

The Building Beloved Community Sangha



Welcome to the Building Beloved Community Sangha!

We are a spiritual community of mindfulness practitioners centered in Detroit and are rooted in the teachings of Thich Nhat Hanh and the Plum Village Community. Our Sangha centers Black, Indigenous, and People of Color (BIPOC) facilitators and participants and is inclusive of people from other marginalized groups, including people in the LGBTQ+ community and people with disabilities, while welcoming people from all backgrounds and faith traditions.

We are currently meeting weekly on Sundays from 7-8pm ET and Mondays from 7-7:30am ET on Zoom. Our typical meeting format Sunday evening begins with 5-minute silent practice, a brief check in, a 20-minute guided and/or silent sitting meditation, time for Dharma sharing, and offering the merit. Our Monday morning meetings include a chant and a 25-minute silent sit. We also meet monthly at various times for in-person walking meditation on Belle Isle, and online and at members' homes for Days of Mindfulness.

We use this listserv to communicate about Sangha practice activities and to share the Dharma/spiritual teachings. We use the [5 Mindfulness Trainings](#) as guidelines for how we communicate, primarily through using loving speech that waters seeds of compassion, understanding, and love.

We hope you will join us online and/or in person!

The Building Beloved Community Sangha Caregiving Council