

First Sangha Covenant

Mission

First Sangha was formed in 2003 to nurture and support one another in our meditation and awareness practices. We maintain a primarily Buddhist focus and discuss and explore how to integrate our practice into our own lives. We respect each other's ideas, situations and approaches to practice.

Guidelines

In order to promote our mission, we covenant with one another to:

1. Set the intention to do our best to attend regularly.
2. Host meetings in turn, as able.
3. Let the group know as soon as we can if we are unable to attend or running late.
4. Share responsibility for the smooth functioning of the group and our meetings.
5. Share responsibility for facilitation.
6. Include time for silent meditation, personal check in, and discussion of Buddhist themes.
7. Be willing to modify our regular structure if someone is in extreme distress and needs extra support
8. Use a timer at check-in if we need it.
9. Respect the space of the speaker, to avoid the temptation to "fix" one another; to resolve disputes that may come up; to agree to disagree when necessary
10. Listen to one another and to share "air-time" respectfully; to avoid participating in side conversations.
11. Respect the right of anyone to "pass" at any point in discussion.
12. Maintain confidentiality.
13. Encourage a member who is considering leaving the group, to discuss the reasons with the group before making a final decision
14. Allow the group time to say good-bye to someone who is leaving the group.
15. Limit membership to no more than 9 members.
16. Review our covenant annually in September and to make that the topic for this month. If there is time remaining after the covenant review, we will have an open discussion on practice.