

UUCUC Mindfulness Meditation Group

This page can be shared with anyone interested in learning more about the group.

We meet year round, every Sunday morning before the service, to practice mindfulness meditation. Feel free to come as often as you like, or just drop in now and then. All are welcome.

Link: What is mindfulness meditation?

<http://meditationscience.weebly.com/what-is-mindfulness-meditation.html>

What to Expect:

- Meet, set up chairs, light the chalice, and brief introduction to today's practice (if needed)
- Mindfulness meditation (usually listening to a guided practice) & discussion (if desired)
- Extinguish chalice, put away chairs, and have the room ready for the YRUU class by 9:55

The door is left slightly open so that late arrivals can enter quietly.

Location: YRUU Classroom

Calendar:

| Sunday | Meet & set-up | Mindfulness practice (& discussion if desired) | Type |
|-----------------|----------------------------|--|---------------------|
| 1st / 3rd / 5th | 9:20 AM | 9:25-9:55 AM | Guided |
| 2nd | *** <i>Early</i> : 9:05 AM | *** <i>Early & extended</i> : 9:10-9:55 AM | Guided |
| 4th | 9:20 AM | 9:25-9:55 AM | *** <i>Unguided</i> |

*****Regular Changes:**

- On the 2nd Sunday of the month, we meet early to listen to a longer guided practice.
- On the 4th Sunday of the month, the mindfulness practice is unguided: we practice in silence, other than a bell to mark the beginning and three bells to mark the end.

Email Group:

- Link to the audio for guided meditations (when available)
- Changes to the calendar above
- Occasional sharing of other mindfulness resources or events in Urbana-Champaign

To join the email group or ask questions, please contact Marie McEnroe at reezlebee@gmail.com.