

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. CC is comprised of Buddhist students along with students who are interested in different types of meditation, Buddhist 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 2020-2021 academic year, many meditation practices are likely to occur online and/or outdoors to ensure social distancing and best health practices. Meditation cushions are available for individual use in the Shove Chapel by coming to the main office to check them out.

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. There are many ways to connect and holistically grow and explore Buddhism at Colorado College and we are excited to support you in this journey.



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, 719-389-7986

Other Campus and Community Contacts

David Gardiner, Assoc. Professor of Religion - dgardiner@coloradocollege.edu, 719-389-6616

Sarah Bender, Roshi Springs Mountain Sangha - sembender@gmail.com, 719-594-0724

Student Sangha

Get more information about this student-led Buddhist meditation group at the [Chaplain's Office](#) or by calling 719 389-6638.

Zen Buddhism, Springs Mountain Sangha

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

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.

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 a.m.

Buddhist Text Study

An opportunity each Block to 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 and/or sign up for regular communications, contact the Chaplain's Office at chaplainsoffice@coloradocollege.edu.

Contemplative Practice and Social Justice Engagement

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. Curious to know when gatherings/events/opportunities happen? Sign up here: [Chaplain's Office](#).

Rainbow Meditation

A meditation group for LGBTQIA+ students that meets throughout the year for meditation 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.



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