

# Chaplain's Office

Fostering Spiritual, Religious, & Contemplative Life at CC

WAYS TO  
ENGAGE IN

## Buddhist Life



Buddhist life and the Buddhist community is diverse at CC, and includes Buddhist students along with students who are interested in different types of meditation, teachings, and community. There are opportunities throughout the week for students to meet informally at regularly scheduled community meditations, both at Shove Chapel and other campus locations. There are also opportunities for meditation retreats and Buddhist text studies. During the 2022-23 academic year, meditation practices are likely to occur in a variety of ways including, indoors, outdoors, in small groups, and online to meet a variety of community needs. Meditation cushions are available for individual use in Shove Chapel throughout the day should you be looking for a quiet moment.

There are many ways to deepen your connection to Buddhist life and spirituality as well as academic learning, including through the academic study of Buddhism by taking courses in the Religion Department; attending periodic campus lectures and speakers focused on Buddhism; studying abroad with a program focused on Buddhist Studies; in addition to connecting to the wider Colorado Springs Buddhist communities. We are excited to support your journey and the many opportunities to explore Buddhism as you grow holistically at CC.



# RESOURCES

The following campus and community resources may be helpful to you in remaining connected to both individual and community Buddhist life at CC.



## CONNECT WITH COMMUNITIES & PRACTICE

### Spiritual Life Contact

Kate Holbrook, Chaplain - [kholbrook@coloradocollege.edu](mailto:kholbrook@coloradocollege.edu), 719-389-7986

### Other Campus and Community Contacts

David Gardiner, Assoc. Professor of Religion - [dgardiner@coloradocollege.edu](mailto:dgardiner@coloradocollege.edu), 719-389-6616

Sarah Bender, Spiritual Life Advisor, Roshi Springs Mountain Sangha - [sembender@gmail.com](mailto:sembender@gmail.com), 719-594-0724

Andrew Palmer, Spiritual Life Advisor, Sensei, Springs Mountain Sangha - [alpalmer128@gmail.com](mailto:alpalmer128@gmail.com), 719-358-6882

### Student Sangha

Get more information about this student-led Buddhist meditation group by talking to Will Holtz'23, [w\\_holtz@coloradocollege.edu](mailto:w_holtz@coloradocollege.edu) and Ann-Claire Lin'23, [a\\_lin@coloradocollege.edu](mailto:a_lin@coloradocollege.edu)

### Zen Buddhism, Springs Mountain Sangha

Group meditation followed by talk/sutra service/discussion Mondays at 6pm, simple sitting Wednesdays and Saturdays at 6:30am. Please email Sarah Bender for meditation Zoom links and visit [www.smszen.org](http://www.smszen.org) for more information.

\*During 2021-22 many meditations will be online.

### Bodhi Mind Center

Offers traditional Buddhist teachings to enrich contemporary life. Group meditation every Tuesday 5:30-6:30pm and Saturday 9-11am. Please contact [Bodhi Mind Center](#) for more information and Zoom links.

### Buddhist Communities in the Pikes Peak Region

There are currently at least 17 active Buddhist groups in the Pikes Peak Region. For a listing of these groups please visit [www.smszen.org](http://www.smszen.org).

# ENGAGE WITH PROGRAMS AND PRACTICES

## Morning Meditation (& Muffins)

An opportunity to connect with oneself, to ground oneself in stillness before the start of the day through meditation from 8-8:25 am weekly in Shove Chapel.

## Buddhist Text Study

An opportunity each block learn from classical Buddhist texts about philosophy, meditation, and spiritual practice at the Buddhist Text Study with Professor David Gardiner, from the Religion Department. Through exploration and discussion students will engage in community the wisdom of the text and each other. For more information contact the Chaplain's Office at [chaplainsoffice@coloradocollege.edu](mailto:chaplainsoffice@coloradocollege.edu). \*(during the 2022-2023 academic year, Prof. Gardiner is on Sabbatical. We plan to still have text studies, though they may happen less frequently and with quest teachers)

## Buddhist Learning

An opportunity to engage in classes like "Introduction to Zen," "Koans," and other topics designed to explore and deepen your interest and understanding of Buddhism.

## Contemplative Practice, Social Justice Engagement, and Radical Care

Throughout the year there are opportunities to engage in the intersections of contemplative practice (mediation, mindfulness, Qigong and other embodied practices) and how they connect with staying connected to ourselves and navigate the world, our intersecting identities, along with being engaged with social justice, anti-racism, and activism. This takes various forms; engaging in practice and conversation; contemplative reading and reflection; and invited practitioner speakers. There are specific spaces and meditative opportunities for BIPOC/Students of Color to participate in. Curious to know when gatherings/events/opportunities happen? Sign up at [chaplainsoffice@coloradocollege.edu](mailto:chaplainsoffice@coloradocollege.edu)

## Rainbow Meditation

A Queer Spirituality group that meets throughout the year for meditation, conversation, speakers and community.

## Places of Meditation

There are many quiet places for meditation around our beautiful campus. There are cushions for meditation in the side Chapel at Shove. If you need help finding other places, please let us know.

\*For more information about groups that you do not see represented on this page, please contact the Chaplain's Office at [chaplainsoffice@coloradocollege.edu](mailto:chaplainsoffice@coloradocollege.edu).



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