

SUNDAY MORNING

DECEMBER 1-FEBRUARY 28



9:30-10:00 AM: First Meditation Sitting in the Chán Hall upstairs or Meditation Instruction and Q&A for beginners and interested others in the downstairs library

10:00-10:25 AM: Walking & Standing Meditation in the Chán Hall for all to join

10:25-10:50 AM: Second Meditation Sitting in the Chán Hall for all

10:50-11:10 AM: Chanting in Chán Hall

11:10 AM: Walking to the Blue Lotus House

11:20-11:45 AM: Dharma Sharing on Buddhist Meditation

11:45 AM: Vegetarian Lunch at Blue Lotus House

Everyone is welcome to stay for lunch, and you may bring a dish to share. Please inform us if you plan to bring a dish.

Thank you!



**Please check our website and local news channels
for the bad weather closing updates.
<https://maba-usa.org/sunday-morning>**