

Welcome to the Port Townsend Sangha



Meeting Each Week

7 to 9 PM

Monday at the Friends

Port Townsend Friends Meeting House
1841 Sheridan Street
Port Townsend, Washington

and

Wednesday on Zoom

Our Meeting Link is at ptsangha.org

Email: ptsangha@gmail.com

Website: 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.

Break for Tea (7:40)

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

A Dharma Talk (8:00 – 8:30)

After the break, a volunteer facilitator introduces a theme selected for the evening related to Buddha dharma and meditation. Presentations may include the teachings of both classical and modern interpreters. Material presented may be live or recorded.

Discussion (8:30 – 8:45)

A group discussion follows the presentation.

Announcements (8:45 – 8:55)

Members make announcements, sign up to facilitate discussions and discuss other matters.

Closing the Hall (8:55 – 9:00)

Donations: The Sangha accepts 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. We meditate for a half hour, then hear a dharma talk, have a conversation, and discuss our practice. All are welcome.

The *Link to Wednesday Zoom Meditation* is found at ptsangha.org and is in the newsletter.

Website and Weekly Newsletter

Current information on all programs is online at ptsangha.org, and in our weekly newsletter. To subscribe, visit ptsangha.org/subscribe.

Meditation and Dharma Study Retreats

The Sangha offers one and two-day retreats with visiting teachers. Announcements and details are on the website and newsletter. All are welcome.

Summer Picnic

We hold an annual afternoon gathering for all at a local park or beach each summer. It is a casual affair, with a potluck meal, music-making and a chance for all to strengthen our friendships.

Summer Outdoor Meditation

The Sangha often hosts outdoor meditation in the summer. See the website or newsletter for details.

Community Service / Winter Meeting

The Sangha meets once each winter to allocate surplus donations to charities working to end suffering in our area, and to consider program improvements. For many years, Sangha members have provided funds, food and volunteers for Port Townsend's Winter Shelter.

Who We Are

The Port Townsend Sangha hosts meditation practice and explores Buddhist teachings each Monday at 7 PM at the Friends Meetinghouse in Port Townsend.

We also meet each Wednesday at 7 PM on Zoom. Subscribe to our Newsletter or visit our website 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.
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- *At Day-long and Weekend Retreats*, 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.
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- We welcome all who wish to join us for meditation, and strive to maintain a peaceful, harmonious environment.
- By arriving at events a few minutes before the start of meditation, we are able to settle into our quiet space before commencement of the chanting.
- We turn off our electronic devices, and remove our shoes at indoor sessions.
- Cushions, mats, and blankets are available.
- We depend upon donations 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.

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.

*Tatīyampi Buddham Saranam Gacchāmi
Tatīyampi Dhammam Saranam Gacchāmi
Tatīyampi 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.