

HOW TO COOK YOUR LIFE

Bear River Meditation Group
Intensive Practice Period
12-19 January, 2026

Jan. 12 Monday

7:00am - 8:00am Meditation & Opening Ceremony
6:45pm - 8:30pm

Evening meeting schedule:

6:45pm Check in and announcements
7:00pm Merit Board and Dedication
7:05pm Meditation
7:15pm Dharma Talk and Discussion
8:20pm Meditation
8:25pm Vespers

Jan. 13 Tuesday

7:00am - 8:00am Meditation & Morning Office
7:00pm - 7:40pm Meditation & Vespers

Jan. 14 Wednesday

7:00am - 8:00am Meditation & Morning Service
6:45 - 8:15pm

Evening meeting schedule:

6:45pm Check in
7:00pm Meditation
7:10pm Dharma Talk and Discussion
8:00pm Meditation
8:10pm Vespers

Jan. 15 Thursday

7:00am - 8:00am Meditation & Morning Office
7:00pm - 7:40pm Meditation & Vespers

Jan. 16 Friday

7:00am - 8:00am Meditation & Morning Service
7:00pm - 7:40pm Meditation & Vespers

Jan. 17 Saturday

9:30am - 3:30pm Retreat at Applegate
(10:00am - 11:30am: Hybrid)
7:00pm - 7:40pm Meditation and Vespers

Jan. 18 Sunday

8:00am - 9:00am Meditation & Morning Office
7:00pm - 7:40pm Meditation and Vespers

Jan. 19 Monday

7:00am - 8:00am Meditation & Morning Service
6:45pm - 8:30pm

Evening meeting schedule:

6:45pm Check in and announcements
7:00pm Merit Board and Dedication
7:05pm Scripture: Dedication of Merit
7:15pm Meditation
7:35pm Break
7:40pm Dharma Remarks and Discussion
8:20pm Meditation
8:25pm Closing Ceremony

Notes:

Dawn Drum & Kesa Verse: At the end of Morning Meditation the Dawn Drum will strike seven times and then we will recite the Kesa Verse (p. 1).

Morning Service: Scripture of Great Wisdom (p. 24)
Litany of the Great Compassionate One (p. 29)
Adoration of the Buddha's Relics (p. 31)

Morning Office: Sandokai (p. 14)
Most Excellent Mirror - Samadhi (p. 16)
Ancestral Line (p. 20)

Saturday Retreat: Scripture of Avalokiteshvara Bodhisattva (p. 2)

Evening Office: Vespers (p. 42)

Page numbers refer to the Scriptures and Ceremonies booklet for the Bear River Meditation Group, 2023.