WHAT IS TRIRATNA? – SESSION PLAN FOR **WEEK 2**

**Team:** Arthavadin, Chandana, Paul

**Main themes:**

* Introducing the Threefold Puja
* An ecumenical movement

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| **START TIME** | **TOPIC** | **LED BY** |
| 19.05 | Welcome any new people who were not here last week  Salute the shrine and explain  Discussion in pairs of:  What stayed with you from last week ? and or/   * last week’s ‘homework’ (consider making a ritual representation of whatever you commit to) * experience of the threefold puja | AV |
| 19.10 | Plenary session – feedback from the above ensuring we capture a summary of last week to help bring new folk up to date | AV |
| 19.20 | Mindfulness of Breathing (25 mins, preceded by poem by Sangharakshita) | SB |
| 19.45 | Short introduction to threefold puja  Ritual as threshold from mundane life to what is most meaningful ( find john Donohue quote on this !) what is beautiful/ most precious to us can get lost / buried in our busy lives | AN |
| 19.55 | Threefold puja (call & response, with optional offerings). Explin offerings . Join in / listen which ever you want to   * Invite any discussion afterwards | AN |
| 20.10 | An ecumenical movement:  brief introduction, defining critical ecumenicalism and stressing relying on one’s experience. Then read a canonical quote (Kalama Sutta, first 4 paragraphs). Alos could try and give one or 2 examples of practices we do / approaches and how they come from different schools perhaps . E.g Mahayana Buddhism emphasis on Bodhisattva ideal .  think of other examples …. ?? | SB |
| 20.25 | **TEA BREAK** |  |
| 20.50 | Give overview of how Buddhism spread and adapted to other cultures/ countries from India.  e.g zen Buddhism in japan looks very different to Tibetan Buddhism.  Bhante in unique position in 1950’s in kalipong- teachers of different traditions and able to critically examine directly what is the common ground!  Leader talks about ‘an ecumenical movement’ in context of (a) Bhante’s teaching and (b) their own life history | AV |
| 21.00 | Pose a question that invites reflection on the meaning of the distinctive emphasis for the participant:  What are you attracted to / resistant to with regard to Triratna’s ecumenical approach?  And or What do you think the common ground / principles are of Buddhsim, fundamentals ?   * discussion in pairs or 3’s | A |
| 21.10 | Plenary discussion based on the above | SB |

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| **START TIME** | **TOPIC** | **LED BY** |
| 21.25 | ‘Homework’ for the week: (hand out Threefold puja copies)   * + Encourage to do the Threefold puja a couple of times, and reflect on the experience for you.   + Read the PDF of ‘The Distinctive Emphases of Triratna’ (on web site: Buddhism/Taking it Further/Level 2 Course Handouts)   + Meditate !!! | SB |
| 21.30 | Finish |  |