

Announcement Run of Show

- To mark the start of the gathering, Teacher rings the bell, introduces themselves.
- Greeter reinforces their role as welcoming people to the space, invites any logistical questions, and shares the mission statement. See [Greeter Guide](#).
- Teacher leads session.
- For close, Tech volunteer shares standard and/or current announcements and reinforces communication channels. See [Tech Volunteer Guide](#).

Mission Statement (for Greeter to read)

We are a meditation community, rooted in Buddhism and open to wisdom from across traditions, offering a safe haven for curious minds and loving hearts in downtown DC. We are community-driven and volunteer-led, supporting each other through life's challenges with kindness and friendship. Modeling a generous, inclusive alternative to intolerance and isolation in our society, we meditate and gather to meet all of our experience with greater wisdom, balance, and love.

Closing Announcements (for Tech Volunteer)

- We are very lucky that Yoga District lets us use their space, but we are not affiliated with Yoga District. We are loosely affiliated with the Insight Meditation Community of Washington, so feel free to check them out if you want to know more about our approach to meditation.
- We meet here weekly, and we are also interested in finding new ways to build more community.
- We have a listserv, a monthly book club, and a website with a calendar of events, downtowndharmadc.org. You can connect to the site by scanning the QR code on the lower left corner of the sign. *[point to the big sign with our mission statement]*
- If you have ideas about ways to build community, let us know!
- We would like to ask people new to the group or those looking to further connect to raise their hands. Keeping your hands raised, let's have all volunteers who are able to chat for a few minutes after closing raise their hands. Please take note of each other, and find each other after this sit concludes!
- These sessions are offered free of charge, but we also have a practice of dana, which means generosity. If you feel like giving something back, you can donate on Venmo to [@Downtowndharma](#). Donations support our teachers as well as our technology to make the community accessible to people outside this room. You can connect to our Venmo by scanning the QR code on the lower left corner of the sign. *[point to the sign again]*
 - LONGER VERSION: For over 2,500 years, this path has been kept alive by people giving—offering meals, shelter, or whatever they could to those who shared the teachings. One generation supporting the next. Not out of guilt or obligation. But because they understood the Buddha's message: that generosity—or dana—is the foundation of the spiritual path. It's what he taught before meditation. Even before ethical living. Because giving—even something small—starts to loosen the heart. From holding tight to opening up. From

isolation to connection. And because giving brings a smile to the heart. It feels good. It's meant to.

- This spirit of generosity is what keeps our community going today. If you feel inspired to give tonight, you can scan the QR code labeled “donate” in the bottom-right corner of the poster. Our Venmo is @DowntownDharma. Almost all of what you give goes directly to [*name of tonight's teacher*] and the facilitators who hold this space.
- Another way to give is through service. If you're curious about volunteering, just ask one of us after the sit.
- Thank you for your presence—and for your generosity.
- Please put your blankets and bolsters away on your way out.