

SATURDAY COMMUNITY MEDITATION

In the PAGODA, SATURDAY AM

Schedule

8:00	SITTING MEDITATION
8:30	WALKING MEDITATION
8:40	SITTING MEDITATION
9:10	CLOSING CHANT

BEGINNERS' INSTRUCTION OFFERED IN THE HOUSE DURING 8:00 PERIOD. PLEASE NOTIFY BC OR FACILITATOR WELL BEFOREHAND. PLEASE AVOID ARRIVING DURING MEDITATION PERIOD. YOU MAY ATTEND EITHER OR BOTH MEDITATION PERIODS.

Seating

PLEASE SIT EITHER ON THE FLOOR NEAR THE FRONT OF THE SPACE, OR ON A CHAIR AT THE BACK. IF YOU NEED TO MOVE TO A CHAIR DURING MEDITATION, DO SO NOISELESSLY. SOME CUSHIONS ARE AVAILABLE. YOU MAY BRING YOUR OWN.

Walking Meditation

CHOOSE A PATH NORTH TO SOUTH ALIGNED ACCORDING TO THE PATTERN OF THE CARPET IN WHICH YOU WILL NOT BE OBSTRUCTED BY OTHER PRACTITIONERS. ALTERNATIVELY YOU CAN WALK OUTSIDE CLOCKWISE AROUND THE PAGODA.

Closing Mettā Chant

THREE TIMES, CALL AND RESPONSE

Dukkhappattā ca niddukkhā	<i>May the suffering be without suffering.</i>
Bhayappattā ca nibbhaya	<i>May the fearful be without fear.</i>
Sokappata ca nissokā	<i>May those who grieve be free from grief.</i>
Hontu sabbe'pi pāṇino	<i>So too may all beings be.</i>