

## **Living with Illness: FCM Spiritual Friends Group**



The **Living with Illness** group offers a setting to share with other FCM members who are on the Dharma path and are facing similar challenges. The meetings start at noon and end at 1:15 p.m. every other Wednesday at the Tampa Practice Center. FCM members who are unable to come in person can attend on **Zoom** via the internet. Meetings are structured with the following agenda:

*Introductions*

*Meditation*

*Summary of Topic*

*Deep Listening/Deep Sharing*

*Discussion*

If you are interested in joining this group, please consider the following guiding questions to determine whether this group is right for you:

- Am I experiencing challenges due to chronic illness or pain, or am I a caregiver for a close family member?
- Do I have an established meditation practice and experience with foundational practices of mindfulness, including deep sharing and deep listening? New members are encouraged to take Mindful Living Path classes and intensives to establish their practice prior to participating in this group.
- Do I regularly practice with the FCM community in person or via Zoom for Sunday Meditation, and/or intensives, classes and other events?
- Can I make a 4 month commitment to attend meetings? We realize you may have doctor appointments, illness, work schedules, or family responsibilities, which may cause you to miss occasional meetings. But we ask you to put meeting dates on your calendar and make it a priority. Your regular attendance helps support other attendees and builds a climate of trust in our group.
- Do I promise to maintain the confidentiality of what is shared in the meetings by its members?

**If you are interested in joining this group or have previously been a member of this group and want to resume your attendance, contact Evelyn Haseman ([evelynhaseman@gmail.com](mailto:evelynhaseman@gmail.com))** We will then send you additional information concerning our schedule, books and Zoom directions.