



LAMOILLE NEIGHBORS

Upcoming Events

Zoom Speaker, Abenaki History and Culture December 14th, 7p.m. Join this compelling presentation by Miss Lucy Neel, education coordinator for the Nulhegan band of the Abenaki.

Miss Lucy Neel has years of experience teaching about Abenaki culture and uses many formats for sharing her extensive knowledge. She currently serves on the Vermont Commission on Native American Affairs.

Full Moon Snowshoe or Winter Walk December 18th, 7p.m. Register on line or e-mail lisadiamondstein@me.com if you have questions. The location will be decided depending on the weather.

Zoom Gathering for Conversation, December 28th, Tuesday, 5pm - 6p.m.

Join us for a view of smiling, maskless faces and witty conversation!

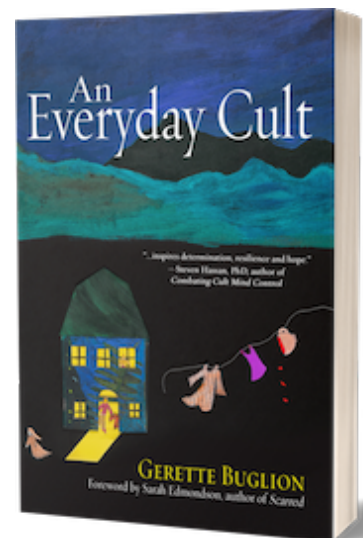
It will be better than a radio and more interactive than TV.

We look forward to a good old friendly chat.

Reflections on An Everyday Cult. Book discussion with local author Gerette Buglion January 7th, 7p.m. on Zoom

Gerette Buglion, cult education and recovery consultant since 2016, is the author of *An Everyday Cult*, a memoir. Gerette emerged from a cultic group on May 28, 2014 after being devoted to a charismatic teacher for 18 years. Once out, she wondered, How did I, an educated, caring mother, wife and business owner, become that lost and for that long? She began studying cultic dynamics and mind control while reclaiming her autonomy.

Her goals center around providing support to people who have left high-control groups, promoting widespread understanding of coercive control, and dispelling the notion that anyone intentionally joins a destructive cult. Register on line or call 802-585-1233.



If you're interested in purchasing the book you can e-mail Gerette directly, gerette@gerettebuglion.com. Price is \$17.96. including tax.

Ongoing Events

Our monthly **Coffee Hour will be December 2nd, 10 a.m.** at the Congregational Church in Hyde Park. (This is a change in venue.) Our only goal is to talk and laugh. If you would like to participate, please call Bonnie at 802-585-1233.

Article Discussion Group on Zoom every other Wednesday from 9-10 a.m.. We take turns choosing articles and no matter the topic it's a lively discussion. E-mail Ellen Gibbs at esgibs@yahoo.com if you'd like to participate.

Yoga with Faith Bieler Thursdays, 9 a.m. Open to members and volunteers. The first Thursday of each month will be in person at River Arts and the other Thursdays of the month will be on Zoom. (For December all our classes will be on Zoom). Lamoille Neighbors' Yoga is an all levels class. Beginners to seasoned practitioners are welcome. Faith chooses poses to flex, stretch, strengthen the whole body and also incorporate participants' requests (re: their own body's needs). Movement will be done seated, kneeling, standing. E-mail lisadiamondstein@me.com if interested.



Learning to glaze in our final pottery class with Jude Pradshaw at River Arts.

At the end of October the i Phone group took a field trip to Barre to see Nan Carle Beaugregard's photographs at the Granite Museum and to see the sculptures around Barre and the Hope Cemetery.



If you need help with scheduling your Covid booster or you need transportation call Bonnie at 802-585-1233



Best wishes to you all this Holiday Season. However you celebrate the holidays I hope you can enjoy the quiet and beauty that winter can bring. It's continued to be a difficult time in our lives and reaching out to family and friends through small safe gatherings, phone calls, letters and cards can help. If you're feeling down I hope you will reach out to Bonnie to just talk or to schedule a friendly visit.

Lisa Dimondstein, board president





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Fun and interesting Links

Pure fun and amazing technology [Do You Love Me](#).

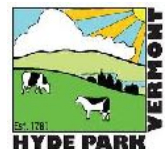
Hearts of Our People: Native Women Artists A virtual exhibit with multiple videos and pictures.
[Smithsonian American Art Museum](#)

For your listening pleasure [Suite for Flute and Jazz Piano](#) Jean Pierre Rampal, Claude Bolling.

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