

# 金佛聖寺禪七時間表 – 2016年 5月9 至 5月16日

## Gold Buddha Monastery Meditation Retreat Schedule – May 9-16, 2016

4:00 – 5:00	a.m.	1st Sit 坐香
5:00 – 5:20	a.m.	Walking Meditation 行香
5:20 – 6:00	a.m.	2nd Sit 坐香
6:00 – 6:20	a.m.	Walking Meditation 行香
6:20 – 7:00	a.m.	3rd Sit 坐香 (breakfast for those needed早齋予有需要者)
7:00 – 7:20	a.m.	Walking Meditation 行香
7:20 – 8:00	a.m.	4th Sit 坐香
8:00 – 8:20	a.m.	Walking Meditation 行香
8:20 – 9:00	a.m.	5th Sit 坐香
9:00 – 9:20	a.m.	Walking Meditation 行香
9:20 – 10:00	a.m.	6th Sit 坐香
10:00 – 10:20	a.m.	Walking Meditation 行香
10:20 – 10:50	a.m.	7th Sit 坐香
10:50 – 12:00	noon	Lunch(午齋)
12:00 – 1:00	p.m.	Clean Up/Free Time (出坡)
1:00 – 2:00	p.m.	8th Sit 坐香
2:00 – 2:20	p.m.	Walking Meditation 行香
2:20 – 3:00	p.m.	9th Sit 坐香
3:00 – 3:20	p.m.	Walking Meditation 行香
3:20 – 4:00	p.m.	10th Sit 坐香
4:00 – 6:00	p.m.	Free Time / Dinner (養息香,藥石)
6:00 – 7:00	p.m.	11th Sit 坐香
7:00 – 7:15	p.m.	Walking Meditation 行香
7:15 – 8:30	p.m.	Talks on Meditation/Q&A (恆興法師開示, 禪坐問答)
8:30 – 8:40	p.m.	Walking Meditation 行香
8:40 – 9:30	p.m.	12th Sit 坐香
9:30 –	p.m.	Rest (安單)

All participants must observe silence during the retreat 禪七期間禁語

Meal offering and meal ending verses will be recited silently 午齋時各自默念供養偈及結齋

金佛聖寺 Gold Buddha Monastery

248 East 11th Avenue,

Vancouver, BC, V5T 2C3 Canada

Tel: 604.709.0248