

Golden Satsang

Purpose of the Golden Satsang: To maintain a supportive community for meditators to share inspiration and personal experiences related to applying universal spiritual principles in daily life. We are a non-sectarian community of adults committed to supporting one another to live mindful, meaningful, purposeful lives. Our focus includes reading study of spiritual writers while supporting each other's efforts to lead balanced, loving lives.

History: For 25 years, we were associated with the Blue Mountain Center of Meditation (BMCM). In late 2024, we parted ways with BMCM and expanded our mission to study a variety of meditation practices and teachers.

Mission Statement: To create a vibrant, nurturing, sustainable forum for meditators to support each other's spiritual practices. We join in community to learn from each other through inspirational reading and personal sharing, to grow as individuals, to draw closer to each other, and to foster greater unity, compassion, and understanding in the wider world.

Core Values: Compassion, humility, respectful listening, personal growth.

Leadership: Each of us is solely responsible for our own spiritual journey, yet we also support one another along the way. The Golden Satsang relies on a rotating team of volunteers to help ensure our community continues to thrive.

Group Meetings: The group meets from 1 to 3 p.m. on the first Sunday of each month in the M3/4 Room at the JUC Mills building. Each meeting typically includes a check-in and discussion of a spiritual reading. We warmly welcome fellow spiritual travelers.

Expectations of Participants: Maintaining confidentiality outside of the group regarding our discussions; occasionally volunteering to help with tasks necessary for sustaining the group (e.g. facilitating meetings); keeping discussion focused on spiritual topics, rather than politics, or and issues better discussed in therapy.

Current Book Study: Wherever You Go, There You Are by Jon Kabat-Zinn

Questions:

Please email Margie at margie.robinson7@gmail.com

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