WHAT IS TRIRATNA? – SESSION PLAN FOR **WEEK 4**

**Team:** Arthavadin, Chandana, Paul, Steve

**Main themes:**

* Introduction to refuges & precepts
* Team-based right livelihood

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| **START TIME** | **TOPIC** | **LED BY** |
| 19.05 | Discussion in pairs of:   * last week’s ‘homework’: Reading ‘Distinctive emphases’ & ‘Purpose of Ritual’ * experience of the above ritual | SB |
| 19.10 | Plenary session – feedback from the above | SB |
| 19.20 | Mindfulness of Breathing (25 mins, preceded by poem by Sangharakshita?) | SB |
| 19.45 | Introduction to refuges and precepts & stress Bhante’s emphasis on the positive precepts   * A ritual form of the 5 precepts that were first met on Buddhism Level 1 * Mention that there are 10 precepts for Order members | AV |
| 19.50 | Threefold puja (call & response, including refuges & precepts)   * Distribute photocopies of Five Precepts * Invite any discussion afterwards | AV |
| 20.10 | Team-based right livelihood: brief introduction, then read 2 short canonical quotes (Dhammapada, section 8 (Thousands); Vanijja Sutta (AN 5,177) on wrong livelihoods). Messages to draw out:   1. the importance of the context in which spiritual life is lived 2. making an ethical economic contribution to society 3. TBRL combines both of these points 4. (but N.B. only a small minority of sangha actively engage in this way). Also stress individual right-livelihood | AN |
| 20.25 | **TEA BREAK** |  |
| 20.50 | Leader talks about team-based right livelihood in context of (a) Bhante’s teaching about the ‘new society’ and (b) their own life history | AV-AN dialogue |
| **START TIME** | **TOPIC** | **LED BY** |
| 21.00 | Pose a question that invites reflection on the meaning of the distinctive emphasis for the participant  Do you feel the way you engage with the world expresses your highest values, or are you compromised by what you do ?  If not working, what would you like to do ? | AV |
| 21.10 | Plenary discussion based on the above | AV |
| 21.25 | ‘Homework’ for the week:   * Read section on ‘The importance of work’ in the document ‘The Distinctive Emphases of Triratna’   Brief message about opportunities for volunteers | AV |
| 21.30 | Finish |  |