

BRMG
Online Meeting Schedule
5th Mondays 6:45 - 8:30 pm
Meditation Evening

Host claims host

6:45 Welcome, chat and announcements

7:00 Dedication

Precentor - intone 1 gong to start, and

Precentor - gives dedication (can be the Three Homages, "Homage to the Buddha, Homage to the Dharma, Homage to the Sangha")

Precentor - One gong to end.

7:05 Meditation

Precentor - announces "Meditation" - intones 3 gongs to start, 2 to end

7:25 Walking Meditation

Precentor - announces "Walking Meditation" and when all ready, begins (no inkin to start)

Precentor - ends with two tings of the inkin.

7:30 Break

7:35 Meditation

Precentor - intones 3 gongs to start, 2 to end

7:55 Walking Meditation

Precentor - announces "Walking Meditation" and when all ready, begins (no inkin to start),

Precentor – ends with two tings of the inkin.

8:00 Break

8:05 Meditation

Precentor - intones 3 gongs to start, 2 to end

8:25 Vespers

Audio - plays Throssel Vespers

Precentor - intone 2 gongs at end of Vespers

8:30 End of Meeting

Precentor says "Rest"

Host ends the meeting for all.