

Mountain Stream Meditation

Interested In Joining Our Family Practice Program At The Nevada City Insight Center?



Mountain Stream Meditation is offering an opportunity to join an ongoing monthly Family Practice Program held at the Nevada City Insight Center.

For the past 5 years, a group of 5 – 6 families has met once a month from 10 am – 12 pm at the Nevada City Insight Center on Zion Street in Nevada City. This is a sweet co-created program that is supported by Mountain Stream teachers and staff but is managed, organized and created by the parents and families themselves. All members of the family are encouraged and invited to participate.

During our Sunday morning meetings, we explore how practicing mindfulness and Buddhist teachings support the development of wisdom and compassion for the entire family as well as the wider community. This is a child-friendly event and no prior experience is needed.

Each gathering usually includes: a welcoming circle, time to check in, explore the day's theme, sitting practice with a guided meditation, join in a mindful activity and listening to an inspiring story being read aloud. The gathering concludes with the sharing of food and conversation.

A few of the themes covered on this learning path include: Self compassion and compassion for others, forgiveness, gratitude, patience, honesty, communication and loving kindness. By contemplating and understanding the teachings of the Buddha, we find practical and grounded approaches to facing life's ups and downs by being thoughtful, mindful and fully present.

If your family is interested in attending the Family Program, please contact Marcia Craighead to find out more about it: marcia@mtstream.org or call 530-265-6111.

Details for Joining Our Family Practice Program

The intention of this program is to offer essential teachings of the Buddha that are practical and accessible for daily life practice. This spiritual path of learning cultivates compassion and wisdom. The Family Program is designed for all members of the family: children, teens and parents.

Helpful information for inquiring families:

- Interested families are welcomed and encouraged to visit a monthly Sunday morning gathering to experience the program first hand, to see if it's a good fit.
- Please RSVP Marcia Craighead before coming, in case our scheduling has changed.
- At present the children range in age from 4 – 14.
- Gatherings occur once a month; a 6 month schedule is arranged in advance by the families.
- In honoring the Buddhist tradition of generosity (the practice of giving and receiving) there will be a donation basket available at the end of each gathering. All contributions received for Mountain Stream Meditation support the weekly and monthly programs held at the Nevada City Insight Center.
- If this program is a good fit with your family, we ask for a commitment to attend as many gatherings as possible.

Each family contributes to the monthly gathering in one of the following ways:

- Coordinating a Sunday morning gathering by: hosting the greeting circle, recalling the topic from the last gathering, introducing the theme for the and being the time keeper that supports the flow of activities in a timely manner.
- Providing a snack everyone can share (food sensitivities & appropriate ideas can be shared prior to gathering).
- Reading a relevant or inspiring story to the group. You can bring a book from home or use the Mt Stream library.
- Creating an activity that engages the families and is fun as well as supporting mindfulness practice. Helpful tips and ideas can be discussed in advance.
- Leading or guiding a short meditation (10 - 15 min) based on the theme that's been selected for the day's gathering.

Thank you for your interest; we look forward to hearing from you and meeting your family!