

Welcome to the _____ Chapter of the Spiritual Naturalist Society!

The mission of the Society is to spread awareness of Spiritual Naturalism and the traditions that inform it, and to help bring Spiritual Naturalists together for mutual learning, growth, encouragement, and fellowship. There is a handout here describing what Spiritual Naturalism is for those who need it.

My name is _____ and I will be introducing our topic and moderating the discussion. But I should also make clear that I am no guru or master; nor am I an expert in all of these teachings. Like you, I am just a fellow student and hope to learn from all of you too.

The things we try to cover here are rituals, practices, habits, and teachings that are practical and applicable; that are on the scale of personal development rather than social issues; and that are positive, talking about what we DO believe rather than what we DON'T believe. As naturalists, we also assume naturalism in what we cover – meaning no faith and no paranormal or supernatural beliefs are needed or required to gain benefit from these practices. Lastly, we try to stay away from politics here, as we'd like the Society to be a refuge from the partisanship so prevalent elsewhere.

We focus on traditions that teach cultivation of our character and lives for flourishing and deeper happiness, including but not limited to: Buddhism, Stoicism, Taoism, Epicureanism, and more. Please feel free to suggest topic ideas for our discussions!

Lastly and most importantly, this is not a debate club or merely for academic philosophy. We aim to practice what we preach by cultivating an environment of compassion, patience, listening, and sharing – rather than a debating tone, and ask that you do the same.

With that in mind, I will propose tonight's topic...