

Communities of Practice

Sunday Check-In #34

Taking Refuge

**Facilitators: Venerable Dr Juewei
& Dr Katya Todarello**

6 June 2021

AGENDA

11am: Welcome, Check-In & Dharma Talk

11:10 am: Community Breakout Groups and
Discussion

11:25am: Feedback and Dedication of Merits

11:30am: Informal Chat for those who have time

**the audio only of this session will be recorded*



Purpose of Sundays' Check-In Sessions

- Develop a reflective practice in response to changes
- Cultivate thoughts, words and actions that are guided by humanistic and Buddhist values and wisdom
- Build communities and friendships

FREE! **Mindful**
Check-In meditation app

Mindful Check-In allows one to transit from one setting to another, and gives the body and mind an opportunity to ease into the new setting.

Available on the App Store GET IT ON Google play

Search "Mindful Check-In" in your app store.

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Pause

- Short breaks for some self-care

Reflection

- Taking time to understand

Humanistic Values

- Kindness, compassion, joy, equanimity, affinities, equality, patience, gratitude, humility.
- Self compassion, anger, jealousy, guilt
- Connecting hearts, pure hearts, beautiful place, harmony
- Discipline, bodhisattva vows, forgiveness, paths to awakening, **taking refuge**

Triple Gem

- Triple GEM – supramundane wealth enriching our spiritual life, is represented by the Buddha, the Dharma, and the Sangha.
- The Buddha is a Sanskrit term that refers to a perfectly awakened being who has realized the truth of the universe and is further able to teach that truth to living beings for their liberation based upon his inexhaustible vow of compassion.

Venerable Master Hsing Yun

Crossing the sea of suffering and returning to our true selves, our original home



The Triple Gem is ... like our compass that can guide us through the vast sea of people and sail into a safe harbor for shelter against the storm. Everyone knows that when it gets dark when away from home, it is time to head back. Taking refuge in the Triple Gem and constantly calling to mind the merits of the Triple Gem will enable us to rely on the divine protection of the Triple Gem and its merits. By availing ourselves of such a precious raft, we may transcend the cycle of life and death and bravely cross the bitter sea of suffering, so that we may return to our true selves, our original home. Therefore, taking refuge in the Triple Gem allows us to find a place where we can settle down and live in peace within this present world, allowing us to have a home to which we can return in the future!

Venerable Master Hsing Yun

Discussion for today

“When faced with challenges this past week, what/who did you turn to for refuge? The more carefully you reflect on this, the more aware of what habits you are building up.”

Breakout Check-In's (about 15 minutes)



Check-In

Get to know one another

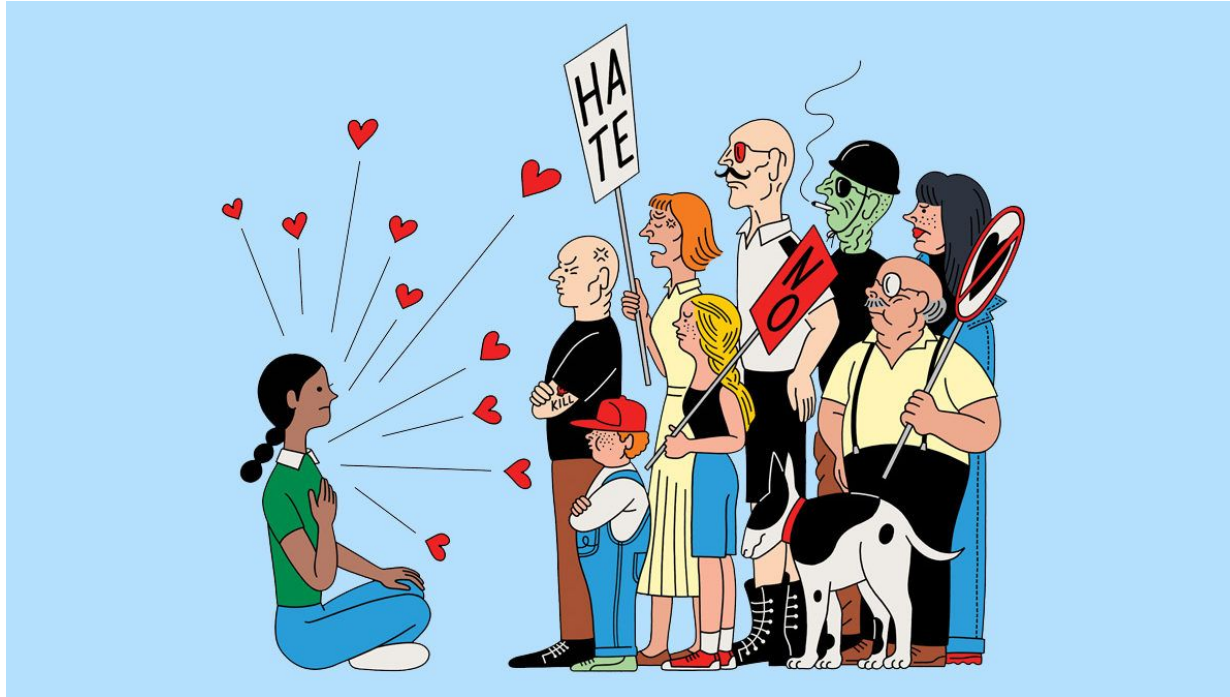
Agree

Agree on a topic to discuss

Listen

Allow everyone time to speak

Metta



May you be filled with
loving kindness
May you be well
May you be peaceful
and at ease
May you be happy

A gentle reminder that we are all practicing our loving kindness, so let's speak kind words and listen with a loving heart

Break Out Session

Welcome to Share in the Chat

Please share any thoughts you are comfortable with here.

We also welcome comments or feedback to be sent after the session to email@thebbep.org



2021 Virtual Refuge Taking Ceremony

How to participate

To become Buddhist followers of the right faith, the 2021 **Virtual** Triple Gem Refuge Ceremony are held on Guanyin Bodhisattva Days.

Dates/Times (!!Taiwanese time)

28 July 2021 17:00

24 October 2021 21:00

To register contact Fo Guang Shan branch temples in all regions to accept and process registration for the Ceremony.

To participate in a Ceremony via a Zoom Meeting, all will be provided with the participation package (including Zoom ID, password, and virtual background) one week prior.

Contact the Communities of Practice team via email@thebbep.org if you are interested in learning more and in obtaining full details regarding the Refuge Taking Ceremony

Thank You

Any questions or comments: email@thebbep.org

Or alternatively you can reach out to the following professional organisations:

- Australia - Lifeline @ 131114
- Canada - thelifelinecanada.ca
- China - 24-hr Nationwide helpline @ 400 161 9995
- Malaysia - Befrienders Malaysia @ tel:+60376272929.
- Philippines - Crisis Hotline @1553
- Singapore: Samaritans of Singapore @ 1800-2214444
- US: Lifeline @ 18002738255

Check-Out

May kindness, compassion, joy and equanimity pervade all worlds

May we cherish and build affinities to benefit all beings

May Chan, Pure Land and precepts inspire equality and patience

May our gratitude and humility give rise to great vows

Venerable Master Hsing Yun



See you again on **13th June 2021** at 11
AM

See **communities.nantien.edu.au** for resources

Thank You!

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