

World Religions

We meet this month on **Tuesdays, October 18th and 25th from 1-3pm in the library** to continue with Einstein's God by Krista Tippett. We'll begin with her interview with Michael McCullough, Professor of Psychology at the University of Miami where he directs the Laboratory for Social and Clinical Psychology and also teaches in the Department of Religious Studies. We'll discuss his ideas expressed in his book Beyond Revenge, concerning his scientific observations into the true human nature of revenge and forgiveness and the ways in which religion has impacted these. We'll finish with Tippett's interview with Esther Sternberg, immunologist and author of The Balance Within: The Science Connecting Health and Emotions, who is also internationally recognized for her discoveries about how the central nervous system and the immune system interact. We'll explore the relationship between stress and disease and the healing that can come through 'belief' or 'the act of feeling spiritual', and how to find that balance. We'd love to have you join us! For more information contact Glory Bowen via the church office, 908-273-3245 ext. 101.