

Metta in Practice

The Pali word 'metta' evokes loving-kindness, friendliness, goodwill, benevolence, fellowship, amity, concord, inoffensiveness and non-violence towards all. Following are some suggestions for cultivating a harmonious environment for our shared Sangha space:

- by arriving a few minutes before the start of the meditation period we are able to settle into the quiet space of the sanctuary prior to the commencement of the chanting.
- we ensure all electronic devices are switched off prior to entering.
- we honor our Sangha by removing our shoes (at the entrance) and moving mindfully into our shared space. (Those who need to wear shoes for medical or physical reasons do not have to remove shoes.)
- we respect the sanctity of the space by entering in a Spirit of Quiet as soon as we enter the building and until the end of the formal meditation sit.
- cushions, mats, and blankets are available for use and are located in the storage closet inside the accessible bathroom; feel free to bring your own meditation supports if you prefer.
- out of respect for others and the space, please do not lie down in the meditation room unless you have a medical condition that makes sitting uncomfortable.
- we cultivate the intention to stay for the whole meditation practice; those who wish may leave during the break after the meditation period and before the Dharma Study period.
- after the meeting, we collectively work towards restoring the space to how we found it, returning meditation supports to the closet and ensuring all Sangha items are returned to appropriate storage areas.

Discussion Guidelines

The purpose for the guidelines is to help Sangha discussions be accessible to everyone – to create an environment that is inclusive and compassionate. By holding each other in our hearts as we speak, we expand our awareness and loving kindness beyond ourselves.

- By allowing a pause between our sharing we support our ability to listen deeply. This pause, and being mindful of who has not yet spoken, also help to create space which is encouraging to anyone who would like to share.
- It is useful (especially in large groups) to be mindful to limit the number of times any one person speaks.
- To speak from the heart and be brief helps the discussion be about our practice and experience, not our 'story'.
- To be conscious that back and forth dialogue may be exclusive of other Sangha members, we encourage that members not give any back and forth, crosstalk, comments and advice between people.
- As teacher Phillip Moffitt says – no fixing, judging or comparing.

**Thanks for coming and being part of the
Port Townsend Sangha family!**

Chanting

These are the words to the Pali chant sung before the start of our sitting period on Wednesday nights. Known as the 'Three Refuges', they serve as a spiritual protection manifesting as a peaceful and settled mind. They remind us of our intention towards wakefulness through practice of the Buddhist dharma within the context of a community that shares these intentions.

Vandanā

Salutation to the Buddha

Namo Tassa Bhagavato Arahato Sammā Sambuddhassa

(repeated three times)

*Homage to the Blessed One, the Perfected One,
the Fully Enlightened One.*

Ti-Sarana

Taking the Three Refuges

Buddham Saranam Gacchāmi

Dhammam Saranam Gacchāmi

Sangham Saranam Gacchāmi

I go to the Buddha as my refuge.

I go to the Dhamma as my refuge.

I go to the Sangha as my refuge.

Dutiyaampi Buddham Saranam Gacchāmi

Dutiyaampi Dhammam Saranam Gacchāmi

Dutiyaampi Sangham Saranam Gacchāmi

For the second time, I go to the Buddha as my refuge.

For the second time, I go to the Dhamma as my refuge.

For the second time, I go to the Sangha as my refuge.

Tatiyaampi Buddham Saranam Gacchāmi

Tatiyaampi Dhammam Saranam Gacchāmi

Tatiyaampi Sangham Saranam Gacchāmi

For the third time, I go to the Buddha as my refuge.

For the third time, I go to the Dhamma as my refuge.

For the third time, I go to the Sangha as my refuge.



Welcome to the Port Townsend Sangha



Wednesdays 7-9pm
Quaker Friends Meetinghouse
1841 Sheridan St.
Port Townsend, WA 98368
ptsangha@gmail.com

www.ptsangha.org

Who We Are

The Port Townsend Sangha (meditation community) upholds Buddhist teachings and meditation practice, primarily through the Theravada tradition. While our focus is on Vipassana, or Insight Meditation, we welcome anyone who wishes to sit with us in silent meditation and is interested in the dharma (teachings of the Buddha). We are a community led group that relies on the volunteer efforts of its members.

There are a lot of ways to participate in and support our Sangha*:

Wednesday Meditations

Weekly volunteers are needed to:

- Set up room
- Lead meditation
- Facilitate dharma talk and conversation
- Take down room

Days of Mindfulness (3rd Saturday of the month)

We sponsor monthly day-long retreat. Volunteers are needed to join committee, facilitate days and for set-up/take-down on the day.

Spring and Fall Retreats

Volunteer for a retreat committee position:

- Retreat Manager
- Registrar
- Publicity
- Set-up/Take Down Coordinator
- Tea Coordinator

Join a Committee

Guiding Committee

This is group oversees the general administration of the Sangha.

Finance Committee

This group is responsible for overseeing the Treasury of the PT Sangha.

Wednesday Meditations Open/Closing Committee

Members are rostered to set-up and take-down for Wednesday sats.

Days of Mindfulness Committee

This group coordinates our monthly Days of Mindfulness.

Retreat Committee – Spring and Fall Retreats

This group coordinates our two bi-annual weekend retreats.

Social Committee

This group coordinates social activities for the Sangha.

Service Committee

This group coordinates service activities to the broader PT community.

Library Committee

This group oversees the maintenance of the Sangha Library.

*Volunteer tasks are explained on the ptsangha.org website.

You can sign up for Wednesday evening meditation tasks at
ptsangha.org/volunteer/volunteer-sign-up-sheet/

Wednesday Program

Opening chant followed by silent meditation (7:00)

We start our formal meditation practice by chanting the Buddhist refuges as a way to settle our minds and ground ourselves in our shared community practice. The Pali words are on the back of this brochure. You are welcome to join in.

Bell rings for walking meditation (optional) (7:25)

You are welcome to practice a walking meditation on the periphery of the room or out in the hall.

Reading (7:45)

A member of Sangha reads a selected poem or other reading to inspire us on some aspect of the dharma.

Bell rings to signal the close of meditation (7:50)

The bell is rung to signal the end of the formal meditation sitting. A brief stretch break follows. This 10-minute period is a time to quietly connect with other sangha members. Another bell is rung to signal our regathering for the Dharma Discussion period.

Dharma talk and discussion (8:00)

The volunteer Facilitator for the night will introduce the theme for the night, usually taken from our annual Dharma Study Program. The Facilitator plays a portion of a talk and then facilitates a discussion period. We end this session with a brief period of silence and a final bell.

Introductions and Announcements (8:50)

This is a time for introducing visitors to the Sangha and making any Sangha-related announcements.

Conclusion (9:00)

Anyone who wishes can help with the 'take-down' of the room (returning chairs and pews to their original positions and a general tidy-up).

The Practice of Dana

"Dana" is the Pali word for generosity and is an integral part of the Buddhist teachings and practice. Both the teachings and the volunteer efforts of our Sangha members are offered freely in a spirit of generosity that feeds and nourishes our shared community and practice. You have the opportunity to offer dana on Wednesday evenings through your financial contributions. Dana funds are distributed as follows:

Room Dana: the Sangha rents our public venue for \$50/week. The first \$50 of weekly dana goes towards this.

Sangha Dana: the remaining dana goes in the Sangha Treasury, which funds retreats (monthly, semi-annual), social events and scholarships.

Community Events

Our Annual Calendar includes:

Sangha Annual Meeting – Winter

A time for Sangha members to reflect on their experience of the Sangha, make suggestions for improvement and find out more about the behind-the-scenes administration of the Sangha.

Quarterly Guiding Committee (Jan / April / July / Oct)

The PT Sangha Guiding Committee (GC) was set up in 2009 to facilitate the business of the Sangha so that Wednesday night gatherings can be devoted to meditation practice and not business meetings. Administration of the Sangha includes retreat scheduling, discussion form and topic planning, and how to spend the dana we collect for the Sangha. Guiding Committee members make sure that the rents are paid, the doors unlocked, and that everyday business is taken care of. Any member of the Sangha is welcome to attend the quarterly meetings of the GC.

Annual Picnic - Summer

This is the major social event of the year, usually held at the beach at Ft Wordon from mid-afternoon well into the night. It's a casual get-together with a potluck meal, music-making, games and an opportunity for members to form and strengthen their friendships.

Kalyana Mitta (Dharma Study Groups)

Occasionally members of the Sangha will form small groups to share and study some aspect of the dharma for a period of time. Any open study groups will be advertised for members. If there is a dharma topic you would like to study in the context of a smaller group, feel free to suggest it during the announcement period on Wednesday nights.

Communications

We offer two ways for members to communicate:

Contact List: a hard copy sheet and available on Wednesday nights. It includes names, addresses, phones and emails of participating members. (A digital copy is available upon request through Google Drive. Send a request to ptsangha@gmail.com.)

Google Group Email List: this list includes members names and email addresses for general electronic dissemination of Sangha related business. Members on this list receive postings about Wednesday night topics, Sangha events and business, and items deemed to be of interest to our members. (For those who prefer less correspondence, they can opt for a "Retreats Only" list; emails are only sent out announcing our monthly and bi-annual retreats.)

Sign up for any of these two lists on Wednesdays or on the website.

For up-to-date news on Sangha related business and events visit:

www.ptsangha.org