

Welcome

Our Practice and Our Community



We come together to sit in meditation, to learn mindfulness practices, and to support each other in our practice.

“When we are mindful, deeply in touch with the present moment, our understanding of what is going on deepens, and we begin to be filled with acceptance, joy, peace and love.” ~ Thich Nhat Hanh

Thank you for coming and for having the courage to open your heart to mindful practices. We all benefit from your presence.

Getting Ready

We invite you to arrive a few minutes early so that you have time to find a seat and settle in with the group without hurry. Please remember to turn off your cell phone.

You may choose to sit in a chair or on the floor. Please bring your own cushion, mat, or blanket if you prefer to sit on the floor.

At 6:30 the bell is invited. If you arrive after the bell, please join the group quietly.

Inviting the Bell, Lighting the Candle

The sound of the bell marks the beginning and ending of our practice. We say we “invite” the bell—like you would invite a friend. We sound the bell as an invitation to come back to the present moment and our true selves.

Listen, listen, this wonderful sound brings me back to my true home.



We light the candle and set our intention.



We come together to practice mindfulness, being in the present moment with curiosity, kindness, and

non-judgment.

Mindful Movements

We practice Mindful Movements to bring awareness and enjoyment into our bodies. These movements connect our breathing with our bodies and shift awareness from our wandering mind to the sensations and wisdom of the body. Practice the movements with conscious breathing, aware of each in-breath and out-breath.

Relaxation and Sitting Meditation

We begin with a guided body scan relaxation to release tension, calm the mind and prepare for sitting meditation. In sitting meditation we focus our attention on our breath. When our attention drifts we simply note that we have drifted and without self-criticism return our attention to our breathing. We will sit in meditation for twenty minutes.

Mindful Listening and Sharing

We create a supportive environment through mindful listening and sharing. When we choose to share our practices, insights and struggles with the group, we agree to confidentiality. We follow four guidelines to support this practice:

We share from our hearts. Imagine the words coming from your heart. Say what is true for you. Speak from your experience.

We listen from our hearts. Give others the gift of your presence and compassion. Listen to understand, affirm and appreciate. Unless requested, please do not advise, fix or correct others.

We are of lean expression. Being brief and saying what is essential helps others to listen and provides opportunities for others to share.

We stay present. Learn to trust that what needs to be said will be said. If we are preparing what we have to say, we are not listening, and our sharing may abruptly change the energy.

Closing Bell

May the entire Universe be filled with peace and joy, love and light. Namaste.

Social Time

We use this time to catch up with old friends, make new friends, or help those rearranging the hall. We encourage you to sign up for various volunteer activities or upcoming events.

Donations

Our mindfulness practices and sitting meditation are freely offered to anyone who would like to participate. Donations of cash or items on the Mission Center's pantry list are gratefully accepted.

Staying Connected

More information about our community, and our special programs is available on our website:

www.somdmeditationcommunity.org

Our Mission is to create a supportive community to learn and practice meditation and mindfulness.

We Envision a world where mindfulness and meditation empower individuals to cultivate inner peace and resilience, contributing to a more compassionate and connected society.

Our Core Values

Presence
Loving kindness
Compassion
Community
Inclusiveness
Integrity
Service

We extend our gratitude to the Solomons Mission Center for opening their peaceful space to our community.

Contact us:

www.somdmeditationcommunity.org



Everyone Welcome!

Evening Mindfulness Practice

**2nd & 4th Thursdays
6:30-8:00 p.m.**

Solomons Mission Center
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