

阿彌陀佛法會時間表

Amitabha Session Schedule

Morning		A M	SATURDAY
8:00 – 9:00	八關齋戒	Eight Precepts Transmission	(optional)
9:00 – 9:40	<i>Orientation in English (In Dining Hall) for first-time participants</i>		
9:00 – 9:40	阿彌陀經 / 繞念	Amitabha Sutra / Walking Recitation	
9:40 – 10:10	坐念	Seated Recitation	
10:30 – 11:00	上供 / 延生迴向	Meal Offering / Long Life Transference	
11:00 -12:00	午齋	Noon Meal	
Afternoon		P M	
1:00 – 1:40	阿彌陀經 / 繞念	Amitabha Sutra / Walking Recitation	
1:40 - 2:10	坐念	Seated Recitation	
2:10 - 2:40	止靜	Silent Recitation	
2:40 - 3:10	繞念	Walking Recitation	
3:10 - 3:40	坐念	Seated Recitation	
3:40 - 4:10	繞念	Walking Recitation	
4:10 - 4:40	坐念	Seated Recitation	
4:40 - 5:00	迴向	Transference in the Rebirth Hall	
5:15 - 6:15	打坐	Meditation	
Evening		P M	
6:30 - 7:30	晚課 / 咒心	Evening Recitation / Mantra Heart	
7:30 - 9:00	開示	Lecture	
Morning		A M	SUNDAY & MONDAY
8:00 – 8:40	阿彌陀經 / 繞念	Amitabha Sutra / Walking Recitation	
8:40 – 9:10	坐念	Seated Recitation	
9:10 – 9:30	止靜	Silent Recitation	
9:30 – 10:00	繞念	Walking Recitation	
10:20 – 11:00	上供 / 延生迴向	Meal Offering / Long Life Transference	
11:00 -12:00	午齋	Noon Meal	
Afternoon		P M	
1:00 – 1:40	阿彌陀經 / 繞念	Amitabha Sutra / Walking Recitation	
1:40 - 2:10	坐念	Seated Recitation	
2:10 - 2:40	止靜	Silent Recitation	
2:40 – 3:10	繞念	Walking Recitation	
3:10 - 3:40	坐念	Seated Recitation	
3:40 – 4:10	繞念	Walking Recitation	
4:10 - 4:40	坐念	Seated Recitation	
4:40 - 5:00	迴向	Transference in the Rebirth Hall	