



# The Present Moment

Newsletter of Boston Old Path Sangha

Spring 2022

Catherine DeLorey, Linda Corinne, Editors

## Sangha Safety Guidelines

A number of Sanghas in the Plum Village tradition have been developing Sangha Safety Guidelines to deal with conflict resolution, harassment, or other issues that may affect harmony within the Sangha.

At the BOPS meeting, members decided that BOPS would begin to develop its guidelines, since there is no template or repository of guidelines. Laura Smeaton and Catherine DeLorey will begin by developing an outline for a process to work on this.

Because transparency and being inclusive are highlights of the process, all members of BOPS are invited to participate at any point - offer consultations; offer feedback; or be a member of the group to develop the guidelines. Contact Catherine or Laura to indicate how you would like to participate.

## An Opportunity to Share Your Practice

The Buddhist Correspondence Course, a program of the Buddhist Association of the United States, is a course on Buddhism for incarcerated persons, with Buddhist practitioners as mentors.

It is a very rewarding experience to be a mentor, as you mentor persons who are beginning their practice. For more information on the program:  
Phap Lan / Cathy Hill - peregrinacathy@hotmail.com

## Morning Sun Mindfulness Center

BOPS will be having a weekend in September at Morning Sun Mindfulness Center in Alstead, NH. Ellen Zanino is coordinating the details and will send out information on dates, cost, and transportation

## BOPS Zoom Account

BOPS now has its own zoom account. If you would like to reserve zoom time for a BOPS event, contact Laura Smeaton.

## Sangha Volunteering

Charles Dao informs us that BOPS members will no longer be preparing meals for the Pilgrim Congregational Church in Dorchester because of new requirements established by the church.

Charles and Rachel Silverman are exploring other volunteer opportunities and will share that information with BOPS members when available.

## Mindful Parenting Sangha

BOPS has always adapted and here's a good example.

Fifteen years ago there was a Tuesday or Thursday evening sitting. But what about parents who couldn't leave their young kids in the evening?

Answer:

Nancy Parker started a Parenting Sangha (in her basement, while the kids were in school) Fridays 8:30-10:00 a.m..

Her kids are grown, but the Sangha members still support each other, and not just around Parenting but ALL types of relationships: to be more intentional, drop expectations, respond/not react and practice self care. Roles change, members may be caring for parents now, but the teachings are the same. Now on Zoom, they are accessible beyond Nancy's basement, they are still going strong.

Thank you Nancy.

## Thich Nhat Hanh - Gatha of the Day

### *Walking*

The mind can go in a thousand directions,  
but on this beautiful path, I walk in peace.  
With each step, a gentle wind blows.  
With each step, a flower blooms.