

Dear Families,

We are continually delighted and inspired by the presence of families, children and teens on our FCM campus. We aspire to be welcoming to families and to provide a mindful and safe environment for all.

Over the next few months as we work on our outside landscaping and construction projects we especially ask parents, grandparents and other guardians for your careful supervision of children while visiting our campus.

We have developed some few rules for this time and beyond to help ensure safety, respect and courtesy. We ask that you read them and go over them with your children.

1. The pipe bannisters and railings at the front, side and back of the Meditation Hall are intended to support mindful walking and prevent falling. Please no hanging, climbing or sliding on the bannisters and railings.
2. All children 12 years old or younger must be accompanied by a parent or designated adult when outside anywhere on our campus. This includes the front steps, pathways, gardens, parking lot and future play areas.
3. Please no running or horseplay inside the meditation hall, foyer, stairs, fellowship hall or education building. Please carefully supervise your children at all times before and after Sunday Sangha, during tea, potlucks and other events.
4. The blue meditation mats and cushions are support for our spiritual practice. They are not intended for gym play. Please help our little ones to learn to respect them as such.
5. Babies and children are welcome in our meditation hall. While some occasional and unexpected sounds from little ones are a cause for delight, we ask that little ones with prolonged noise making be taken down stairs during times of silent sitting and walking meditation.

Over time we may change or refine these rules, so we welcome your comments for changes or additions. We also welcome any suggestions or requests for other ways that we might help meet the needs of our families.

Sincerely,

Angie Parrish, Executive Director  
Bill MacMillen, Facilities Manager  
Betsy Arizu, Family Program Coordinator