

# LGBTQIA+ Virtual Sit and Program

## Zoom Info

<https://zoom.us/j/808908856>

Meeting ID: 808 908 856

Password: LGBTQIA+

One tap mobile

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+19294362866,,808908856# US (New York)

Dial by your location

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+1 669 900 6833 US (San Jose)

***NOTE:*** You will be **MUTED** on entry to Zoom meeting and will need to unmute before speaking

## Program

6:45 Log-In Available (Feel free to come early if it's your first time & we will orient you!)

7:00 Greeting and Opening Circle

7:15 Liturgy Service & Sit [See Liturgy Service below]

7:40 Stretch for five minutes

7:45 Reading/ Discussion

8:20 Closing Chant [See Closing Chant Below]

8:25 Closing Circle

Reading shared and discussed at GBZC Pride Sit in June:

<https://www.lionsroar.com/queer-eye-right-view/>

September 25, 2022:

<https://www.lionsroar.com/do-you-know-your-true-face/>

## Abbreviated Sutra Service – Greater Boston Zen Center

OOOØ **Gatha of Atonement** O (GAA-TA)

All evil karma ever created by me since of old, ③  
on account of my beginningless greed, anger, and ignorance  
born of my body, mouth, and thought, ③  
Now I atone for it all. O (*repeat 3 times, then <bow>*)

OOOØ **THE THREE REFUGES** O

Buddham saranam gacchami;

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Dhammam saranam gacchami;

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Sangham saranam gacchami. O

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I take refuge in Buddha;

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I take refuge in Dharma;

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I take refuge in Sangha. O <bow>

### **The Five Remembrances**

{I am of the nature to grow old;}"

There is no way to escape growing old.

I am of the nature to have ill health;

There is no way to escape having ill health.

I am of the nature to die;

There is no way to escape death.

All that is dear to me and everyone I love are of the nature of change; There is no way to escape being separated from them.

My deeds are my closest companions.

③ I am born of my deeds; and I am their heir.

③ My deeds are the ground on which I stand. (*repeat 3 times*)

(Repeat three times)

### **Fourfold Commitment to Racial and Social Justice**

(*from Greater Boston Zen Center RSJ working group*)

We commit ourselves to actively engaging and fully actualizing our bodhisattva vows in the relative world.

We commit ourselves to doing this fearlessly—opening our hearts to suffering and our eyes to oppression, privilege, marginalization, and injustice.

We commit ourselves to doing this inclusively—embodying the ideals of mutuality, interdependence, and democratic process.

And we commit ourselves to doing this humbly—acknowledging the reality of not-knowing, • even as we act in urgent service • to all beings. <bow>

**OOOØ DEDICATION (2)**

(2) (CHANTED) [Buddha nature pervades the whole universe, existing right here, now. The wind blows, waves fall on the shore, and Guanyin finds us in the dark and broken roads. We give thanks to all the ancestors of meditation in the still halls, centuries of ancestors, known and unknown, celebrated and long- neglected—and to ants and sticks and grizzly bears. Let wisdom go to every corner of every home. Let people have joy in each other's joy. -\_- | O

(ALL) All Buddhas throughout space and time, O  
All honored ones, bodhisattva-mahasattvas, O  
wisdom beyond wisdom, maha prajna paramita. O <bow>

Sit period begins (remainder of 25 minutes from start of Sutra Service)

Closing Chant

**OOOØ (CHANTED) THE FOUR BODHISATTVA VOWS O**

(ALL) Beings are numberless; I vow to free them. ③

Delusions are inexhaustible; I vow to end them.

Dharma gates are boundless; I vow to enter them. ③

The Buddha ③ Way is unsurpassable; I vow to embody it. ① ②

(repeat 3 times, <bow> after 3rd)