (value $310), or
- Personalized Stress Reduction Program (value $300)

PRIZE Three: Customized Contemplative Campus Walk for your group or department (up to 20 people) (value $200-300)

PRIZE Four: Your choice of enrollment in HIP’s:
- Meditate. Me? How, Why & What Type (value $100), or
- Breathing class (value $100)

PRIZE Five: A basket of lavender scented self care items (value $60)

PRIZE Six: Lunch for 2 at the Coupa Cafe at the Stanford Golf Course (value $50)

PRIZE Seven: Lunch for 2 at the Cool Cafe at the Cantor Museum (value $50)

PRIZE Eight: Breathing for Longevity, Love, and Livelihood spoken-word book (value $40)

PRIZE Nine: Unwind at Your Desk HIP class (value $25)

PRIZE Ten: Jasper Ridge docent led walk for 8 people (priceless)
Thank You,

Mighty Leaf Tea

for your tea donation.
“Relax the mind with hand crafted, whole leaf tea in a pouch by Mighty Leaf Tea.”

We invite you to continue enjoying the practice of pausing by making this herbal tea.

A cup of tea and me...
  breathing deeply
  its aroma,
  its flavor.
My body warms and relaxes.
my mind quiets and opens.
my heart calms...

Now, here is the cup of tea I made for you.

Contemplation: The Power of the PEACE Pause

11:30-12:00pm Pause. Unwind.
Stretch, move gently with a teacher or on your own.

Exhale. Breathe. Exhale completely. Inhale deeply. Relax. Delight in your body’s physical sensations by sequentially focusing on each part from head to toe, palm to palm.


12:20-12:40pm Connect. Experience what is happening now. Discern what is right for you. Notice the positive in your life. Enjoy your membership in this community contemplative silence.

12:40-12:45pm Express your positive feelings in ways that are right for you.

Poem & PEACE by T.Rich, HIP Senior health promotion specialist
12:00-12:20pm Carillon Concert
Musician: Tim Zerlang, Stanford Carillonneur
“For peace alone I do ring.” inscription on Hoover Carillon bourdon bell

Program:
1. ‘Tis A Gift to Be Simple
   2. Imagine
   3. Feed the Birds
   4. Morning Has Broken
   5. Pachelbel canon in D major
   6. “Surprise piece from Tim”

‘Tis A Gift to Be Simple,
Elder Joseph Brackett, 1848

‘Tis the gift to be simple, ‘tis the gift to be free,
‘Tis the gift to come down where we ought to be,
And when we find ourselves in the place just right,
’Twill be in the valley of love and delight.

When true simplicity is gain’d,
To bow and to bend we shan’t be asham’d,
To turn, turn ’twill be our delight,
Till by turning, turning we come round right.

‘Tis the gift to be loved and that love to return,
‘Tis the gift to be taught and a richer gift to learn,
And when we expect of others what we try to live each day,
Then we’ll all live together and we’ll all learn to say,

When true simplicity is gain’d,
To bow and to bend we shan’t be asham’d,
To turn, turn ’twill be our delight,
Till by turning, turning we come round right.
‘Tis the gift to have friends and a true friend to be,
‘Tis the gift to think of others not to only think of “me”,
And when we hear what others really think and really feel,
Then we’ll all live together with a love that is real.

When true simplicity is gain’d,
To bow and to bend we shan’t be asham’d,
To turn, turn ’twill be our delight,
Till by turning, turning we come round right.
Imagine, John Lennon, 1971

Imagine there’s no heaven
   It’s easy if you try
No hell below us
   Above us only sky
Imagine all the people
   Living for today...

Imagine there’s no countries
   It isn’t hard to do
Nothing to kill or die for
   And no religion too
Imagine all the people
   Living life in peace...
You may say I’m a dreamer
   But I’m not the only one
I hope someday you’ll join us
   And the world will be as one

Imagine no possessions
   I wonder if you can
No need for greed or hunger
   A brotherhood of man
Imagine all the people
   Sharing all the world...

You may say I’m a dreamer
   But I’m not the only one
I hope someday you’ll join us
   And the world will live as one
Feed the Birds,
Richard and Robert Sherman, 1964

Early each day to the steps of Saint Paul’s
The little old bird woman comes
In her own special way to the people she call,
“Come, buy my bags full of crumbs;
Come feed the little birds,
Show them you care
And you’ll be glad if you do
Their young ones are hungry
Their nests are so bare
All it takes is tuppence from you
Feed the birds, tuppence a bag
Tuppence, tuppence, tuppence a bag
Feed the birds,” that’s what she cries
While overhead, her birds fill the skies

All around the cathedral the saints and apostles
Look down as she sells her wares
Although you can’t see it,
You know they are smiling
Each time someone shows that he cares

Though her words are simple and few
Listen, listen, she’s calling to you
“Feed the birds, tuppence a bag
Tuppence, tuppence, tuppence a bag”
Morning Has Broken, Cat Stevens, 1971
based on Eleanor Farjeon’s hymn, 1931

Morning has broken, like the first morning
Blackbird has spoken, like the first bird
Praise for the singing, praise for the morning
Praise for the springing fresh from the world

Sweet the rain’s new fall, sunlit from heaven
Like the first dewfall, on the first grass
Praise for the sweetness of the wet garden
Sprung in completeness where his feet pass

Mine is the sunlight, mine is the morning
Born of the one light, eden saw play
Praise with elation, praise every morning
God’s recreation of the new day

Pachelbel canon in D major, circa 1680
“Plus possible surprise piece from Tim”

Quiet Contemplation 12:20-12:40pm
We invite you to gaze into this image...

or close the book and experience your five senses,
appreciate the positive in your life, listen to nature,
connect to community and enjoy the quiet.

Closure 12:45pm
Contemplation By Design
A Stanford Campus-wide Collaboration
November 3-7, 2014

BeWell is proud to announce “Contemplation By Design,” a multidisciplinary event in which faculty, staff and students are invited to experience the peace of mind and well-being that comes with quiet contemplation.

The events, to be held the week of November 3-7, will bring the Stanford community together in recognizing the importance of quieting the thinking mind and refreshing oneself through quiet contemplation.

Contemplation by Design Dates for Your November Calendar to learn more about and further enjoy Contemplation…

Monday, 11/3
Tuesday, 11/4
Wednesday, 11/5
Thursday, 11/6
Friday, 11/7

*BeWell berry is awarded for registered participation in this starred event.

All events are FREE. Register at stanford.io/contemplation in September 2014.

November 3 - 7, 2014
Contemplation: the Power of the Pause
— Calm, Compassionate Competence
BeWell workshop
Mindfulness, Health Improvement Program (HIP)*
Contemplation Breaks, Office of Student Affairs: Residential Education
Labyrinth Walk, Windhover contemplative center, Office for Religious Life (ORL)
Contemplative Wisdom, Common Room in the Circle, Old Union 3rd floor, ORL*
Labyrinth Walk, Windhover contemplative center, ORL
Happiness, Office of Student Affairs: Residential Education
Walking Meditation and Contemplation of Memorial Church Inscriptions
Walking Meditation and Contemplation of Memorial Church Inscriptions, Memorial Church, ORL, HIP*
Contemplation Breaks, Office of Student Affairs: Residential Education
Contemplative Concert in Bing, Stanford Live*
Contemplation, Breaks and Vacation, HELP Center*
Labyrinth Walk, Memorial Church, ORL
Carillon Concert and Quiet Contemplation, BeWell

12:00pm 5:00pm 9:00pm 10:00am 12:00pm 4:00pm 5:30pm 9:00pm 12:00pm 5:00pm 7:00pm