UU Asheville Sangha Q&A

-What is the UU Sangha? It's a UUAsheville 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 commitment 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.*

- 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? 7:30-9pm on the 2nd and 4th Tuesdays of the month.

-Do I have to be a UU Asheville member? No.

-How can I join the UU Sangha? Just show up.

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