

Victoria Vipassana Community, Group Sittings

First Sunday of each month 7pm to 9 pm (We try to end promptly at 9:00)

Notes for facilitators

Facility:

Key: you will need to arrange to have someone open for you or pick up the key. We generally arrive about 20-25 minutes early to set up. Brock and John & Shelley (Hilditch) have keys to the yoga studio. You will need to find out if any of them are coming to the sitting, and ask them to open the doors for you. Keys are not distributed to sangha members who are not members of our organizing committee (Umbrella Group). Keys are the responsibility of Umbrella Group members only. There are five sets of keys amongst us, with two sets designated for the sitting group's use. As before Brock and John/Shelley have those keys. If neither Brock nor John/Shelley are unable to open the studio, could they please contact another member of the Umbrella Group with keys? (Sally, Lynne Mustard, Lise Bernard).

Dana: Isy (when she's attending) will take care of collecting and depositing the dana. If she is not going to be attending any given sitting, Isy will make sure that Brock or another member of the Umbrella Group takes care of this responsibility. Like the keys there are two deposit books designated for the sitting group; Isy has one and Brock has the other. Along with depositing the dana, the person who did so will notify Sally Kimpson of the amount as soon as you are able so she can keep our accounts up to date.

Closing up: There is a list on top of the desk just inside the entrance way of the kinds of things that need to be taken care of when you leave, including, leaving the fan on, airing out the studio, and closing the windows. Please also refill the water jug, and empty the waste baskets into the bins in the washroom.

No drinking cups or water bottles in the sitting area room please

Resources:

The Buddha statue belongs to the yoga studio. It sits on the area where they keep their program information.

The wicker baskets - one of which holds the Tibetan bells, the candle, matches, and runner live in the right hand side of the cupboard in the little room that has a curtain.

In that cupboard is a small portable cd player - but I don't know how it works or if our group is allowed to use it. I think Sally said in an earlier email that we were to bring our own cd player.

Note: for July and August the facilitators, June and Isy, brought singing bowls, flowers and a timer.

Format: There is no set format as yet. It's generally up to the facilitator or the group

The July sit started with a welcome, a 45 minute sit, a brief discussion circle, a 20 minute talk and an opportunity to comment. Rod rang the bowl once to begin and once to end.

The August sit was: a welcome, quick introductions around the circle, 45 minute sit (June rang 3 times to begin and once to end), a 10 minute break, and a 45 minute talk with a break in the middle for comment

Recorded Talks:

Most dhamma talks available on cassettes, CD's or the Internet are 45 to 60 minutes. They are often recorded at retreats and it can be difficult to find one that is appropriate for a community sit. Rod has audio editing software and usually edits talks down to 30 minutes or so. That usually allows for some comment and discussion from the sanga.

for the short term (Fall 2008) Rod is happy to help edit a talk. Please contact him (rodhouse@shaw.ca)