

## Mission

The Nashua Buddhist Meditation Group offers a regular space for UU Church members and community members to join together to practice meditation and to provide opportunities to study the dharma with longtime practitioners and students of Buddhism. All forms of silent meditation are welcome.

## Meditation Practice

Group silent sitting meditation is practiced every week. If you are new to meditation, free meditation instruction is available. The Buddhist meditation technique offered is called shamatha or "peaceful abiding." It is not necessary to practice this particular style of meditation to participate in this group.



Meditation cushions and straight-backed chairs are available. Feel free to bring your own meditation cushion if you have one. Wear comfortable clothes. Bring a sweater in cooler weather.

## Dharma Study Opportunities

An open book discussion is offered twice a month. A teacher or long-time group member will facilitate the discussion. Participants are encouraged to have their own copy of the book and to keep up with the reading assignments.

## Schedule

**Open Meditation:** Every Wednesday evening, 7-8 p.m., auditorium, beginning September 2<sup>nd</sup>

**Open Book Discussion:** Every first and third Wednesday 8-9 p.m., Youth Room, beginning October 7<sup>th</sup>

**Fall 2009 Book:** *Natural Wakefulness: Discovering the Wisdom We Were Born With*, by Gaylon Ferguson.

**Dharma Education Modules:** A dharma class will be offered in winter/spring 2010 on the second and fourth Wednesday of the month. More information will be forthcoming.

**Day-Long Meditation Retreats:** Four Saturday all-day meditation retreats have been scheduled throughout the 2009-2010 year. They are scheduled from 9 a.m. to 4 p.m. on October 3<sup>rd</sup>, January 9<sup>th</sup>, March 6<sup>th</sup> and May 8<sup>th</sup>. These day-long retreats provide students with an opportunity to deepen their meditation practice and to meet with a meditation instructor.

Registration for the day-long retreats is encouraged. Fee \$10. Contact Cynthia Schroer, [cschroer@comcast.net](mailto:cschroer@comcast.net).

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**Welcome to the Nashua  
Buddhist Meditation Group.  
Our goal is to support  
your practice in  
whatever ways we can!**

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## Work with a Meditation Instructor

Anyone pursuing a meditation practice is encouraged to work with a Meditation Instructor or a Shambhala Guide. This relationship is based on friendship, mentoring, and confidentiality. Arrangements are entirely individualized, from a meeting or two to an ongoing relationship involving more regular meetings.



Meditation Instructors are people who have years of commitment to personal practice, and are carefully trained to provide instruction, support, and direction to students. They are often Shambhala Training Directors and Assistant Directors, teachers of Buddhist classes, and group Meditation Instructors. Shambhala Guides can provide initial meditation instruction on a one-on-one basis, give follow-up sessions, and then refer students who want an ongoing relationship to a Meditation Instructor.

You are invited to choose a Meditation Instructor or Shambhala Guide on your own or speak to the Nashua Group Coordinator, Cynthia Schroer.

## Frequently Asked Questions about Meditation Instruction

**How can I receive initial meditation instruction?** Meditation instruction is usually offered every Wednesday night during the group meditation from 7 to 8 p.m.. Although not required, it is recommended to call ahead to let the coordinator know you would like instruction when you come.

**What does it cost?** We offer meditation instruction free of charge. There are fees associated with programs such as Shambhala Training and all-day meditation retreats.

### What happens in meditation interviews?

Interviews are opportunities for you and the Meditation Instructor to get to know each other and to discuss your practice. Initially, they serve to clarify the basic meditation technique and any questions you have about it. Other questions sometimes asked by beginners are: how to set up a place to meditate at home and how to set up a reasonable home meditation schedule. As your practice develops, the subjects for meditation interviews will arise naturally out of your experience. A Meditation Instructor can also provide you with guidance to support your study and practice at the Nashua Buddhist Meditation Group and at other Buddhist centers.

**What if I want to change my Meditation Instructor?** You may change your Meditation Instructor at any time.

## Teachers and Associations

There are five teachers connected with the Nashua Buddhist Meditation Group: Binny Clark, Jim Colosi, Michael Levin, Janet Romaine and Emily Weidman. All are long-time practitioners (30 years) and students of Tibetan Buddhism. Their teacher was



Chogyam Trungpa, a Tibetan Buddhist who is renowned for making Tibetan Buddhist and the Shambhala Buddhist teachings accessible to the west. For more information please visit: [www.shambhala.org](http://www.shambhala.org)

## Service Opportunities

The Nashua Buddhist Meditation Group is supported by volunteer effort. There are a number of ways to support this group; serving as the meditation time keeper (umdze), assisting with set-up and take-down of the meditation room, publicity, planning social events, and assisting with day-long meditation.

For church members, we also welcome you to consider being a key holder, someone who opens and closes the building for our programs. Please contact Karen Fitzpatrick at [keefitz@gmail.com](mailto:keefitz@gmail.com) if you are interested.

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For more information on the Nashua Buddhist Meditation Group or to subscribe to the email list contact Cynthia Schroer at [cschroer@comcast.net](mailto:cschroer@comcast.net) or 603-759-0856 or visit: [www.dawasangpo.com/Nashua](http://www.dawasangpo.com/Nashua)

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# Nashua Buddhist Meditation Group



**Unitarian  
Universalist Church  
of Nashua  
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