

Bear River Meditation Group

NO SELF

January Intensive Practice Period

January 9 thru January 16, 2023

All meetings are hybrid unless otherwise noted.

Jan. 9 Monday 7:00am - 8:00am Meditation & Opening Ceremony

ALTOGETHER ON ZOOM, NO IN-PERSON MEETING:

6:30pm – 6:45pm Check in and announcements

6:45pm Meditation

7:00pm Merit Board and Dedication

7:05pm Scripture of Great Wisdom

7:15pm Break

7:20pm Dharma Talk: NO SELF

8:00pm Meditation

8:24pm Vespers

Jan. 10 Tuesday 7:00am - 8:00am Meditation & Morning Office

7:00pm - 7:40pm Meditation & Vespers

Jan. 11 Wednesday 7:00am - 8:00am Meditation & Morning Service

6:45pm - 8:15pm Dharma Discussion, Meditation & Vespers

Jan. 12 Thursday 7:00am - 8:00am Meditation & Morning Office

7:00pm - 7:40pm Meditation & Vespers

Jan. 13 Friday 7:00am - 8:00am Meditation & Morning Service

7:00pm - 7:40pm Meditation & Vespers

Jan. 14 Saturday 8:00am - 9:00am Meditation & Avalokiteshvara Ceremony

9:00am - 10:30am Dharma Discussion - **TWO SEPARATE MEETINGS**

7:00pm - 7:40pm Meditation & Vespers

Jan. 15 Sunday 8:00am - 9:00am Meditation & Morning Office

7:00pm - 7:40pm Meditation and Vespers

Jan. 16 Monday 7:00am - 8:00am Meditation & Morning Service

ALTOGETHER ON ZOOM, NO IN-PERSON MEETING:

6:30pm–6:45pm Check in and announcements
6:45pm Meditation
7:00pm Merit Board and Dedication
7:05pm Scripture of Great Wisdom
7:15pm Break
7:20pm Dharma Talk & Discussion
8:00pm Meditation
8:25pm Closing Ceremony

Dawn Drum & Kesa Verse At the end of Morning Meditation the Dawn Drum will strike seven times and we will recite the Kesa Verse (p.2).

Morning Service: Scripture of Great Wisdom (p.7)
Litany of the Great Compassionate One (p.18)
Adoration of the Buddha's Relics (p.19)

Morning Office: Sandokai (p. 9)
Most Excellent Mirror - Samadhi (p.11)
Ancestral Line (p.15)

Avalokiteshvara Ceremony Scripture of Avalokiteshvara Bodhisattva (p. 3)

Vespers Evening Office (p. 23)

All page numbers refer to the *Scriptures and Ceremonies for Meditation Groups* booklet.

Wednesday evening discussion will begin with an Introduction from Rev. Vivian at 6:45pm. Meeting will open at 6:40.

Rest

As this is an intensive practice period we will be offering practice morning and evening throughout the week. Please be aware of your own needs and feel free to take rest when it is helpful to you.