

BRMG
On Line Meeting Schedule
5th Mondays 6:45 - 8:30 pm
Introduction to Meditation

6:45 Join Meeting and Informal Chat

7:00 Introduction to Meditation

Go over basic introduction to Zen Buddhist meditation practice.

7:30 Meditation

Precentor - intones 3 gongs to start, 2 to end

7:50 Walking Meditation

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

Precentor – ends with two tings of the inkin.

7:55 Break

8:00 Questions and Further Instruction

8:20 Meditation and Vespers

Precentor begins Vespers

2 gongs at end of Vespers

8:30 Clean Up