

UU Sangha Q&A

What is the UU Sangha? It's a covenantal UUCA faith development group created for those interested in developing and strengthening their UU-Buddhism connection in the context of everyday life.

Why is a strong sangha needed? Consider the words of Thich Nhat Hahn: *"If you don't have anyone who understands you, who encourages you in the practice of the living dharma, your desire to practice may wither. Your sangha—family, friends, and co practitioners—is the soil, and you are the seed. No matter how vigorous the seed is, if the soil does not provide nourishment, your seed will die. A good sangha is crucial for the practice."* Source: <https://tricycle.org/magazine/fertile-soil-sangha/>

What is the UU Sangha covenant for individual members?

I commit

- *to developing and strengthening my UU-Buddhism connection, and supporting other sangha members to do the same;*
- *to attend meetings when I possibly can, knowing that my presence is important to the group and critical for maintaining a strong sangha.*

What is the start-up commitment? Like traditional UUCA covenant groups, the start-up commitment is one year. Sangha membership numbers are flexible.

Does the UU Sangha follow a particular school of Buddhism? No, individual members follow the type of Buddhism that makes sense to them.

When does the sangha meet? 7-8pm (via Zoom while COVID persists) on the 2nd and 4th Tuesdays of the month.

Do I have to be a UUCA member? Yes, or be a member of an affiliate congregation such as the UU Congregation of the Swannanoa Valley.

How can I join the UU Sangha? Join UUCA (or be in the process of joining) and commit to the covenant; then, request your name be added to the mailing list so you will be notified of Sangha events.

Can I give the UU Sangha a try without joining? Yes, people are encouraged to visit a few times, and talk to members, before committing to the covenant.

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