**Zip Code Contemplation (ZCC)**

**FAQs (Frequently Asked Questions)**

1. **What is ZCC?**

It 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.

1. **What is the goal of ZCC?**

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

1. **How do people learn about ZCC?**

Starting in 2019, participants of group retreats at Mepkin Abbey will be invited to participate in the program.

1. **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 and is interested in continuing to deepen the contemplative dimension of their life. Email us at [mepkinzcc@gmail.com](mailto:mepkinzcc@gmail.com) for more information.

1. **What is the number of participants in each ZCC group?**

Group size will range from 6-12 participants in order to allow for reflective participation of each member.

1. **Is there a cost to be part of a ZCC group?**

The only cost incurred will be for the purchase of the audio recordings that are being offered at a discount to ZCC by the producer.

1. **Who determines the audio recordings for the ZCC groups meetings?**

The topics are prayerfully selected by ZCC’s spiritual director, Fr. Guerric, in consultation with others, as needed, in the field of psycho-spiritual growth and development.

1. **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.

1. **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.

1. **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.