

BAM Launch

On Tuesday 6th June we will launch our BAM 2017 event at the Hertford drop-in class at 7.30pm in the Millbridge Rooms.

After a meditation we will share some ethical vegetarian and vegan food and fair-trade tea.

We'll then have a presentation planned and prepared as a sangha team between Bev, George, Leah and Sarah.

Food Bank

At the heart of our BAM 2017 events in Hertford is our support for the Hertford and district food bank.

We will collect food every week, check [here](#) for what is needed and we will also organise volunteering as a sangha. Check [here](#) for what is on offer.

Personal Pledges

We will encourage each other to make a personal pledge to take action for BAM using the [ideas](#), [inspiration](#) and resources we have collected and shared (click on the red words to find them again).

Sponsored metta

We will join our friends in Cambridge Buddhist Centre for the sponsored metta bhavana week 18th-24th June, see the [website](#) for details.

Click [red](#) words to go there!



