

Mountain Stream Meditation
Community Practice Evening
2019 January 9,16, 23 & 30
Wednesdays - 6:00 to 7:15 pm
Nevada City Insight Center, 710 Zion Street

Join Mountain Stream's Dharma community on Wednesday evenings as we explore the question: "How are you - within your practice?" By coming together to meditate and engage, we strengthen and build community with a deeper understanding of ourselves and others. All levels of meditation practitioners are welcome.

We begin with a quiet sit for 20 minutes, followed by a facilitator's offering of an inspirational reading (quote/poem/current event), then 30-45 minutes of Council which allows each person to mindfully check in about their current experience. Our time together concludes with an appreciation and metta (loving kindness.)

The Community Practice Evening explores various topics and issues of our time while holding these in the Buddhist principles of Non-Harming and Wise Speech. We engage, investigate and learn about the Buddha's teachings from our own direct experience in a friendly, supportive environment.

Donations are appreciated for Mountain Stream/Nevada City Insight Meditation
Center

Evening Facilitators: Marcia Craighead and Jennifer Scott