



The Community of Interbeing UK

Practicing during the COVID-19 pandemic

Dear Friends,

“Knowing that words can create happiness or suffering, we are committed to speaking truthfully using words that inspire confidence, joy, and hope.”

As we will need to maintain social distancing during the winter, we continue to offer support, ideas, and guidance to enable continuation of our group practice in a time of significant challenge. We hope to cultivate and sustain spiritual life for the benefit of all our families, friends, neighbours, society, and the beloved community.

General Public Health Advice

Our advice to Sanghas is to read carefully information about the coronavirus (COVID-19) situation in the UK, and to follow the guidance published on [gov.uk](https://www.gov.uk). We must all refer to these pages for public health information and see specific guidance for [Scotland](#), [Wales](#) and [Northern Ireland](#)

Sangha meetings online

Many sanghas now meet online; it is quite easy to set up an online meeting. If you are a small sangha with less than 12 regular attendees then you could use Zoom : we recommend an excellent introduction to facilitating Thay sangha practice using Zoom, in this video clip by Kevin Place: <https://www.youtube.com/watch?v=xZJOUqYOXeE>

If you get stuck with any aspect of enjoying shared practice online, please email us here onlinesangha@plumvillage.uk and one of our team will reach out to support you directly.

Flowing as a river together it is important that all members of our community are considered and included. If sangha members do not have the equipment needed to join sangha meetings online, please consider keeping in touch with them by telephone.

Sanghas meeting online may well have played video clips of dharma talks given by the our monastic friends in Plum Village Centres. They might like to remember our monastic friends lack their usual income from retreats. If you would like to donate to the appeal for Plum Village Monastics, please

click here : <https://plumvillage.uk/donations-for-plum-village/>

For those wondering about online sanghas there is a lovely article, 'Plumline, Finding Home in an Online Sangha', by Donna Thomas linked [here](#). Plumline is the global umbrella organisation for online sanghas in our tradition, with a caretaking council drawn from Order of Interbeing members. Plumline has information about each of the many sanghas available and practicing online. See <https://plumline.org>

Also Plum Village UK offers Morning Meditation every weekday morning (times vary) and a Sunday Sangha every Sunday from 5pm to 6pm UK time. For details and a link to join, see your copy of the "Here and Now" newsletter.

Care for ourselves, care for our community

"In Vietnam, there are many people, called boat people, who leave the country in small boats. Often the boats are caught in rough seas or storms, the people may panic, and boats can sink. But if even one person aboard can remain calm, lucid, knowing what to do and what not to do, he or she can help the boat survive. His or her expression – face, voice – communicates clarity and calmness, and people have trust in that person. They will listen to what he or she says. One such person can save the lives of many."

— Thich Nhat Hanh, Being Peace

The Plum Village tradition of mindfulness is a practice centred in our true home, the present moment. They has transmitted to us the profound teachings and practices of the Buddha for nourishing peace, joy and happiness, and transformation of suffering. We are all in different places but we flow as a river in the same direction.

Aware of the truth of suffering we know that some of us will experience anger, fear, anxiety and despair – but freedom from these is also possible. The energy of mindfulness generated by our practice together as a Sangha will be of significant benefit in the times to come.

"The present moment is the substance with which the future is made. Therefore, the best way to take care of the future is to take care of the present moment. What else can you do?"

— Thich Nhat Hanh, *The Art of Mindful Living*

A lotus for you,



The Trustees of Plum Village UK

(the Community of Interbeing UK)