

Meditation has been shown to be a highly effective antidote to the distractions of modern life, helping practitioners become more focused, less stressed, and more attentive and compassionate in their interactions with the world around them. Whether you are an experienced meditator, are interested in trying meditation, or are somewhere in between, a meditation group now forming here in Oriental may be of interest to you.

The group's initial meeting, to include a guided mindfulness mediation session, will occur soon after the New Year, at a site that is yet to be determined. At that meeting, we will establish consistently scheduled times, twice per week, to come together and "sit."

Beyond the community of the meditation sessions themselves, there will be no social component; no wine-and-cheese gatherings, pot lucks, or any of the other extra-activity events often attached to group activities. Our goal is singular and simple: To hold regularly-scheduled, timed group mediation sessions, free of any obligation to attend and free of cost, in the hope that their availability might aid participants in establishing or extending pursuit of their individual paths.

To gauge the level of interest so that we secure an appropriate facility, interested people are asked, by January 15, to call Tony at 252-635-7867, or Shari at 252-229-6017.