

MUSIC & MEDITATION IN THE MEETINGHOUSE

With Dr. Neil Williams and Moira Kelly

SUNDAY EVENING, AUGUST 25, 2013 at 7:30pm

About Dr. Neil Williams:

Dr. Neil Williams, a new member of the Gloucester Unitarian Universalist Church family, has been a physician for 33 years, a husband for 32 years, a father for 30 years, and a new grandfather since August 4, 2013. He describes himself as a seeker, a peripatetic fellow traveler with all beings on the Earth. Dr. Williams was born in Trinidad, West Indies, with an insatiable curiosity, love of learning, and a skeptical nature; asking questions all of his life. A favorite quote* is, *"Do not seek answers. Live the questions now, then gradually, without noticing it, live some distant day into the answer."* Meaning, we should live our lives so that we inhabit our deepest questions. The traumas he experienced in childhood fed his curiosity about human nature and study of medicine for insight into how we harm and how we may heal one another.

A newcomer to Cape Ann, Neil is thrilled to be a contributor to the **Music & Meditation in the Meetinghouse (MMM) series on August 25th in the sanctuary of the Gloucester Unitarian Universalist Church**. He was raised Catholic, but has been joyfully practicing Vipassina meditation in the Cambridge Sangha for many years. Discovering meditation allowed him to continue the work he loves as a medical researcher with less stress and more integrity. He has given up the corporate world, little by little, to pursue his inward journey.

Dr. Williams brings to the **MMM** experience an acknowledgment of human pain and frailty; how healing happens and how to access the inherent power we possess to heal ourselves. He notes that our culture has tremendous knowledge about human biology, how our minds work, with powerful science-based therapies at our disposal. He has also experienced its limits and re-discovered 2,600 years of Eastern traditions, the Four Noble Truths and the Dharma. This tradition teaches us how to be mindful, to minimize suffering, and to develop loving-kindness to heal others and ourselves.

Mindfulness meditation is being taught widely, as a tool, like prayer, music, beauty, silence and loving-kindness; tools that are freely available. We find connection to one another through the love of music and beauty. Silence and loving-kindness ground us in difficult times and promote healing. In the upcoming **MMM** event, he will practice and experience with you, things that you may already know or had forgotten that you knew.

As a recent immigrant to Gloucester, Neil finds everything new and fascinating, especially the rhythms of the sea and the sky. He observes that meditation allows us to slow down to the speed of life, like the movements in Nature. It can be a gateway to connect with our internal rhythms, our music, our inner voice; the voice within that is a reflection of the divine spark we share with all beings.

** Be patient toward all that is unsolved in your heart and try to love the questions themselves, like locked rooms and like books that are now written in a very foreign tongue. Do not now seek the answers, which cannot be given you because you would not be able to live them. And the point is, to live everything. Live the questions now. Perhaps you will then gradually, without noticing it, live along some distant day into the answer."*

Continued

About Moira Kelly, *harpist and singer*

I was born on the coast of Connecticut in the U.S. and have lived in a few different places: Fla., Canada, Australia and Ireland/Scotland, (where my family comes from.) I have recently, (2010,) wandered over the bridge and gratefully landed in Gloucester.

I have studied guitar and harp in Connecticut, New York and Ireland and have taught and done harp workshops in Massachusetts, Nova Scotia, Canada, Melbourne, Australia and Galway, Ireland. I apprenticed in harp building in Roscommon, Ireland and Galway, Ireland.

I began singing when I was about two or three with my brothers and sisters initially. When I was six, my mother said she would give me a dollar if I learned an Irish song, so I performed it, (seven verses,) in the living room for my large family, (there were seven or so siblings then, now there are twelve of us.)

I was in several bands, performed in 1989 at Florida folk festival's main stage where I played/ did Irish harp workshop with Dr. Mick Maloney, played with the late Tommy Makem, (from the Clancy Brothers Irish band,) in 2003 at the Mark Twain Center Hall in Hartford, CT. and numerous Irish festivals in the northeastern U.S., Canada and Australia. I played for the all Ireland Fleadh/ festival in Tullaghmor, Co. Offaly in 2007.

I played for Mary Robinson, the former president of Ireland, at Fairfield University, Fairfield , CT, performed for plays at Long Wharf Theater in New Haven, CT and played/sang at the Stamford, Ct. honorarium for author Frank McCourt. I have been doing recording, concerts, lessons, radio, Celtic/renaissance fests and meditative music for various gigs for many years.

I sang and played harp for churches, spiritual programs, retreats and services of all kinds since my teens. I was always involved in very strong prayer life, especially with my grandmother, who entirely let miracles grow out of her very devout "directives" to the Holy Spirit- source of all love/ healing. I continued through the years to find truth and peace in daily meditation and very connected prayer. I found it in meditation/writing groups, yoga practice and reflective study in various spiritual practices from Christianity, Native American, Buddhism, charismatic healing/ meditation to ancient Celtic, (to name a few.)

I am still always listening for the deep resonant peace in many places... everyday life. The streets of life are the soul of the world... there's treasure to find there.