



Open Community

Newsletter of Mercer Free School

Community. Freedom. Learning.

June 2010

Mercer Free School Teams up with the Lawrence Community Center

Mercer Free School teams up with the Lawrence Community Center managed by HomeFront and start scheduling activities at the center beginning this summer. The school was launched in March 2010 to provide the local community in/near Mercer County, NJ a means to share self-motivated learning experience *for free*. As long as no space/safety/regulatory issues are involved, anyone can facilitate activities and anyone can participate in them. For more information, please visit us on-line at <http://mfs.insi2.org>

Current Activities

Bike Maintenance

New session TBA (August?)
An overview of bicycle maintenance, encompassing routine maintenance and bike anatomy. Bikes will be on hand for hands-on demonstrations.



Calligraphy for Beginners

August 14 & 21, 9:00-10:30am,
Ewing Branch of Mercer County
Library System

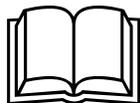


Learn to express themselves in Calligraphic script. Both classes must be attended and there will be homework exercises assigned in between.

Materials: The participants need a calligraphic marker and a lined notebook. The Sanford marker is available at Office Depot for less than \$10.00.

Haiku

New sessions TBA (August?)
Two-session class in which we will read and enjoy haiku by many authors, ranging from the Japanese Masters to contemporary American poets. We will also try our hand at writing techniques to make use of this wonderful poetic form.



Meditation Group

July 7, 7-8pm, August 7, 11am-12pm, Ewing Branch of Mercer County Library System
August 28, 2-3pm, Lawrence Community Center



Learn and practice meditation through sharing experience with others. We begin with discussion of our motivations and constraints so that we can find out the most appropriate approach for each individual.

Sushi Cooking

July 10, 12:00-1:30pm, Ewing (private home)



Learn how to make avocado roll and inari sushi.

Material cost: \$3. (to cover the cost of rice, nori/seaweed, avocado, and some other ingredients)

Table Tennis for Fun

August 14, 2-4pm, Lawrence Community Center



Enjoy playing table tennis and other gym activities.

Disclaimer: Permission to use the community rooms/space does not imply library sponsorship or endorsement of any group or program.

Future Activities

The following activities are upcoming or requested by potential participants:

- Children's Play Group
- **Chinese Language**
- Computers
- **Dog Training**
- **Food Gardening**
- **Healthy Kid/Parent Cooking**
- Homeschooling
- Household Troubleshooting
- Hypermiling
- Mindfulness
- Mushroom Hunting
- Music Reading

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- Poetry
 - Self Publishing
 - Welding

Our Principles

Our guiding principles consist of the following three components: **community**, **freedom** (or being **free**), and **learning**.

- Local community is important as the basis for our trust in our neighborhood and beyond. By all means, community building is the first on our minds.
- Our approach to community building emphasizes freedom, including freedom from various delusions associated with money. In this regard, we believe that in addition to traditional and commercial establishment, there should and can be free learning opportunities for a broad range of people in the community.

- Learning occurs most effectively when we are intrinsically motivated, not when extrinsically motivated, e.g., by rewards and punishments.

Help Wanted

Mercer Free School operates without budget. As such, we do not accept monetary donations. However, we still ask for your help in many other ways:

- Participating in an activity
- Facilitating an activity
- Subscribing to our email list
- Spreading the word, even by visiting us on Facebook and becoming a fan
- Printing and posting our flyers (esp. outside Ewing)
- Joining us as an organizer



Mercer Free School
Mercer County, NJ

