

Meditation Tea Time Purpose

We come together as spiritual friends to sit in silence, feel held, and share loving and respectful conversation. Our spiritual practice is to speak from the heart and listen with respect and compassion. Participation is completely voluntary. All that we say here remains confidential.

We share what is up for us in the moment - that could be our response to today's readings, or something that is going on in our lives. With mindfulness, we reflect on life and our condition in it. We are deeply committed to our spiritual path.

Trusting and valuing our relationship, we listen and support rather than "fix" each other or give unsolicited advice. We share our response to what has been said by speaking for and about ourselves, not others. We do not interrupt or interrogate others, and we intentionally pause after each comment to really reflect on it and take it in. We intentionally create space for each person and pay attention not to dominate the conversation. We treasure this place where we are held with loving compassion and heard without intrusion or judgment.