

## **Sunday Service:**

Most every Sunday (see schedule above), we have "Sunday Service." The service starts at 10:00am and runs until 11:30 or a little after. Please arrive a few minutes before 10am so that you may get comfortably settled. Plenty of cushions and chairs are available. We start the service with a few minutes of chanting, including the traditional reciting of the Three Refuges and the Five Precepts (in Pali and English). We typically chant another 4 or 5 minutes of selected texts of the Buddha's teachings (in English).

Following the chanting, we will meditate in silence for 30 minutes. As this meditation is done in silence, if you have not meditated before, or would like suggestions or guidance, please contact Bhante in advance, and he will be happy to provide this, either before service starts or at a separate time. Bhante will ring a bell to conclude the meditation. There is a brief five-minute break following the meditation.

After the meditation period and break, a Dharma talk is given on some aspect of the Buddha's teaching and this is followed by discussion. The discussion may be about the teaching just offered, or about any other aspect of Dharma practice, on the cushion or in daily life.