

SUNDAY MORNING

MARCH 1ST - NOVEMBER 29TH



9:30–10:00 AM: Sitting Meditation

10:00–10:15 AM: Walking Meditation

10:15–10:50 AM: Dharma Talk

10:50 AM: Chanting in Chán Hall

11:10 AM: Walking to the Blue Lotus House

11:20–11:45 AM: Dharma Sharing

11:45 AM: Vegetarian Lunch

12:30 PM: Dharma Book Reading & Discussion on “In the Buddha’s Word-An Anthology of Discourses from the Pali Canon” - Edited and introduced by Bhikkhu Bodhi

Lunch is open to all. You’re welcome to bring a dish to share—please tell us ahead of time if you plan to bring something.

