

In the World

~ Bridgid Lowry

in the strange early morning
half light we sit
in the cloudiness of our
questioning we sit
in our madness and our clarity we sit
in the midst of too much to do we sit
in the warm arms of our shared sorrow
we sit
in sweet exhaustion we sit
in the blazing energy of being alive we sit

here with the singing crickets
here with each electric birdsong
here with the rippling of breezes
and the dry grasses
here with the cobwebs and the
clouds and the dusty road upon us

us in the sound and the sound in us
us in the world and the world in us



Contact for Information

Delores Nims (541) 621-2995
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Location


Emerson House
65 Fourth Street
Ashland, OR 97520

Sangha Schedule

Weekly every Thursday


9:00 silent meditation
9:20 walking meditation (optional)
9:30 silent meditation
9:45 reading and discussion
10:30 tea and sharing (optional)



Rogue Valley
 Unitarian Universalist
Fellowship

Buddhist Meditation Group



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 Unitarian Universalist
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87 Fourth Street, Ashland, OR 97520
www.rvuuf.org



Rather than follow one Buddhist tradition, our group draws wisdom from wherever we find it. Leadership is shared and each person is considered both a student and a teacher.



Based on a 2500 year-old practice, the RVUUF Buddhist Meditation Group welcomes people of all beliefs and all levels of meditation skill and experience. As Buddhism has no deity, it accommodates anyone, Christian, Jew, Muslim, Humanist, or Atheist.



Meditation practice trains the mind to concentrate and focus. By training our minds to attend to the present moment, we can increase our clarity, compassion, and loving kindness. With practice, we make wiser choices, improve our relationships, and reduce stress.



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Patience

