

SUNDAY MORNING MEDITATION RULES

MEDITATION STARTS AT 9:00 A.M. on SUNDAY

MEDITATION ENDS AT 10:00 A.M.

MEDITATION IS LOCATED IN THE BASEMENT @ 2300 DUMBARTON ROAD

YOU MAY ATTEND MEDITATION, ATTEND CHURCH UPSTAIRS, OR ATTEND CHURCH WITH YOUR FAMILY. (YOU MUST HAVE PRIOR PERMISSION ... WRITTEN ON CHURCH LETTERHEAD OR SOMETHING WRITTEN BY YOUR FAMILY ... ALSO INCLUDE YOUR CONTACT INFORMATION.)

If you owe McShin any money you have to attend the 9am service at Hatcher Memorial Baptist Church during meditation.

If you don't owe money and would like to go to a different church, it has to be with your family.

If you attend a church that starts at 10am or later, you must be at meditation until 9:30AM and then leave for your church.

MEDITATION IS FOR DOING STEP-WORK, READING RECOVERY (SELF-HELP AND/OR SPIRITUAL MATERIAL), AND/OR QUIET MEDITATION.
MEDITATION IS A TIME TO DO SOMETHING THAT WILL BE HELPFUL TO YOUR PERSONAL RECOVERY.

MEDITATION IS NOT FOR SOCIALIZING OR CARRYING ON CONVERSATIONS.
MEDITATION IS NOT A GATHERING TO TALK, PLAY, OR DO WHATEVER YOU WANT TO DO.
MEDITATION IS NOT A PLACE IN WHICH YOU MAY READ THE NEWSPAPER AND/OR MAGAZINES.

THERE WILL BE NO SMOKING!!! IF YOU DO TAKE A SMOKE BREAK, IT WILL BE ADDED TO THE HOUR MEDITATION TIME...THEREFORE, IF YOU TAKE A 10-MINUTE SMOKE BREAK, MEDITATION WILL END AT 10:10 A.M.!!!!

IF YOU ARE DISRUPTIVE DURING MEDIATATION YOU WILL STAY AN EXTRA 15 MINUTES FOR EVERY TIME YOU ARE ASKED TO BE QUIET!!!!!!

THANK YOU,

McShin Foundation Staff