

Truc Lam Monastery
Friday Evening Schedule for the English Sangha

First Friday of the Month

Inviting the Bell
Sitting Meditation - followed by a Short Walking Practice
Short Chanting
Precept Recitation
Question & Answer Period
Singing

Second Friday of the Month

Sitting Meditation - followed by a Short Walking Practice
Dharma Talk
Singing

Third Friday of the Month

Walking Meditation
Dharma Talk
Singing

Fourth Friday of the Month

Guided Meditation
Tea Ceremony
Dharma Discussion
Chanting – Singing

Fifth Friday of the Month

(Occurs about twice a year- Please bring a small blanket)
Guided Meditation
Total Relaxation