



T.E.E.C.H - ROSC MONTHLY MEETING AGENDA

DATE: April 29, 2021

TIME: 6:00 PM – 7:30 PM

6:00 – 6:30 PM

Opening Statement & Introductions

6:30 – 7:00 PM

Presentation: Warren Avery

"A Spiritual and Mediation Intervention for Such a Time as This"

7:00 – 7:30 PM

Q&A Session

From: Transforming Educating & Empowering Children and Humanity (dba TEECH) svdbygraceandmercy@sbcglobal.net
Subject: TEECH ROSC March 2021: A Spiritual and Meditation Intervention...
Date: April 15, 2021 at 9:27 PM
To: svdbygraceandmercy@sbcglobal.net



T.E.E.C.H Far Southside ROSC Initiative

A Spiritual and Meditation Intervention For Such a Time as This

April 29, 2021 • 6:00 pm - 7:30 pm

Guest Speaker



Warren Avery, Author

Join The Discussion!

Times are challenging and the call for interventions to meet them is clear. Tonight we will discuss how spiritual practices can help in these times.

Zoom Information

<https://us02web.zoom.us/j/83457129193?pwd=5XZHSTgwOVIPbTRHM1hDRDZYYTg3Zz09>

Meeting ID:

834 5712 9193

Password:

553998

Phone Number:

312-626-6799



TEECH FAR SOUTHSIDE ROSC INITIATIVE MONTHLY MEETING
VIA-ZOOM

Meeting **Date:** 04/29/2021

Time: 6:00PM – 7:30M

Community Topic: Meditation and Spirituality

Guest Speaker Warren Avery, Author

Wil demonstrate the art of meditation and how it is done

What is Meditation: Defines as a set of techniques used to encourage a heightened state of awareness or focus.

What is purpose of Meditation:

- To open your mind and focus your attention
- Relives stress
- State of confusion
- Can enhance physical and emotional well-being

Who can Meditate:

Anyone and everyone

Meditation can also be called silent prayers or conversations within

What is Spirituality: Defines as the quality of being concerned with the human spirit or soul as opposed to material or physical things.

Spirituality is the connection and or relationship with God, or your higher power

- Spirituality and religion are not the same.
- Meditation and spirituality relate because they both call for focus and a connection

What is a spiritual person?

It can be said a spiritual person is one who strives to act in love for themselves and others. Meaning they will do nothing to hurt themselves and or others.

There are three elements of spirituality:

- Relationships
- Values
- Life purpose



How does spirituality help in recovery and or daily lives?

- It restores hope, faith, and optimism
- Helps you to live a less complex life
- It gives you direction and focus

Open floor after for comments and questions