### English

**Type:** Sit-and-Share  
**Venue:** Online  
**Days:** Sunday  
**Time:** 7:45pm - 9:15pm  
**Other info:** Sit-and-Share meetings are open to anyone wishing to live their life mindfully in harmony with the Five Universal Precepts.

*Sit-and-Share* peer-led meetings are an opportunity for individuals to come together to practice and cultivate calmness of mind and body and to develop and practice wise communication skills within a safe and supportive environment.

https://us02web.zoom.us/j/4537777699?pwd=eFFWQ2JOSXIVNGlzTGJUYWiHR1lxZz09  
**Contact:** Email - info@5th-precept.org  
Website - [https://5th-precept.org/fifth-precept-sit-and-share-meetings/](https://5th-precept.org/fifth-precept-sit-and-share-meetings/)