

Fourth Saturday Meditation

An ongoing contemplative series dedicated to sitting meditation on the fourth Saturday of every month, led by the Rev'd Chris Bell



Time & Location

Next session: Saturday September 28, 9:30-11:00 AM with optional tea 11:00-11:30 AM

Location: Trinity Cathedral, Morrison Room (in-person only)

About the Event:

Begin, invigorate, or deepen your meditation practice with this all-levels monthly meditation gathering led by the Rev'd Chris Bell. Meetings will begin with an hour of silent meditation (two sessions of sitting and a short walking meditation), followed by a discussion led by Chris. We will conclude with a half-hour of informal tea (or coffee) and conversation. Discussions and teaching will emphasize aspects of practice over any particular form or philosophy.

Newcomers are always welcome. If you would like basic instructions, please arrive 20 minutes early.

Whether your meditation practice is centering prayer, transcendental meditation, one of the Buddhist forms or something else, you will find support for your practice in this gathering. And if you would like to begin a meditation practice you will find support for that as well!

Logistics:

Free; donations gratefully accepted. Paid parking is available in the lot directly across 19th Ave from Trinity. No perfumes, please.

About the Leader:

The Rev. Chris Bell is a long-time practitioner of Zen and a Zen Teacher in the Harada-Yasutani lineage. After graduating from Harvard Divinity School, Chris served as minister of a Unitarian-Universalist congregation in Santa Rosa, California for 15 years and currently serves as Volunteer Coordinator for BeLoved Hospice in Portland.