Fifth Precept Sangha

Day & Time: Sun, Mon & Thurs @ 7:30 PM (UK)

Online location: https://zoom.us
Meeting ID: 453 777 7699
Meeting Passcode: 5ps
Host Key: To Be Advised

Virtual Sit-and-Share
Host Instructions (V21)

These ZOOM instructions apply to anyone hosting a 'Sit-and-Share' meeting with immediate effect.

- **Open the meeting URL**
  - Try to logon at least 30-minutes in advance of the start time.
    
    https://us02web.zoom.us/j/4537777699?pwd=eFFWQ2JOSXlVNGIzTGJUYWtHR1IxZz09

  - or manually enter meeting ID **453 777 7699** and passcode **'5ps'**.

- **Logon on to Zoom using your personal account**
  - There is no need to logon to the Fifth Precept Zoom Account.

- **You will now be an attendee but not the host**
  - In theory, you could run the whole meeting from here, but you will lack the ability to mute others, share screens and do other admin tasks until you claim host status.

- **Use the [Claim host] button in the Participants List [or ...]**
  - Open the Participants list (or ...) using the button at the bottom of the window.
  - At the bottom of the window, **IF THERE IS NO HOST YET**, there will be a Claim Host button.
  - Click the button and enter the Host Key for the meeting.
  - The Host Key is **ddmmyy** (the date of the first 'Sit-and-Share' online meeting).
  - If the button is missing it is probably because someone else in the room is already set as host (which is visible in the Participants list). Ask this person to make you Co-host.

- **Closing the Meeting**
  - Make sure that you select **End Meeting For All** otherwise the Host Key may become locked.
As the Host, please follow this format closely. Everything that you say is in **italics**.

7:30 pm or as close as possible - logon to Zoom as described above.

Remember to make yourself the Host by using the **CLAIM HOST ROLE** button and then entering the 'Host Key'.

8:02 pm – [Click on Participants > select 'MUTE ALL'] Read the opening preamble aloud.

*Welcome to this Sit-and-Share meditation meeting of the virtual Fifth Precept Buddhist Group.*

*This is a Peer-Led group - or Sangha - that is open to people of all backgrounds. The group is founded on the principles and practices of Truth and Truthfulness, of Generosity, of Harmlessness, of Wise Heartedness, of Forgiveness, of Mindfulness & Meditation; and of Fellowship. This Sangha is grounded in the principles of compassion and interdependence.*

This 'Sit-and-Share' meeting is open to any individuals aspiring to live their lives in harmony with the Five Universal Precepts; that is –

- To refrain from harming ourselves or harming others by our thoughts, by our words, or by our actions.
- To refrain from taking anything that has not been freely given;
- To refrain from sexual and sensual misconduct;
- To refrain from false speech, harsh speech, gossip and slander.
- To refrain from taking alcohol and other drugs that lead to suffering.

As part of our shared practice together - we abandon any attachments to negative self-views by announcing ourselves by our first name only. **In the spirit of this intention, I will introduce myself as _______ and I wish you all a very good evening!**

Your microphone is currently muted, and being respectful of our practice; and to avoid unplanned interruptions, interference and background noise during the meditations, reading and sharing periods, you are kindly asked to leave your microphone muted whenever you are not actively communicating with the meeting.

Please feel free to leave your video camera on or off for all or part of our meeting however if you are not sitting in one place or you intend to get up and move about then it would be appreciated if you could switch your camera off.

**Statement of Anonymity and Confidentiality**

In order for this group to be a place where we can feel safe to share about our practice, where we can feel safe to share about our spiritual aspirations and where we can feel safe to share our personal stories; and to create an atmosphere of openness, we ask that -

- who you see here remain anonymous,
- and what you hear here remain confidential.
Tonight’s meeting will begin with 10-minutes of serenity breathing meditation. I will then read tonight’s topic for reflection and we will settle into 5-minutes of silent but active contemplation. You will then be invited to unmute yourself and ‘share’ your thoughts on the topic.

But first, please join me for 10-minutes of Serenity breathing meditation to calm the breath, relax the body and quiet the mind.

Serenity Breathe Meditation

Ring the bell (x1) to begin the 10-minute ‘serenity’ meditation and read the following guidelines...

For those who are new to meditation, here are some guidelines:

- For the next 10-minutes, using mindfulness of breathing, you are invited to cultivate serenity of body and serenity of mind. You are invited to practice ‘calm and pleasant abiding’ in the here and now.
- For the next 10-minutes, there is nowhere to go - there is nothing to be done - there is no one ‘special’ to be or to become.
- Take an upright, dignified posture... a posture that represents your Heart’s desire to awaken.
- If it is comfortable for you, let your eyes gently close.
- We might start to settle into our meditation by taking a very full, very deep breath in... [pause] and a very long slow breath out... [pause] and another very full, deep breath in... [pause] and a very long slow breath out; feeling the breath in the whole body.
- Now allow your breath to settle down naturally.
- Let your face be soft and allow your jaw to relax.
- Let your shoulders drop back naturally to open up the heart area.
- Let your arms and your hands rest easily... in your lap or on your thighs.
- The Buddha’s instructions for the full awareness of breathing say we should breathe in with mindfulness and breathe out with mindfulness, so we might silently note to ourselves -
  - “Breathing in, I am fully aware that I am breathing in.”
  - “Breathing out, I am fully aware that I am breathing out.”
  - ...or we might simply notice with full awareness... ‘in’... [pause] ...‘out’
- We are invited to bring a friendly, affectionate interest to each and every breath.
- When you notice that your mind has wandered away from your breath, just smile...
  ... make a friendly, gentle, silent, non-judgmental note of “not-breath”...
  ... and then return your full awareness to your breathing.
- Our whole practice is grounded on wise-heartedness; so, you are encouraged to smile inwardly...
  and you are encouraged to smile outwardly;
  you are encouraged to take delight in this moment...
  to take delight in this only moment.

8:15 – Ring the bell (x3 long gaps) to end the 10-minute ‘Serenity’ meditation.

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1 Anapanasati Sutta: Mindfulness of Breathing  [https://www.accesstoinsight.org/tipitaka/mn/mn.118.than.html](https://www.accesstoinsight.org/tipitaka/mn/mn.118.than.html)

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Topic Contemplation

Read the selected topic (for examples see https://5th-precept.org/topics-for-contemplation/)

[OPTIONAL: You may at this point briefly introduce or explain why you chose this topic]

and then read this aloud:

_We will now contemplate and reflect silently on this topic for about 5 minutes. You will then be invited to ‘share’ on the topic, as it relates to your aspirations, or as it relates to your practice or to your experience on this path of awakening. If you wish to share at that time, please make me aware._

Ring the bell (x1) to begin the 5-minute topic contemplation.

_Here are some guidelines for our contemplation meditation:_

- _Take an upright, dignified posture... a posture that represents your Heart’s desire to awaken._
- _Once again, if it is comfortable for you, let your eyes gently close._
- _Breathe naturally._
- _From a place of non-judgmental calmness, reflect on the topic - >>> Read the topic again<<<_
- _Remember to be gentle with yourself._
- _If you get lost, just practice Serenity breathing meditation again to become calm and focused._
- _You invited to befriend your practice – to befriend yourself._

[OPTIONAL: After a minute or two, it may be appropriate and helpful to ‘drop’ one line from tonight’s topic into the mediation].

8:20 – Ring the bell (x3 short gaps) to end the 5-minute meditation.

Read the topic again, without commenting. Then read the following aloud:

_As tonight’s Host, I will share last._

_Here are some guidelines² for individual ‘Sharing’_

- _Everyone is equally invited to contribute; but ‘sharing’ is optional and voluntary._
- _You do not have to agree with the topic._
- _There should be no interruptions during individual sharing._
- _There should be no criticism, or personal comments – although a response is ok if its relevant_
- _Please pause before you share – to provide a space for ideas to become embodied._

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² To put these guidelines into effect requires buy-in from all participants – from the whole Group. We do this using the guidelines for Bohmian Dialogue. These are based on principles laid down by David Bohm, a theoretical physicist (b. 1917), associate of J. Krishnamurti and A. Einstein, and advisor to the Dalai Lama.

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- Please try to suspend assumptions and judgement; and not to to convince others.
- ‘Sharing’ should not driven by fear of censure or judgement, or by the desire for “success”.
- You are encouraged to be open to the whole experience – the whole is greater than the sum of the individual contributions.

As the Host, I may remind you of these Guidelines, if necessary.

Would anyone like to start?

9:00 or before – The presenter shares.

9:05 or before - Close topic discussion.

9:05 or before - Announce the closing meditation:

There will now be a 5-minute (or longer if time allows) ‘Wise-Heartedness’ meditation.

9:05 or before – Ring the bell (x1) to begin the >> Wise-Heartedness Meditation <<

(OPTIONAL > an image to share can be found here and downloaded in advance: [https://5th-precept.org/Sit-and-Share-Wise-Heartedness-Bhavana-Meditation.jpg](https://5th-precept.org/Sit-and-Share-Wise-Heartedness-Bhavana-Meditation.jpg))

Here are some guidelines for our Wise-Heartedness Meditation:

- Take an upright, dignified posture... a posture that represents your Heart’s desire to awaken.
- Once again, if it is comfortable for you, let your eyes gently close.
- For this meditation, we might imagine that we are breathing in and out through our Heart.
- Take a very deep breath in through the Heart and a long slow breath out through the Heart.
- You are now invited to recite some or all of the following aspirations like a silent whisper at the back of your mind...
  - May I have stillness... in the midst of chaos.
  - May I be at ease... in the midst of discomfort.
  - May I be safe & well... in the midst of uncertainty.
  - May I live with kindness... in the midst of all that is difficult.
  - May I find joy... in the midst of ordinary and the mundane.
  - [pause and repeat above phrases if time allows and/or close with the following phrases]
    - May I have stillness.
    - May I be at ease.
    - May I be safe & well.
    - May I live with kindness.
    - May I find Joy.

9:00 – Ring the bell (x3 short gaps) to end the closing meditation.

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9:00 – Announcements and Dedication of Merit

- Host/leader for the next few meetings
- Any other business

Dedication of Merit

Please feel free to join me now in offering the benefits of our practice here together to others by repeating after me...

We dedicate the merits of this practice to all suffering beings.
May everyone be free of suffering, and the causes of suffering.
May everyone enjoy happiness, and the causes of happiness.
Keep sitting, and keep smiling.

Meeting Ends... but Zoom Room stays open for community connection until the last person leaves or 09:30 PM, whichever is earlier.

IMPORTANT NOTE: Please close the meeting by selecting **END MEETING FOR ALL** option, otherwise the Host function may become locked.

Version V21 (07-07-2021) was inspired and adapted from Wat Thamkrabok Tudong Sajja contemplations; Against-the-Stream Refuge Recovery Meeting format; Awakin Wednesday Gatherings; ‘How to start a 12-step Sangha Meeting’ (Darren Littlejohn), Buddhist Recovery Network (Kevin Griffin), and the Recovery Dharma Sangha

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