



Florida Community of Mindfulness

Living with Illness: FCM Spiritual Friends Group

The **Living with Illness** group offers an intimate setting to share with other FCM members who are on the Dharma path and are facing similar challenges. The meetings are once a month via ZOOM on Wednesday from Noon to 1:15 p.m. with an additional optional 15 minutes of open dialogue. Confidential meetings include introductions, meditation, summary of topic, and deep listening/deep sharing.

If you are interested in joining this group, please consider the following:

- Am I experiencing challenges due to chronic illness or pain?
- Do I have an established meditation practice and experience with foundational practices of mindfulness that includes regular practice with the FCM community at Sangha, intensives, classes and other events?
- Do I promise to maintain the confidentiality of what is shared in the meetings by its members?
- Can I make the session's once a month commitment to attend meetings? We realize you may have an occasional doctor appointment, illness etc., but ask you to put meeting dates on your calendar and make it a priority to help support other attendees.

We hope that you will join us! If interested, please contact Raven Dreifus-Kofron by email at isharavensky@gmail.com or by phone (listed in member directory). Group size is limited to 12. Once confirmed we will then send you additional schedule, book and zoom information.