



BUDDHIST PRACTICE GROUP

Mondays at 6:00 PM on ZOOM

The Unitarian Church in Westport

Did you know? We offer a Buddhist practice group every Monday on ZOOM. This group is based upon the tradition of Theravada Buddhism. Unlike other programs, it is carefully structured to meet the needs of novices and advanced practitioners alike: all are always welcome.

Buddhism interfaces deeply with Unitarian principles of service, open mindedness, the living a life of justice, learning and love: these are deeply intrinsic in Buddhism as they are in Unitarian Universalism. Buddhism may in fact deepen this work to a deeper internal and external harmony with the offering of various practices and teachings.

A modest donation covers costs and a gift to the church. Please RSVP to Nina ninazcara@gmail.com for ZOOM link and to answer any questions you may have.

As Nina shares with us:

“We meet and train the mind in order to alleviate the internal causes of suffering. In so doing, it has an impact on the external. We learn to recognize that the only mind we can slowly train is ours and unless we come from a place of equipoise and equanimity, our reactivity to what is, is the impediment to freedom. We learn to let go of how we wish life to be and learn to live the way it is. This changes our relationship to life and freedom from suffering is found incrementally. This does not mean we become complacent but rather we come from alignment and wisdom.

We learn to gradually be in harmony the three truths of existence: impermanence, suffering and the unity that permeates through all.

We learn to walk the middle way through the training of the Noble Eightfold Path.”