

Ground rules for Meditation & Beer

1) Honouring the Silence

- Please arrive in silence. Silence will be held starting at 5:25 pm, when a bell will ring, through to the end of the benediction.
- This helps us to centre ourselves and respect the space we are creating together.

2) Respecting Privacy

- We ask that what is shared in the group or in conversation is not repeated elsewhere. Please respect the privacy and personal space of others, both during the meditation and afterwards.
- Meditation is an intimate and inward practice.

3) Keeping Grounded

- After our silent meditation, we gather for informal conversations at a nearby cafe or bar.
- We ask that this time remains anchored in compassion and connection.
- It is a space for gentle conversation, mutual support, and shared journeying.

4) Seeking Help Outside of Group Time

- If you are going through something difficult and are in need of support, please don't carry that alone.
- If you need in-depth support or processing, you are warmly encouraged to reach out to Ian Mobsby, our Community Missioner, who can offer support or help you connect with appropriate resources.

5) An Open and Welcoming Spirit

- Everyone is welcome. We ask that you come with a spirit of openness, mutual respect, and a desire to grow in contemplative depth.