

# Welcome to the Port Townsend Sangha



**Meeting Weekly**

**7 to 9 PM**

**Wednesdays on Zoom**

Meeting Link is available at  
[ptsangha.org/subscribe](https://ptsangha.org/subscribe)

**and**

**Mondays in Person**

Port Townsend Friends Meeting House  
1841 Sheridan Street  
Port Townsend, WA 98368

**[ptsangha@gmail.com](mailto:ptsangha@gmail.com)**

**[ptsangha.org](https://ptsangha.org)**

## Monday Program

### Opening Chant & Silent Meditation (7:00)

We often begin by chanting the Buddhist refuges as a way to settle our minds. The Pali words are on the back of this brochure. You are welcome to join in. A bell rings to begin meditation.

### Walking Meditation Period (7:20)

Some of our members practice walking meditation on the periphery of the room or in the lobby. A bell announces the start of this period.

### Tea Break (7:40)

A bell rings to end meditation. A tea break follows, and members socialize in the main hall.

### Dharma Talk and Discussion (8:00)

After the break, we begin our dharma discussion. A volunteer facilitator introduces the theme for the evening, and may play a recording, make a presentation or pass around material to be read. A group discussion follows the presentation.

### Announcements (8:50)

Members make announcements and sign up to facilitate discussions and to perform other tasks.

### Conclusion (9:00)

Members straighten up the hall and depart.

### The Practice of *Dana*

*Dana* is the Pali word for generosity. We accept financial contributions to pay our \$50 weekly rent and to help sustain Sangha service programs.

## Wednesday Program and Events

Each Wednesday from 7 to 9 PM the Sangha meets on Zoom to meditate for a half hour, hear a dharma talk, have a conversation, and discuss our practice. All are welcome.

For the weekly link, please subscribe to our newsletter at <https://ptsangha.org/subscribe>

### Annual Meeting – Winter

A time for Sangha members to reflect on their experience of the Sangha, make suggestions for improvement and make decisions about charitable giving.

### Annual Picnic - Summer

Our major social event of the year is held at the beach at Ft. Worden from mid-afternoon to evening. It's a casual get-together with a potluck meal, music-making and an opportunity for members to strengthen friendships.

### Community Service – Winter

The Sangha engages in community services such as providing food for Port Townsend's homeless shelter.

### Communications – Our Newsletter

The PT Sangha sends a weekly newsletter to our subscription list with details about our programs and links to all Port Townsend Sangha events.

To subscribe, visit <https://ptsangha.org/subscribe>

For up-to-date news, visit: <https://ptsangha.org>

## Who We Are

The Port Townsend Sangha (meditation community) hosts meditation practice and explores Buddhist teachings each Monday at 7 PM at the Friends Meetinghouse in Port Townsend, and each Wednesday at 7 PM on Zoom. Subscribe to our Newsletter at [ptsangha.org/subscribe](https://ptsangha.org/subscribe) for weekly meeting links and updates.

While our focus is on Vipassana, or Insight Meditation, we welcome anyone who wishes to sit with us, and who is interested in the dharma (teachings of the Buddha).

We are a peer-led group that relies on the volunteer efforts of its members.

- For *Monday In-Person Meditation*, volunteers:

- Set up and take down the room;
- Lead meditation;
- Facilitate dharma talks and discussion.

- For *Wednesday Zoom Meetings*, volunteers:

- Lead meditation;
- Select and present recorded dharma talks;
- Facilitate discussions and announcements.

- For *At Retreats and Days of Mindfulness*, volunteers:

- Serve as Retreat Manager;
- Registrar;
- Set-up/Take Down Coordinator;
- Tea Coordinator.

- *Volunteers also participate in:*

- Annual service projects such as preparing meals for the Port Townsend Winter Shelter.

## Metta in Our Practice

- We practice *metta*, meaning loving-kindness, friendliness, goodwill and nonviolence, and cultivate a peaceful and harmonious environment for meditation.
- By arriving at in-person events a few minutes before the start of meditation, we are able to settle into our quiet space prior to the commencement of the chanting.
- We turn off our electronic devices, and remove our shoes at the entrance.
- Cushions, mats, and blankets are available.
- We depend upon *dana* (contributions) to pay the rent for our meditation space and library.

## Discussion Guidelines

- To speak from the heart and be brief helps others to absorb and understand our ideas.
- We try to speak to the group as a whole, rather than having extended dialogues.
- We exercise restraint in reacting to remarks, allowing others to offer thoughts.
- We do not criticize others' comments, and strive to ensure ease and comfort for all.
- Through the practice of right speech, we try to learn together without causing harm or suffering.

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

## Chanting

These Pali chants are often sung before the start of meditation.

### *Vandanā* - Salutation to the Buddha

*Namo Tassa Bhagavato Arahato  
Sammā Sambuddhassa*  
(This is 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.

*Dutiyampi Buddham Saranam Gacchāmi  
Dutiyampi Dhammam Saranam Gacchāmi  
Dutiyampi Sangham Saranam Gacchāmi*

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

*Tatiyampi Buddham Saranam Gacchāmi  
Tatiyampi Dhammam Saranam Gacchāmi  
Tatiyampi Sangham Saranam Gacchāmi*

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