

Dear Dharma friends,

As you know our center is closed as a precaution to prevent the spread of COVID-19. However, our activities continue through weekly online programs via Zoom Video Conference.

Every Monday starting tomorrow (3/16) at 7:30pm I will lead one period of meditation and give a Dharma talk. Tomorrow you can click this link to log in to the Monday session: <https://us04web.zoom.us/j/893204244>

Assistant teachers will be leading programs every Wednesday at 7:30pm. You can click this link to log in to the Wednesday sessions: <https://us04web.zoom.us/j/232968500> . Wednesdays will be alternating weekly between:

- One period of guided Loving-Kindness Meditation
- One period of meditation followed by Q&A or short talk

These sessions are live and will be recorded to be posted on YouTube. I hope you will join us and continue your practice at home.

If you are unfamiliar with video conferencing here is a short video that explains how to join the Zoom sessions: <https://www.youtube.com/watch?v=vFhAEoCF7jg>

Our schedule is available on our website here for reference:
<https://tallahasseechan.org/events/>

We must all take steps to limit the spread of the virus. In times like this it is crucial to remain calm and clear. Ground yourself by relaxing the body so you can see what needs to be done.

Be well,
Guo Gu