

Fireweed Sangha of Mindful Living

Bell Minder Script – Zoom Only

5/31/2025

6:30 – Opening Practice

INVITE THE BELL once to begin.

READ ALOUD:

Welcome to the Fireweed Sangha of Mindful Living. My name is _____, and I will serve as your Bell Minder this evening.

Before we begin, we respectfully ask that your microphone be placed on mute to observe noble silence during our practice.

We are a community of practice in the Tradition of Thich Nhat Hanh and the Plum Village community of engaged Buddhism. Our Sangha is one of the three jewels of Buddhism that provide refuge and support on our path to awakening. These are the Buddha, the Dharma, and the Sangha.

The Buddha – my Buddha nature – is within me, waiting to be awakened.

The Dharma presents the teachings of the Buddha from which I might learn.

The Sangha – our Sangha – is a lay learning community with no resident teacher. We learn from each other by sharing the experiences, insights, and readings that have been helpful to us in our personal practice.

We begin our evening with a 15-minute sitting meditation, invited by three full sounds of the bell.

INVITE THE BELL three times.

(Close with by inviting the bell to transition.)

6:50 – Check-In

READ ALOUD:

Now is the time for our Check-In. This is a way for us to connect and nurture one another's practice. You are invited to briefly share a sentence or two about your practice or what you are bringing to this evening.

If you'd rather not speak, that's completely fine. You're welcome simply to say your name, or to pass entirely. Please feel free to share in a way that's comfortable for you.

Optional guidance (read if helpful):

- *You may unmute yourself when you feel ready to speak.*
 - *Speak mindfully and briefly so others have time to share.*
 - *Pause for a full breath or two between speakers to create space.*
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7:05 – Mindful Movement *(If included)*

READ ALOUD:

Now is the time for our mindful movement practice.

If someone is leading the movement, briefly introduce them.

7:15 – Sharing Dharma

READ ALOUD:

Now we will begin our Sharing of the Dharma.

(Introduce or acknowledge the person offering the reading or reflection.)

- The Dharma offering may be a reading, reflection, teaching, or other form of mindful sharing.
- The person sharing may also read or remind the group of our Dharma discussion guidelines.
- A silent pause follows to allow for reflection, then open discussion begins.

5 minutes before the end:

We have time for one or two more comments.

7:45 – Second Sitting Meditation *(Optional – use remaining time before 7:50)*

READ ALOUD (if used):

Let us now take a few minutes for silent meditation to settle and integrate our evening's discussion.

INVITE THE BELL to begin and close.

7:50 – Loving Remembrance

READ ALOUD:

Now is the time for Loving Remembrance. You are invited to speak the names of anyone in need of loving kindness and compassion.

(Allow time for sharing.)

READ ALOUD to close:

May all beings be happy. May all beings be free from harm. May all beings be well. May all beings live in peace.

INVITE THE BELL once.

7:55 – Housekeeping

READ ALOUD (adapt as needed):

- *Welcome to any new members. If you're joining us for the first time, we're so glad you're here. If you'd like to receive our weekly practice reminders or announcements, you can visit our website at fireweedsangha.org and sign up there.*
 - *Our Sangha is supported entirely by volunteers. If you'd like to help keep our practice going, we invite you to volunteer for an upcoming week. Roles include:*
 - *Dharma Sharing*
 - *Bell Minder*
 - *Mindful Movement Leader (if used)*
 - *Are there any announcements from members of the Sangha?*
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7:58 – Closing and Sharing the Merit

READ ALOUD:

Let us now close our practice together.

- *We bow to our Sangha, honoring the Buddha in each of us.*
- *We bow to the Buddha figure (or simply in gratitude), honoring the wisdom of all our teachers.*

Choose one of the following to read aloud:

Option 1:

May the benefit of our practice tonight serve to alleviate the suffering of everyone in this Sangha, and of all beings, everywhere.

Option 2:

May we be filled with loving kindness.

May we be free from suffering.

May we find joy.

May we be well.

May we find peace.

INVITE THE BELL once to close.