

Amitabha Buddha Recitation Schedule 佛七時間表

11/19 - 11/26/2017

3:30AM	Wake Up 起床	1:00-1:30PM *****	Recite Sutra and Praise 誦彌陀經、彌陀讚
4:00-5:00	Morning Recitation 早課	1:30-1:50	Walking Recitation 繞念
5:00-6:00	拜願 Universal Bowing	1:50-2:10	Sitting Recitation 坐念
		2:10-2:30	Silent Recitation 默念
		2:30-2:50	Walking Recitation 繞念
6:00-7:00	Breakfast、Self Study 早餐、自修	2:50-3:10	Sitting Recitation 坐念
7:00-7:30 *****	Recite Sutra and Praise 誦彌陀經、彌陀讚	3:10-3:30	Silent Recitation 默念
7:30-7:50	Walking Recitation 繞念	3:30-3:50	Walking Recitation 繞念
7:50-8:10	Sitting Recitation 坐念	3:50-4:10	Sitting Recitation 坐念
8:10-8:30	Silent Recitation 默念	4:10-4:30	Silent Recitation 默念
8:30-8:50	Walking Recitation 繞念	4:30-4:45 Dedication before the Rebirth Plaques 往生堂回向	
8:50-9:10	Sitting Recitation 坐念	4:45-5:00	Sitting Recitation 坐念
9:10-9:30	Silent Recitation 默念	5:00-6:00	Supper、Self Study 晚餐、自修
9:30-9:50	Walking Recitation 繞念	6:00-6:35	Evening Recitation 晚課
9:50-10:10	Sitting Recitation 坐念	6:35-6:50	Walking Recitation 繞念
10:10-10:30	Silent Recitation 默念	6:50-7:10	Sitting Recitation 坐念
10:30-10:50	Walking Recitation 繞念	7:10-7:30	Silent Recitation 默念
11:00-11:30 Meal Offering 午供 Transference for Lengthening Life 延生堂回向		7:30-7:50	Walking Recitation 繞念
		7:50-8:10	Sitting Recitation 坐念
11:30-12:10	Lunch 午餐	8:10-8:30	Silent Recitation 默念
12:20-1:00	Self Study 自修	8:30-9:00 Great Transference of Merit 大回向	
		10:30PM	Lights Out 熄燈

● **18th Sat. @7:30PM: Purify the Boundaries** 星期六晚上 7 點半，灑淨

19th .26th Sun. @7:30AM: Recite Sutra and Praise 星期日早上七點半，誦《彌陀經》

26th Sun. @2:40PM: Great Transference of Merit 星期日下午二點四十分，大回向