
URBAN ABBEY

Coffee | Cause | Communion

Our Vision

We are a space of radical hospitality connecting people to God and one another in everyday life.

Hospitality

From local milk to reclaimed wood tables, whether for worship or the Farmers Market, we welcome everyone just as they are. We are a space of authenticity, engaging God's presence in the real stuff of life.

Connection

We reach out to our community from a place of deep faith. We connect with God to go out and change the world. We are not waiting for people to find us; we want to meet as many people as we can, connect, and share love.

Generosity

We believe that to explore generosity we must practice it. It is risky, but we give 10% of our coffee bar sales to local non-profits. Every month we have a different partner. Our giving is more than in-kind goods; we provide significant financial resources to do life-giving work in the community.

Zen Meditation

Several years ago, I attended an introductory meditation workshop at the Nebraska Zen Center. Zen meditation is a simple practice in the Buddhist tradition that involves sitting in quiet awareness. The Buddha taught that humans suffer because they cling to that which is impermanent. This may include possessions, status, health, relationships, and even our beliefs about the way things should be. So Zen meditation is a way to practice being present in each moment, letting go of those things to which we may be attached.

In Zen, the traditional meditative posture involves sitting upright on a cushion with legs crossed in a lotus or half-lotus position, hands cupped in front with the tips of the thumbs touching lightly together, letting your gaze fall downward to a natural resting place in front of you. Sitting upright in a chair is an acceptable alternative for anyone who has difficulty with this posture. You then sit in this position for 20 minutes or so, neither pushing away any thoughts that may arise nor grasping onto them. If you do find your mind wandering, you simply return to your breathing, following each in-breath and out-breath as a way to return to the present moment.

Sitting in this manner of non-judgmental awareness over time helps foster mindfulness in daily life and the ability to let go of our attachments. For more on this practice, including specifics of Zen meditation posture, visit szba.org.

- Matt Jorgensen