

Ex-Religious Support Network (ESN)

A self-help community seeking meaning and joy beyond religion

www.meetup.com/Ex-Religious-Support-Network

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Purpose

People leaving their religion may experience anxiety as they get separated from friends, colleagues and family. Deep questions may also arise about what they are to believe and trust in now that they have lost their religious scaffolding. They may also come to question the meaning and purpose of life. The Ex-Religious Support Network (ESN) is a place where people who have left their religion, or are leaving their religion, get an opportunity to develop friendships and tap into resources that will help them on their journey through a life without religion. This network offers an opportunity for members to share the challenges and triumphs of their journey towards unbelief. In this safe environment, members can learn and support others experiencing the same challenges as themselves.

Activities

ESN members meet monthly in a central Melbourne location to touch base with other travelers on the same journey, to share their challenges, explore alternative ways of living and listen to speakers on living life from a non-religious perspective. From time to time, we meet more informally for fun times in a park or pub or to take in a movie. Share your ideas on what activities you would like to partake in.

This Meetup is sponsored by



<http://vichumanist.org.au/>

Membership

Membership is open to all who are seeking meaning and purpose in a world without God and supernatural forces. There is no membership fee and membership is open to people from all locations. We welcome donations to help keep ESN flourishing and serving the needs of its members. To join, visit meetup.com/Ex-Religious-Support-Network and click on the *Request to join* button.

Confidentiality

We understand that for many people, leaving their religion is a difficult and sensitive time. For this reason, the Ex-Religious Support Network is a private Meetup group. For member security and confidentiality, membership status and group conversations are not displayed publicly.

Ground Rules

To ensure the effective functioning of the group, all members are expected to adopt the following behaviours:

- I will listen attentively and without interrupting
- I will speak respectfully, without resort to abuse or denigration
- I will support my fellow travelers in their personal journey
- I will participate openly in discussions as best I can
- I will say what I need from others in the group
- I will maintain the confidentiality of members
- I will be punctual at meetings I attend

Ex-Religious Discussion Group:
facebook.com/groups/ExReligiousDiscussion/