

UNITARIAN UNIVERSALIST CONGREGATION OF PHOENIX GROUP CHARTER

Name of group? Mindfulness Meditation Group

Leader of the group? Gillian Hamilton

Mission of the group? Practice living in the present moment through mindfulness

How does this mission serve the mission of UUCP? A community of friends, some from UUCP, promoting a practice of living in the present through mindfulness meditation and readings to increase compassion for self and others.

What kinds of activities are you engaged in? Weekly meditation and discussion.

What specifically are members requested to do? Participants are invited to join in guided meditation, a mindfulness-related reading or poem, and then share their reflections on the reading or meditation.

How many people can participate in your group? No limit.

Are you currently seeking new members? Open to new members.

If not, when might you be seeking new members?

How often do you meet? Weekly on Saturday mornings.

Do you typically meet in the evenings, daytime, using Zoom, or other, i.e., combination of all? 9:30am-10:30am every Saturday via Zoom.

Do you meet year round? Fall to spring? Other? Year round.

Is there a set term to participate in this group? No.

If there is no set term, can someone join your group for a specific time commitment, project, or purpose? Yes, it is a drop-in group, participants can check it out once or come and go as they wish.



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What amount of time is one expected to typically devote to the work of this group? Join weekly group. Attendees are also encouraged to meditate during the week as they are able.

Each week? 1 hour

Each month?

Each year?

Please add any brief comments that you feel will further inform someone looking to participate in the group. (Optional) Our group includes people of all ages and experience levels who have interest in learning more about and practicing mindfulness. Mindfulness is simply practicing being in the present moment. Living in the past contributes to depression, and living in the future contributes to anxiety. Research shows that practicing mindfulness lowers blood pressure, improves sleep, improves immune function, decreases pain, decreases depression and anxiety, and increases happiness. ASU students join us during spring and fall semesters. All are welcome to practice.

What is the e-mail contact information for further inquiries about this group?
mindfulness@phoenixuu.org

Revision date: 9/20/25

