**East Kent Buddhist Group England**

**BAM 8th June ‘22**

**Covid & its impact**

A little about the history of BAM and remind ourselves of the actions East Kent Buddhists have taken so far

Explore the meaning of the words *Compassion and Connection* through meditation

Discuss life after Covid and how the pandemic affected each other and our mental health and how we coped individually

Sent round a leaflet called ***Five Ways to good mental wellbeing and Buddhism***

**BAM 15th June ‘22**

**Climate Change**

Watch an excerpt from David Attenborough's TV programme, ***Climate Change - The Facts***

A talk about Veganism and its positive effect on the current Climate Emergency

Consider the questions ***What does the Ecological Crisis mean for us as Buddhists?*** *&* ***How do we remain hopeful?***

**BAM 22nd June ‘22**

**People seeking refuge**

Reflections on women, men & children seeking refuge, the poem Home by Warsan Shire (British Somali poet)

Recorded conversation with a Syrian woman refugee & a conversation between a couple who befriend & teach English to a Syrian family

Tonglen meditation

Taking action, finding ways to support refugees