Welcome to the Walla Walla Dharma Sangha

Our weekly community sitting meditation is each Sunday from 7:00 pm- 8:00 pm.
The silent sitting begins promptly at 7:00, with a brief reading by a Sangha member.
In courtesy, please arrive in time to get settled in the circle (10-15 minutes early).
There is no unnecessary talking in the meditation hall before the meditation.
Newcomers instructions will be given in the entry hall.

Blankets are arranged on the floor; you may put a cushion (your own, or one from
our supply) on any unoccupied blanket. If you prefer to sit in a chair, there are
folding chairs available along the wall. Bring one into the circle.

If you are new to the Sangha, please plan to arrive by 6:45 to receive instruction on our practice and protocol. A Sangha member is always here early to give instruction.

The first sitting period begins with the reading at 7:00, and lasts until 7:30 pm. The reader will lead the group in reciting the “Three Jewels” (provided at your sitting place) after the reading.
The bell will then be rung three times to begin the meditation. The reader keeps the time, and rings the bell at the end of the first period. We then rise for a slow silent walking meditation, clockwise around the circle, for approximately 10 minutes, then take our seats to sit in silence for the remainder of the hour. The closing bell is rung at 8:00 pm, for the end of the meditation.

After the meditation, if there are new people in the circle, we go around the circle and
say our names. Announcements are made, and conversation may happen. If you have questions about the sitting or other aspects of the practice they are welcome.

On the second Sunday of the month we have the reading after the walking meditation, and then discuss the reading during the second period. On the last Sunday of the month we have a “check-in” after the walking meditation. This is a time for those who would like to share, to say something about how their meditation practice is going. There is no obligation to speak,
and there is no cross-talk; we just listen to each other.

Please feel free to peruse our honor-system library of Buddhist reading matter, and check out anything that interests you. If you have reading materials of your own that you no longer
wish to keep, we welcome donations to the library.

Our Sangha is non-sectarian... several flavors of Buddhist practice
are represented here, and we welcome all practitioners.