

# Sunday Script - Umzed at Center

## BEFORE PRACTICE

*Test Umzed lapel mic and the Teacher lapel mic.*

*Copy conversation instructions onto clip board (Command + C).*

*Open "Opening Screen Share" and press Esc.*

*Open Dedication.*

*Start Sunday Practice meeting on Zoom.*

*Pause Recording.*

*Uncheck Enable Waiting Room.*

*Uncheck Allow Participants to Unmute.*

*Test Umzed video and Teacher video.*

*Start Audio and keep it on for the entire meeting.*

*Screen share "Opening Screen Share" and click on play button.*

*Open Chat Window.*

*Paste conversation instructions into Chat Window but do not press enter.*

## AT 11 AM

*Start Video.*

*Stop screen share. You may need to press "Esc" to minimize the slideshow.*

*Turn on umzed's lapel mic.*

*Ring bell 3 times.*

*Read welcome greeting.*

## WELCOME GREETING

Good morning, everyone, and welcome to our Sunday practice here at Heart of the Dharma!

For those of you here at the Center, if you would, please check your cell phones to make sure they're on silent.

We will begin our practice this morning with 20 minutes of meditation; our teacher, Dana Kunzang Wangmo (Koon-Zong Wong-Mo), is here and will be guiding us through that, and I will ring the bell once to end the meditation session.

*Turn off Umzed's lapel mic.*

*Switch video to Dana.*

*Spotlight Dana.*

## **AFTER MEDIATION**

*Following 20 minutes of meditation, give or take a few minutes...*

*Post conversation instructions by positioning mouse in the Chat window and pressing Enter.*

*Ring bowl once.*

*Wait until Dana says thank you.*

*Turn on Umzed's lapel mic.*

*Switch video to Umzed.*

We will take a 10-minute break. For those of you at the Center, please free to enjoy tea and conversation in the kitchen and the office, or stay here in the main room to meditate. If you are new to the Sangha or are here at the Center for the first time and would like to meet Dana, feel free to say hello during this break time. If you would like to speak with Dana about your practice after today's Dharma talk, you can schedule a 10-minute conversation with her by letting \_\_\_\_\_ (designated interview volunteer) know during this break time, and for those of you joining us online, you'll find instructions for how to schedule a conversation with Dana by checking the Chat window. Also, I will start a few breakout rooms here in Zoom for anyone who would like to visit during break.

Right after today's talk, we will be reciting the Dedication. If you would like to recite this with us, we will be sharing it via Zoom, and there are also copies available here at the Center on top of the fireplace.

Thank you. :)

*Turn off Umzed's lapel mic*

*Start break out rooms in Zoom. Be prepared to move people between rooms so that there end up being between 3 and 5 people in each room.*

*Close "Opening Screen Share", open "Break Slide", press Esc.*

*Screen share "Break Slide" and click on play button.*

*Stop video (optional).*

## **AFTER BREAK**

*After a 10-minute break, ring bell once to signal the end of break for those at the Center.*

*Start video. Close break out rooms in Zoom.*

*Stop screen share. You may need to press “Esc” to minimize the slide.*

*Ring bell once after everyone has returned to their seats at the Center.*

*Switch video to Dana.*

*Spotlight Dana.*

*After Dana finishes opening prayers, start recording.*

*>>>>>>*

## **AFTER TALK**

*Screen share the Dedication.*

*After reciting the Dedication, stop screen share.*

*Stop recording.*

*Switch video from Dana to umzed.*

*Turn on umzed’s lapel mic.*

ANNOUNCEMENTS ON WEBSITE

<https://heartofdharma.org/umzedtools>