

## 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.