

2010 年華府護國息災報恩念佛暨三時繫念法會

活動時間表

2010 Washington DC Thrice Yearning Ceremony and Chanting Cultivation Schedule of Activities

課目	時間表		課目內容	
佛一 (第一日至第三日)		7月16日(週五) July 16 (Friday)	7月17日(週六) July 17(Saturday)	
	上午 AM	05:00		起 板 Morning Call
		05:30 – 06:30		自行早課 Individual' s Morning Practice
		06:30 – 07:30		早 餐 Breakfast
		07:30 – 08:15		送在旅館的同修們去禪學講堂 Transfer from hotel to US Zen Institute
		08:30 – 10:00		第一支香 (恭誦阿彌陀經、念佛) First Incense (<i>Amitabha Sutra</i> Recitation, Chanting & Meditation)
		10:00 – 11:00		第二支香 (讚佛偈、念佛) Second Incense (Praise of Amitabha Buddha, Chanting & Meditation)
	中午 Noon	11:00 – 11:40		午 供 Meal Offering
		11:40 – 01:00		午 齋 Lunch
	下午 Afternoon	01:30 – 03:00		第三支香 (讚佛偈、念佛) Third Incense (Praise of Amitabha Buddha, Chanting & Meditation)
		03:00 – 03:15	03:15 – 04:15	7/16: 拜佛 Prostrations to Buddha 7/17: 第四支香 (讚佛偈、念佛) Fourth Incense (Praise of Amitabha Buddha, Chanting & Meditation)
		03:15 – 04:45	04:15 – 05:00	7/16: 第五支香 (讚佛偈、念佛) Fifth Incense (Praise of Amitabha Buddha, Chanting & Meditation) 7/17: 大回向 Merit Transfer
	晚上 Evening	05:00 – 06:30		藥 石 Dinner
		07:00 – 08:30		悟行法師開示 / 學佛問答 Buddhism Dharma Lecture by Venerable Wu Shin / Q&A about Buddhism
		08:30 – 09:15		送同修們回旅館 Return to hotel
		10:00		養 息 Day Ends
	三時繫念法會		7月18日(週日) July 18 (Sunday)	
早上 AM		09:00 – 10:30		悟行法師開示 / 傳授皈依 Buddhism Dharma Lecture by Venerable Wu Shin / Three Refuge Ceremony
		中午 Noon	10:30 – 11:30	
11:30 – 01:30			午 餐 Lunch	
下午 Afternoon		01:30 – 03:30		第一時 Thrice Yearning □ Part 1
		04:00 – 05:30		第二時 Thrice Yearning □ Part 2
晚上 Evening		06:00 – 08:00		第三時 Thrice Yearning □ Part 3
	08:00 – 09:00		藥 石 Dinner	