



Engaged Buddhist Election Retreats

www.electionretreat.org

2022 ONLINE LETTER-WRITING RETREAT GUIDELINES

The stakes in the November 2022 Mid-term Election are enormous, as we face the interminable COVID-19 pandemic, a savage war in Ukraine, the recent overturning of Roe v Wade by the Supreme Court, and appalling gun violence in our schools and elsewhere – plus the work of the Republican Party to undermine basic democracy. Our retreats combine Buddhist practice with political engagement, as we work together for change. Though we may not be able to meet in person, we devote ourselves today to a day of mindfulness, of focus, and of effort, as if we were practicing together in a zendo or temple.

1. Please clear your calendar for the entire three hours of the retreat. We suggest you let family and friends know that you'll be in a retreat during this period, and ask that they not disturb you.
2. You'll want to create a quiet place to sit. Position your device so you can be seen during meditation, preferably in profile. It will be helpful if you lay out your materials beforehand and clear a space for writing the letters.
3. Using the Zoom link you received by email, try to join the retreat at about 9:45 a.m. Pacific (10:45 MDT, 11:45 CDT, 12:45 EDT) so we can all settle in before the retreat begins.
4. Please follow the schedule completely. It may be convenient to place the printed schedule next to your electronic device for easy reference. If you need to miss part of the retreat, please notify the Retreat Host, by using the chat window in the Zoom program. If you must leave the group temporarily, turn off your video or simply step out of the frame.
5. Please maintain silence except during chanting or discussion periods. Silence your cell phone. Please refrain from eating, except during breaks and letter writing.
6. Chant wholeheartedly along with the chant leader, even though you can't be heard by the rest of us. We can see you and feel your presence, and we support one another in this way.