

# **Zip Code Contemplation (ZCC) FAQs (Frequently Asked Questions)**

## **1) What is ZCC?**

ZCC began in 2019 and is a program inspired by the vision of Fr. Guerric to provide retreatants with a way to stay connected with Mepkin Abbey and engage with others to continue deepening the contemplative dimension of their lives.

## **2) What is the goal of ZCC?**

The goal is to provide both community and content to foster, and focus, your contemplative practice.

## **3) Who can be a member of a ZCC Group?**

Participation in ZCC is open to any person who has made a group retreat at Mepkin or participated in an online Mepkin offering and is interested in continuing to deepen the contemplative dimension of their life.

## **4) What is the number of participants in each ZCC group?**

Group size will range from 5-10 participants in order to allow for reflective participation of each member.

## **5) Is there a cost to be part of a ZCC group?**

There is no cost to join ZCC, but there may be a minimal expense in purchasing a book or audio recording for group reflection.

## **6) How are the resources chosen for the ZCC group meetings?**

The topics are prayerfully selected by the ZCC group conveners in consultation with others, as needed, in the field of psycho-spiritual growth and development.

## **7) Who is my main point of contact for any ZCC questions (technical and non-technical)?**

Your point of contact is the Convener of your ZCC group.

## **9) If I need my group Convener's email or phone number, who can I contact?**

Send an email to [mepkinzcc@gmail.com](mailto:mepkinzcc@gmail.com) with your name and phone number.

## **10) What happens if I have a schedule conflict and cannot join one of my group's meetings?**

Please notify your Convener as soon as possible when unable to attend a meeting as every member is important to creating the best possible experience for the group. Just like in a family, we care for each other.