

WELCOME to the on-line section of the **OBS Hybrid (Residential and On-Line) Meditation Retreat with Bhante Yogavacara Rahula**. The retreat will begin on Thursday, November 2nd and conclude on Sunday, November 5th, 2023.

This note complements the information outlined in the on-line guidance note, and provides you with three important details specifically for your participation in this retreat:

- A. The **ZOOM Coordinates** that you will need to join the retreat each day;
- B. Guidance on the **Chanting** for this retreat; and
- C. **Sample agendas** that reflect different time zones from around the world. *(If any time zones are missing that you would like to have, just send a note and we will try to include them for future retreats.)*

PLEASE NOTE:

This year, we have a time change that occurs on Sunday, November 5th in the Eastern time zone. We will switch from Eastern Daylight Time to Eastern Standard Time.

- This results in a one-hour movement BACK (“fall-back” as it is known here.) So: **8AM in Eastern Daylight Time becomes 7AM for Eastern Standard Time**, on Sunday, November 5th. An extra hour of sleep.
- North American time zone differences will not be affected by this change because all of North America changes from Daylight to Standard Time on the same date.
- **HOWEVER: If you are in a jurisdiction within North America that does not change time, you must note this change and adjust your Sunday schedule accordingly.**

For those participating from outside of North America, we have attempted to reflect the November 5th time adjustment appropriately.

That said, please bear in mind, fallibility is very much a human trait and you will – without doubt – find errors in these agendas. Please forgive and apply your familiarity with your time differences and adjust accordingly!

Wishing you a peaceful and enriching retreat.

With metta,

Ann

Retreat Registrar

annvregistrar@gmail.com // retreats@ottawabuddhistsociety.com

A: THE ZOOM COORDINATES:

ZOOM LINK FOR THE ON-LINE RETREAT:

<https://us02web.zoom.us/j/88628273343?pwd=dE5LWkZ2NGk1R21BUnZDTmNXSE9YQT09>

Meeting ID: 886 2827 3343 Passcode: 267824

Find your local number: <https://us02web.zoom.us/j/ktsRsoVaq> QUESTIONS:

Please contact retreats@ottawabuddhistsociety.com

B: CHANTING

On Thursday, November 2nd, at the beginning of the retreat, Bhante Rahula will lead us in the chanting on the first page of the that includes taking of the eight precepts.

Here is the link for the PDF format of *Chanting Volume 1*:

<https://cdn.amaravati.org/wp-content/uploads/2014/09/30/Chanting-Book-Vol-1-Web.pdf>

NOTE: IF this link does not work, simply copy it and enter it into your search engine and it should bring you to the document.

You will find the 8 Precepts on pages 134-135.

For the remainder of the retreat, he will select from the Bhavana Society chanting book. You will find these pages included as the last section of this note.

C. THE AGENDAS FOLLOW:

OTTAWA BUDDHIST SOCIETY:
RESIDENTIAL & ON-LINE MEDITATION RETREAT WITH BHANTE YOGAVACARA RAHULA
THURSDAY, NOVEMBER 2ND TO SUNDAY, NOVEMBER 5TH, 2023
ON-LINE RETREAT AGENDA

THURSDAY, NOVEMBER 2ND, 2023

12:45 – 1:00PM	Join the retreat on Zoom**
1:00 – 2:00PM	Welcome talk, taking eight precepts; meditation instructions by Bhante Rahula
2:00 – 5:00PM	Alternate standing, walking and sitting meditation
5:00 – 6:00PM	Yoga or optional individual practice
6:00 – 7:00PM	Tea and cheese/chocolate, rest, individual informal practice
7:00 – 8:30PM	Dhamma talk, meditation with Bhante Rahula
8:30PM	Night's rest

FRIDAY, NOVEMBER 3RD AND SATURDAY, NOVEMBER 4TH

5:45 – 6:00AM	Join the retreat on Zoom** (option to stay online for the day, video on/off)
6:00 – 7:00AM	Morning meditation
7:00 – 8:30AM	Breakfast and informal practice
8:30 – 9:30AM	Instruction and sitting meditation
9:30 – 11:00AM	Alternate walking and sitting meditation
11:00 – 2:00PM	Lunch and informal practice
2:00 – 3:00PM	Dhamma talk with Bhante Rahula
3:00 – 5:00PM	Standing, walking and sitting meditation
5:00 – 6:00PM	Yoga or optional individual practice
6:00 – 7:00PM	Tea and cheese/chocolate, rest, individual informal practice
7:00 – 8:00PM	Puja chanting, Q & A (written questions) with Bhante Rahula
8:00 – 9:00PM	Meditation
9:00PM	Night's rest

SUNDAY, NOVEMBER 5TH (CHANGE TO EASTERN STANDARD TIME)

5:45 - 6:00AM	Join the retreat on ZOOM**
6:00 - 7:00AM	Morning meditation
7:00 – 8:30AM	Breakfast and informal practice
8:30 – 9:30AM	Instruction and sitting meditation
9:30 – 10:30AM	Closing Dhamma talk with Bhante Rahula
10:30 – 11:00AM	Closing of on-line and in-person retreat (thank you, reflections, etc.)

NOTE: Times provided are Canadian Eastern Daylight Time;

Except Sunday November 5th when we change to Eastern Standard Time

** ZOOM will be open from 5:30AM, Eastern Daylight / Standard Time, from Friday to Sunday; and from 11:45AM on Thursday.

*** Places using Central Daylight/ Standard Time include: *CANADA: ONTARIO, QUEBEC, NUNAVUT; USA: 23 STATES INCLUDING NEW YORK, MAINE, CONNECTICUT, MARYLAND; GEORGIA, ... ; CARIBBEAN COUNTRIES; PARTS OF MEXICO.*

OTTAWA BUDDHIST SOCIETY:
RESIDENTIAL & ON-LINE MEDITATION RETREAT WITH BHANTE YOGAVACARA RAHULA
THURSDAY, NOVEMBER 2ND TO SUNDAY, NOVEMBER 5TH, 2023
ON-LINE RETREAT AGENDA FOR THOSE IN CENTRAL DAYLIGHT / STANDARD TIME*

CENTRAL DAYLIGHT / STANDARD TIME***	CANADIAN EASTERN DAYLIGHT TIME* (+1 HR)	AGENDA DETAILS*
THURSDAY, NOVEMBER 2ND, 2023 (EASTERN DAYLIGHT TIME)		
11:45 – 12:00PM	12:45 – 1:00PM	Join the retreat on Zoom**
12:00 – 1:00PM	1:00 – 2:00PM	Welcome talk, taking eight precepts; meditation instructions by Bhante Rahula
1:00PM – 4:00PM	2:00 – 5:00PM	Alternate standing, walking and sitting meditation
4:00 – 5:00PM	5:00 – 6:00PM	Yoga or optional individual practice
5:00 – 6:00PM	6:00 – 7:00PM	Tea and cheese/chocolate, rest, individual informal practice
6:00 – 7:30PM	7:00 – 8:30PM	Dhamma talk, meditation with Bhante Rahula
7:30PM	8:30PM	Night's rest
FRIDAY, NOVEMBER 3RD AND SATURDAY, NOVEMBER 4TH (EASTERN DAYLIGHT TIME)		
4:45 – 5:00AM	5:45 – 6:00AM	Join the retreat on Zoom** (option to stay online for the day, video on/off)
5:00 – 6:00AM	6:00 – 7:00AM	Morning meditation
6:00 – 7:30AM	7:00 – 8:30AM	Breakfast and informal practice
7:30 – 8:30AM	8:30 – 9:30AM	Instruction and sitting meditation
8:30 – 10:00AM	9:30 – 11:00AM	Alternate walking and sitting meditation
10:00 – 1:00PM	11:00 – 2:00PM	Lunch and informal practice
1:00 – 2:00PM	2:00 – 3:00PM	Dhamma talk with Bhante Rahula
2:00 – 4:00PM	3:00 – 5:00PM	Standing, walking and sitting meditation
4:00 – 5:00PM	5:00 – 6:00PM	Yoga or optional individual practice
5:00 – 6:00PM	6:00 – 7:00PM	Tea and cheese/chocolate, rest, individual informal practice
6:00 – 7:00PM	7:00 – 8:00PM	Puja chanting, Q & A (written questions) with Bhante Rahula
7:00 – 8:00PM	8:00 – 9:00PM	Meditation
8:00PM	9:00PM	Night's rest
SUNDAY, NOVEMBER 5TH (*CHANGE TO EASTERN STANDARD TIME)		
4:45 – 5:00AM	5:45 – 6:00AM	Join the retreat on ZOOM**
5:00 – 6:00AM	6:00 – 7:00AM	Morning meditation
6:00 – 7:30AM	7:00 – 8:30AM	Breakfast and informal practice
7:30 – 8:30AM	8:30 – 9:30AM	Instruction and sitting meditation
8:30 – 9:30AM	9:30 – 10:30AM	Closing Dhamma talk with Bhante Rahula
9:30 – 10:00AM	10:30 – 11:00AM	Closing of on-line and in-person retreat (thank you, reflections, etc.)

* **Options** proposed to modify the agenda to accommodate the time differences are in **blue**.

* **Please note change to Eastern Standard Time on Sunday, November 5th and subsequent changes to timing that day in some local time zones.**

** ZOOM will be open from 5:30AM, Eastern Daylight / Standard Time, from Friday to Sunday; 11:45AM on Thursday.

*** Places using Central Daylight/ Standard Time include: *CANADA: MANITOBA, SASKATCHEWAN (standard time only), USA: WISCONSIN, OKLAHOMA, MISSISSIPPI, MISSOURI, MINNESOTA, LOUISIANA, IOWA, ILLINOIS, ARKANSAS, ALABAMA; OTHER: MEXICO, BELIZE; GUATEMALA*

**OTTAWA BUDDHIST SOCIETY:
RESIDENTIAL & ON-LINE MEDITATION RETREAT WITH BHANTE YOGAVACARA RAHULA
THURSDAY, NOVEMBER 2ND TO SUNDAY, NOVEMBER 5TH, 2023
ON-LINE RETREAT AGENDA FOR THOSE IN MOUNTAIN DAYLIGHT / STANDARD TIME***

MOUNTAIN DAYLIGHT / STANDARD TIME***	CANADIAN EASTERN DAYLIGHT TIME* (+2 HRS)	AGENDA DETAILS*
THURSDAY, NOVEMBER 2ND, 2023 (EASTERN DAYLIGHT TIME)		
10:45 – 11:00AM	12:45 – 1:00PM	Join the retreat on Zoom**
11:00 – 12:00	1:00 – 2:00PM	Welcome talk, taking eight precepts; meditation instructions by Bhante Rahula
12:00 – 3:00PM	2:00 – 5:00PM	<i>Lunch and</i> alternate standing, walking and sitting meditation
3:00 – 4:00PM	5:00 – 6:00PM	Yoga or optional individual practice
4:00 – 5:00PM	6:00 – 7:00PM	Tea and cheese/chocolate, rest, individual informal practice
5:00 – 6:30PM	7:00 – 8:30PM	Dhamma talk, meditation with Bhante Rahula
6:30PM	8:30PM	Night's rest
FRIDAY, NOVEMBER 3RD AND SATURDAY, NOVEMBER 4TH (EASTERN DAYLIGHT TIME)		
<i>3:45 – 4:00AM</i>	5:45 – 6:00AM	Join the retreat on Zoom** (option to stay online for the day, video on/off) <i>Option to sleep as needed.</i>
<i>4:00 – 5:00AM</i>	6:00 – 7:00AM	Morning meditation
<i>4:45 – 5:00AM</i>	(6:45 – 7:00AM)	<i>Option to join the retreat for the day</i>
5:00 – 6:30AM	7:00 – 8:30AM	Breakfast and informal practice
6:30 – 7:30AM	8:30 – 9:30AM	Instruction and sitting meditation
7:30 – 9:00AM	9:30 – 11:00AM	Alternate walking and sitting meditation
9:00 – 12:00PM	11:00 – 2:00PM	Lunch and informal practice
12:00 – 1:00PM	2:00 – 3:00PM	Dhamma talk with Bhante Rahula
1:00 – 3:00PM	3:00 – 5:00PM	Standing, walking and sitting meditation
3:00 – 4:00PM	5:00 – 6:00PM	Yoga or optional individual practice
4:00 – 5:00PM	6:00 – 7:00PM	Tea and cheese/chocolate, rest, individual informal practice
5:00 – 6:00PM	7:00 – 8:00PM	Puja chanting, Q & A (written questions) with Bhante Rahula
6:00 – 7:00PM	8:00 – 9:00PM	Meditation
7:00PM	9:00PM	Night's rest
SUNDAY, NOVEMBER 5TH (*CHANGE TO EASTERN STANDARD TIME)		
<i>3:45 – 4:00AM</i>	5:45 – 6:00AM	Join the retreat on ZOOM** <i>Option to sleep as needed.</i>
<i>4:00 – 5:00AM</i>	6:00 – 7:00AM	Morning meditation
<i>4:45 – 5:00AM</i>	(6:45 – 7:00AM)	<i>Option to join the retreat for the day</i>
5:00 – 6:30AM	7:00 – 8:30AM	Breakfast and informal practice
6:30 – 7:30AM	8:30 – 9:30AM	Instruction and sitting meditation
7:30 – 8:30AM	9:30 – 10:30AM	Closing Dhamma talk with Bhante Rahula
8:30 – 9:00AM	10:30 – 11:00AM	Closing of on-line and in-person retreat (thank you, reflections, etc.)

* *Options* proposed to modify the agenda to accommodate the time differences are in blue.

* Please note change to Eastern Standard Time on Sunday, November 5th and subsequent changes to timing that day in some local time zones.

** ZOOM will be open from 5:30AM, Eastern Daylight / Standard Time, from Friday to Sunday; 11:45AM on Thursday.

*** Places using Mountain Daylight / Standard Time include: CANADA: ALBERTA; USA: WYOMING, UTAH, NEW MEXICO, MONTANA, COLORADO; OTHER: PARTS OF MEXICO

**OTTAWA BUDDHIST SOCIETY:
RESIDENTIAL & ON-LINE MEDITATION RETREAT WITH BHANTE YOGAVACARA RAHULA
THURSDAY, NOVEMBER 2ND TO SUNDAY, NOVEMBER 5TH, 2023
ON-LINE RETREAT AGENDA FOR THOSE IN **PACIFIC DAYLIGHT / STANDARD TIME*****

PACIFIC DAYLIGHT / STANDARD TIME ***	CANADIAN EASTERN DAYLIGHT TIME* (+3 HRS)	AGENDA DETAILS*
THURSDAY, NOVEMBER 2ND, 2023 (EASTERN DAYLIGHT TIME)		
9:45 – 10:00AM	12:45 – 1:00PM	Join the retreat on Zoom**
10:00 – 11:00AM	1:00 – 2:00PM	Welcome talk, taking eight precepts; meditation instructions by Bhante Rahula
11:00 – 2:00PM	2:00 – 5:00PM	<i>Lunch and</i> alternate standing, walking and sitting meditation
2:00 – 3:00PM	5:00 – 6:00PM	Yoga or optional individual practice
3:00 – 4:00PM	6:00 – 7:00PM	Tea and cheese/chocolate, rest, individual informal practice
4:00 – 5:30PM	7:00 – 8:30PM	Dhamma talk, meditation with Bhante Rahula
5:30PM	8:30PM	Night's rest
FRIDAY, NOVEMBER 3RD AND SATURDAY, NOVEMBER 4TH (EASTERN DAYLIGHT TIME)		
<i>2:45 – 3:00AM</i>	5:45 – 6:00AM	Join the retreat on Zoom** (option to stay online for the day, video on/off) (<i>Option to sleep as needed</i>)
<i>3:00 – 4:00AM</i>	6:00 – 7:00AM	Morning meditation
<i>4:00 – 5:30AM</i>	7:00 – 8:30AM	Breakfast and informal practice
<i>5:15 – 5:30AM</i>	(8:15 – 8:30AM)	<i>Option to join the retreat for the day</i>
5:30 – 6:30AM	8:30 – 9:30AM	Instruction and sitting meditation
6:30 – 8:00AM	9:30 – 11:00AM	Alternate walking and sitting meditation
<i>8:00 – 11:00AM</i>	11:00 – 2:00PM	Lunch / <i>Breakfast/ brunch</i> and informal practice /
11:00 – 12:00PM	2:00 – 3:00PM	Dhamma talk with Bhante Rahula
12:00 – 2:00PM	3:00 – 5:00PM	Standing, walking and sitting meditation
2:00 – 3:00PM	5:00 – 6:00PM	Yoga or optional individual practice
3:00 – 4:00PM	6:00 – 7:00PM	Tea and cheese/chocolate, rest, individual informal practice
4:00 – 5:00PM	7:00 – 8:00PM	Puja chanting, Q & A (written questions) with Bhante Rahula
5:00 – 6:00PM	8:00 – 9:00PM	Meditation
6:00PM	9:00PM	Night's rest
SUNDAY, NOVEMBER 5TH (*CHANGE TO EASTERN STANDARD TIME)		
<i>2:45 – 3:00AM</i>	5:45 - 6:00AM	Join the retreat on ZOOM** (<i>Option to sleep as needed</i>)
<i>3:00 – 4:00AM</i>	6:00 - 7:00AM	Morning meditation
<i>4:00 – 5:30AM</i>	7:00 – 8:30AM	Breakfast and informal practice
<i>5:15 – 5:30AM</i>	(8:15 – 8:30AM)	<i>Option to join the retreat for the day</i>
5:30 – 6:30AM	8:30 – 9:30AM	Instruction and sitting meditation
6:30 – 7:30AM	9:30 – 10:30AM	Closing Dhamma talk with Bhante Rahula
7:30 – 8:00AM	10:30 – 11:00AM	Closing of on-line and in-person retreat (thank you, reflections, etc.)

* *Options* proposed to modify the agenda to accommodate the time differences are in blue.

* Please note change to Eastern Standard Time on Sunday, November 5th and subsequent changes to timing that day in some local time zones.

** ZOOM will be open from 5:30AM, Eastern Daylight / Standard Time, from Friday to Sunday; 11:45AM on Thursday.

*** Places using Pacific Daylight / Standard Time include: CANADA: BRITISH COLUMBIA, YUKON (*standard time only*); USA: CALIFORNIA, WASHINGTON; OTHER: PARTS OF MEXICO

OTTAWA BUDDHIST SOCIETY:
RESIDENTIAL & ON-LINE MEDITATION RETREAT WITH BHANTE YOGAVACARA RAHULA
THURSDAY, NOVEMBER 2ND TO SUNDAY, NOVEMBER 5TH, 2023
ON-LINE RETREAT AGENDA FOR THOSE IN GREENWICH MEAN TIME/ WESTERN EUROPEAN TIME

GREENWICH MEAN TIME (OR WESTERN EUROPEAN TIME)	CANADIAN EASTERN DAYLIGHT TIME* (-4 HRS)	AGENDA DETAILS* *NOTE: THE ADJUSTMENTS PROPOSED HERE ARE SUGGESTIONS ONLY. REGISTRANTS HAVE COMPLETE LATITUDE TO PARTICIPATE AS BEST SUITS THEIR SPECIFIC CIRCUMSTANCES.
THURSDAY, NOVEMBER 2ND, 2023 (EASTERN DAYLIGHT TIME)		
4:45 – 5:00PM	12:45 – 1:00PM	Join the retreat on Zoom**
5:00 – 6:00PM	1:00 – 2:00PM	Welcome talk, taking eight precepts; meditation instructions by Bhante Rahula
6:00 – 9:00PM	2:00 – 5:00PM	Alternate standing, walking and sitting meditation
9:00 – 10:00PM	5:00 – 6:00PM	Yoga or optional individual practice
10:00 – 11:00PM	6:00 – 7:00PM	Tea and cheese/chocolate, rest, individual informal practice
11:00 – 12:30AM	7:00 – 8:30PM	Dhamma talk, meditation with Bhante Rahula
12:30AM	8:30PM	Night's rest
FRIDAY, NOVEMBER 3RD AND SATURDAY, NOVEMBER 4TH (EASTERN DAYLIGHT TIME)		
9:45 – 10:00AM	5:45 – 6:00AM	Join the retreat on Zoom** (option to stay online for the day, video on/off)
10:00 – 11:00PM	6:00 – 7:00AM	Morning meditation
11:00 – 12:30PM	7:00 – 8:30AM	Breakfast / Lunch and informal practice
12:30 – 1:30PM	8:30 – 9:30AM	Instruction and sitting meditation
1:30 – 3:00PM	9:30 – 11:00AM	Alternate walking and sitting meditation
3:00 – 6:00PM	11:00 – 2:00PM	Lunch / Nutrition snack and informal practice
6:00 – 7:00PM	2:00 – 3:00PM	Dhamma talk with Bhante Rahula
7:00 – 9:00PM	3:00 – 5:00PM	Standing, walking and sitting meditation
9:00 – 10:00PM	5:00 – 6:00PM	Yoga or optional individual practice
10:00 – 11:00PM	6:00 – 7:00PM	Tea and cheese/chocolate, rest, individual informal practice
11:00 – 12:00AM	7:00 – 8:00PM	Puja chanting, Q & A (written questions) with Bhante Rahula
12:00 – 1:00AM	8:00 – 9:00PM	Meditation
1:00AM	9:00PM	Night's rest
SUNDAY, NOVEMBER 5TH (*CHANGE TO EASTERN STANDARD TIME: -5HRS)		
10:45 – 11:00AM	5:45 - 6:00AM	Join the retreat on ZOOM**
11:00 – 12:00PM	6:00 - 7:00AM	Morning meditation
12:00 – 1:30PM	7:00 – 8:30AM	Breakfast / Lunch and informal practice
1:30 – 2:30PM	8:30 – 9:30AM	Instruction and sitting meditation
2:30 – 3:30PM	9:30 – 10:30AM	Closing Dhamma talk with Bhante Rahula
3:30 – 4:00PM	10:30 – 11:00AM	Closing of on-line and in-person retreat (thank you, reflections, etc.)

* **Options** proposed to modify the agenda to accommodate the time differences are in **blue**.

* **Please note change to Eastern Standard Time on Sunday, November 5th and subsequent changes to timing that day in some local time zones.**

** ZOOM will be open from 5:30AM, Eastern Daylight / Standard Time, from Friday to Sunday; 11:45AM on Thursday.

*** Places using British Summer Time/ Greenwich Mean Time/ Western European Time include: UNITED KINGDOM; PORTUGAL; ICELAND; GREENLAND; IVORY COAST; SENEGAL; GAMBIA; MARUITANIA; CANARY ISLANDS

**OTTAWA BUDDHIST SOCIETY:
RESIDENTIAL & ON-LINE MEDITATION RETREAT WITH BHANTE YOGAVACARA RAHULA
THURSDAY, NOVEMBER 2ND TO SUNDAY, NOVEMBER 5TH, 2023
ON-LINE RETREAT AGENDA FOR THOSE IN **CENTRAL EUROPEAN TIME*****

CENTRAL EUROPEAN TIME	CANADIAN EASTERN DAYLIGHT TIME* (-5 HRS)	AGENDA DETAILS* *NOTE: THE ADJUSTMENTS PROPOSED HERE ARE SUGGESTIONS ONLY. REGISTRANTS HAVE COMPLETE LATITUDE TO PARTICIPATE AS BEST SUITS THEIR SPECIFIC CIRCUMSTANCES.
THURSDAY, NOVEMBER 2ND, 2023 (EASTERN DAYLIGHT TIME)		
5:45 – 6:00PM	12:45 – 1:00PM	Join the retreat on Zoom**
6:00 – 7:00PM	1:00 – 2:00PM	Welcome talk, taking eight precepts; meditation instructions by Bhante Rahula
7:00 – 10:00PM	2:00 – 5:00PM	Alternate standing, walking and sitting meditation
10:00 – 11:00PM	5:00 – 6:00PM	Yoga or optional individual practice
11:00 – 12:00AM	6:00 – 7:00PM	Tea and cheese/chocolate, rest, individual informal practice
12:00 – 1:30AM	7:00 – 8:30PM	Dhamma talk, meditation with Bhante Rahula
1:30AM	8:30PM	Night's rest
FRIDAY, NOVEMBER 3RD AND SATURDAY, NOVEMBER 4TH (EASTERN DAYLIGHT TIME)		
10:45 – 11:00AM	5:45 – 6:00AM	Join the retreat on Zoom** (option to stay online for the day, video on/off)
11:00 – 12:00PM	6:00 – 7:00AM	Morning / <i>Afternoon</i> meditation
12:00 – 1:30PM	7:00 – 8:30AM	Breakfast / <i>Lunch</i> and informal practice
1:30 – 2:30PM	8:30 – 9:30AM	Instruction and sitting meditation
2:30 – 4:00PM	9:30 – 11:00AM	Alternate walking and sitting meditation
4:00 – 7:00PM	11:00 – 2:00PM	Lunch / <i>Nutrition snack</i> and informal practice
7:00 – 8:00PM	2:00 – 3:00PM	Dhamma talk with Bhante Rahula
8:00 – 10:00PM	3:00 – 5:00PM	Standing, walking and sitting meditation
10:00 – 11:00PM	5:00 – 6:00PM	Yoga or optional individual practice
11:00 – 12:00AM	6:00 – 7:00PM	Tea and cheese/chocolate, rest, individual informal practice
12:00 – 1:00AM	7:00 – 8:00PM	Puja chanting, Q & A (written questions) with Bhante Rahula
1:00 – 2:00AM	8:00 – 9:00PM	Meditation
2:00AM	9:00PM	Night's rest
SUNDAY, NOVEMBER 5TH (*CHANGE TO EASTERN STANDARD TIME: -6HRS)		
11:45 – 12:00PM	5:45 – 6:00AM	Join the retreat on ZOOM**
12:00 – 1:00PM	6:00 – 7:00AM	Morning / <i>Afternoon</i> meditation
1:00 – 2:30PM	7:00 – 8:30AM	Breakfast / <i>Lunch</i> and informal practice
2:30 – 3:30PM	8:30 – 9:30AM	Instruction and sitting meditation
3:30 – 4:30PM	9:30 – 10:30AM	Closing Dhamma talk with Bhante Rahula
4:30 – 5:00PM	10:30 – 11:00AM	Closing of on-line and in-person retreat (thank you, reflections, etc.)

* **Options** proposed to modify the agenda to accommodate the time differences are in **blue**.

* **Please note change to Eastern Standard Time on Sunday, November 5th and subsequent changes to timing that day in some local time zones.**

** ZOOM will be open from 5:30AM, Eastern Daylight / Standard Time, from Friday to Sunday; 11:45AM on Thursday.

*** Places using Central European Time / Central European Summer Time include: SPAIN; FRANCE; BELGIUM; GERMANY; ITALY; AUSTRIA; SWITZERLAND; HUNGARY; NETHERLANDS; NORWAY; SWEDEN; DENMARK; POLAND; CZECH REPUBLIC; SLOVENIA; SLOVAKIA; SERBIA; ALBANIA; BOSNIA & HERZEGOVINA; LIECHTENSTEIN; LUXEMBOURG; MONTENEGRO; MALTA; CROATIA.

OTTAWA BUDDHIST SOCIETY:
RESIDENTIAL & ON-LINE MEDITATION RETREAT WITH BHANTE YOGAVACARA RAHULA
THURSDAY, NOVEMBER 2ND TO SUNDAY, NOVEMBER 5TH, 2023
ON-LINE RETREAT AGENDA FOR THOSE IN SRI LANKAN / INDIAN STANDARD TIME*

SRI LANKAN / INDIAN STANDARD TIME	CANADIAN EASTERN DAYLIGHT TIME* (-9.5 HRS)	AGENDA DETAILS* *NOTE: THE ADJUSTMENTS PROPOSED HERE ARE SUGGESTIONS ONLY. REGISTRANTS HAVE COMPLETE LATITUDE TO PARTICIPATE AS BEST SUITS THEIR SPECIFIC CIRCUMSTANCES.
THURSDAY, NOVEMBER 2ND, 2023 (EASTERN DAYLIGHT TIME)		
10:15 – 10:30 PM	12:45 – 1:00PM	Join the retreat on Zoom**
10:30 – 11:30PM	1:00 – 2:00PM	Welcome talk, taking eight precepts; meditation instructions by Bhante Rahula
11:30 – 2:30AM	2:00 – 5:00PM	Alternate standing, walking and sitting meditation
11:30PM – 4:15AM		<i>Option to sleep as needed</i>
2:30 – 3:30AM	5:00 – 6:00PM	Yoga or optional individual practice
3:30 – 4:30AM	6:00 – 7:00PM	Tea and cheese/chocolate, rest, individual informal practice
4:15 – 4:30AM	(6:45 – 7:00PM)	<i>Option to rejoin the retreat for the Dhamma talk</i>
4:30 – 6:00AM	7:00 – 8:30PM	Dhamma talk, meditation with Bhante Rahula
6:00AM	8:30PM	Night's rest
6:00AM to 3:15PM (Friday morning)		<i>Opportunity to continue daily practice: ZOOM is off-line</i>
6:30 – 7:30AM		<i>Morning meditation</i>
7:30 – 9:30AM		<i>Breakfast and informal practice</i>
9:30 – 10:30AM		<i>Instruction and sitting meditation</i>
10:30 – 12:00PM		<i>Alternate walking and sitting meditation</i>
12:00 – 3:15PM		<i>Lunch and informal practice</i>
FRIDAY, NOVEMBER 3RD AND SATURDAY, NOVEMBER 4TH (EASTERN DAYLIGHT TIME)		
3:15 – 3:30PM	5:45 – 6:00AM	Join the retreat on Zoom** (option to stay online for the day, video on/off)
3:30 – 4:30PM	6:00 – 7:00AM	Morning / Afternoon meditation
4:30 – 6:00PM	7:00 – 8:30AM	Breakfast / Nutrition snack and informal practice
6:00 – 7:00PM	8:30 – 9:30AM	Instruction and sitting meditation
7:00 – 8:30PM	9:30 – 11:00AM	Alternate walking and sitting meditation
8:30 – 11:30PM	11:00 – 2:00PM	(Lunch and) informal practice
11:30 – 12:30AM	2:00 – 3:00PM	Dhamma talk with Bhante Rahula
12:30PM – 4:15AM		<i>Option to sleep as needed</i>
12:30 – 2:30AM	3:00 – 5:00PM	Standing, walking and sitting meditation
2:30 – 3:30AM	5:00 – 6:00PM	Yoga or optional individual practice
3:30 – 4:30AM	6:00 – 7:00PM	Tea and cheese/chocolate, rest, individual informal practice
4:15 – 4:30AM	(6:45 – 7:00PM)	<i>Option to rejoin the retreat for the Dhamma talk</i>
4:30 – 5:30AM	7:00 – 8:00PM	Puja chanting, Q &A (written questions) with Bhante Rahula
5:30 – 6:30AM	8:00 – 9:00PM	Meditation
6:30AM	9:00PM	Night's rest
6:30AM to 4:15PM (Saturday & Sunday morning)		<i>Opportunity to continue daily practice: ZOOM is off-line</i>
6:30 – 7:30AM		<i>Morning meditation</i>
7:30 – 9:30AM		<i>Breakfast and informal practice</i>
9:30 – 10:30AM		<i>Instruction and sitting meditation</i>
10:30 – 12:00PM		<i>Alternate walking and sitting meditation</i>
12:00 – 4:15PM		<i>Lunch and informal practice</i>

SUNDAY, NOVEMBER 5 TH (*CHANGE TO EASTERN STANDARD TIME: -10.5HRS)		
4:15 – 4:30PM	5:45 - 6:00AM	Join the retreat on ZOOM**
4:30 – 5:30PM	6:00 - 7:00AM	Morning meditation
5:30 – 7:00PM	7:00 – 8:30AM	Breakfast and informal practice
7:00 – 8:00PM	8:30 – 9:30AM	Instruction and sitting meditation
8:00 – 9:00PM	9:30 – 10:30AM	Closing Dhamma talk with Bhante Rahula
9:00 – 9:30PM	10:30 – 11:00AM	Closing of on-line and in-person retreat (thank you, reflections, etc.)

* **Options** proposed to modify the agenda to accommodate the time differences are in **blue**.

* **Please note change to Eastern Standard Time on Sunday, November 5th and subsequent changes to timing that day in some local time zones.**

** ZOOM will be open from 5:30AM, Eastern Daylight / Standard Time, from Friday to Sunday; 11:45AM on Thursday.

** ZOOM will be Sri Lankan / Indian Standard Time include: SRI LANKA; INDIA

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ON-LINE RETREAT AGENDA FOR THOSE IN INDOCHINA TIME**

INDOCHINA TIME***	CANADIAN EASTERN DAYLIGHT TIME* (-11 HRS)	AGENDA DETAILS* *NOTE: THE ADJUSTMENTS PROPOSED HERE ARE SUGGESTIONS ONLY. REGISTRANTS HAVE COMPLETE LATITUDE TO PARTICIPATE AS BEST SUITS THEIR SPECIFIC CIRCUMSTANCES.
THURSDAY, NOVEMBER 2ND, 2023 (EASTERN DAYLIGHT TIME)		
11:45 – 12:00AM	12:45 – 1:00PM	Join the retreat on Zoom**
12:00 – 1:00AM	1:00 – 2:00PM	Welcome talk, taking eight precepts; meditation instructions by Bhante Rahula
12:00PM – 4:15AM		<i>Option to sleep as needed</i>
1:00 – 4:00AM	2:00 – 5:00PM	Alternate standing, walking and sitting meditation
4:00 – 5:00AM	5:00 – 6:00PM	Yoga or optional individual practice
5:00 – 6:00AM	6:00 – 7:00PM	Tea and cheese/chocolate, rest, individual informal practice
5:45 – 6:00AM		<i>Option to join the retreat in time for the Dhamma talk</i>
6:00 – 7:30AM	7:00 – 8:30PM	Dhamma talk, meditation with Bhante Rahula
7:30AM	8:30PM	Night's rest
7:30AM to 4:45PM (Friday morning)		<i>Opportunity to continue daily practice: ZOOM is off-line</i>
7:30 – 8:30AM		<i>Morning meditation</i>
8:30 – 10:00AM		<i>Breakfast and informal practice</i>
10:00 – 11:00AM		<i>Sitting meditation</i>
11:00 – 12:30PM		<i>Alternate walking and sitting meditation</i>
12:30 – 3:30PM		<i>Lunch and informal practice</i>
3:30 – 4:45PM		<i>Standing, walking and sitting meditation</i>
FRIDAY, NOVEMBER 3RD AND SATURDAY, NOVEMBER 4TH (EASTERN DAYLIGHT TIME)		
4:45 – 5:00PM	5:45 – 6:00AM	Join the retreat on Zoom** (option to stay online for the day, video on/off)
5:00 – 6:00PM	6:00 – 7:00AM	Morning meditation
6:00 – 7:30PM	7:00 – 8:30AM	Breakfast and informal practice
7:30 – 8:30PM	8:30 – 9:30AM	Instruction and sitting meditation
8:30 – 10:00PM	9:30 – 11:00AM	Alternate walking and sitting meditation
10:00 – 1:00AM	11:00 – 2:00PM	Lunch and informal practice
1:00 – 2:00AM	2:00 – 3:00PM	Dhamma talk with Bhante Rahula
2:00AM – 8:00AM		<i>Option to sleep as needed</i>
2:00 – 4:00AM	3:00 – 5:00PM	Standing, walking and sitting meditation
4:00 – 5:00AM	5:00 – 6:00PM	Yoga or optional individual practice
5:00 – 6:00AM	6:00 – 7:00PM	Tea and cheese/chocolate, rest, individual informal practice
6:00 – 7:00AM	7:00 – 8:00PM	Puja chanting, Q &A (written questions) with Bhante Rahula
7:00 – 8:00AM	8:00 – 9:00PM	Meditation
8:00AM	9:00PM	Night's rest
8:00AM to 5:45PM (Saturday & Sunday morning)		<i>Opportunity to continue daily practice: ZOOM is off-line</i>
8:00 – 9:00AM		<i>Morning meditation</i>
9:00 – 10:30AM		<i>Breakfast and informal practice</i>
10:30 – 11:30AM		<i>Sitting meditation</i>
11:30 – 1:00PM		<i>Alternate walking and sitting meditation</i>
1:00 – 4:00PM		<i>Lunch and informal practice</i>
4:00 – 5:45PM		<i>Standing, walking and sitting meditation</i>

SUNDAY, NOVEMBER 5 TH (*CHANGE TO EASTERN STANDARD TIME: -12HRS)		
5:45 – 6:00PM	5:45 - 6:00AM	Join the retreat on ZOOM**
6:00 - 7:00PM	6:00 - 7:00AM	Morning meditation
7:00 – 8:30PM	7:00 – 8:30AM	(Breakfast and) Informal practice
8:30 – 9:30PM	8:30 – 9:30AM	Instruction and sitting meditation
9:30 – 10:30PM	9:30 – 10:30AM	Closing Dhamma talk with Bhante Rahula
10:30 – 11:00PM	10:30 – 11:00AM	Closing of on-line and in-person retreat (thank you, reflections, etc.)

* *Options* proposed to modify the agenda to accommodate the time differences are in blue.

* **Please note change to Eastern Standard Time on Sunday, November 5th and subsequent changes to timing that day in some local time zones.**

** ZOOM will be open from 5:30AM, Eastern Daylight / Standard Time, from Friday to Sunday; 11:45AM on Thursday.

*** Places using Indochina Time include: THAILAND; CAMBODIA; LAOS; VIETNAM

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ON-LINE RETREAT AGENDA FOR THOSE IN ASIAN STANDARD TIME*

ASIAN STANDARD TIME	CANADIAN EASTERN DAYLIGHT TIME* (-12 Hrs)	AGENDA DETAILS*
THURSDAY, NOVEMBER 2ND, 2023 (EASTERN DAYLIGHT TIME)		
12:45 – 1:00AM	12:45 – 1:00PM	Join the retreat on Zoom**
1:00 – 2:00AM	1:00 – 2:00PM	Welcome talk, taking eight precepts; meditation instructions by Bhante Rahula
2:00 – 5:00AM	2:00 – 5:00PM	Alternate standing, walking and sitting meditation
5:00 – 6:00AM	5:00 – 6:00PM	Yoga or optional individual practice
6:00 – 7:00AM	6:00 – 7:00PM	Tea and cheese/chocolate, rest, individual informal practice
7:00 – 8:30AM	7:00 – 8:30PM	Dhamma talk, meditation with Bhante Rahula
8:30AM	8:30PM	Night's rest
<i>8:30AM to 5:45PM</i>		<i>Opportunity to continue daily practice: ZOOM is off-line</i>
<i>8:30 – 9:30AM</i>		<i>Morning meditation</i>
<i>9:30 – 11:00AM</i>		<i>Breakfast and informal practice</i>
<i>11:00 – 12:00AM</i>		<i>Sitting meditation</i>
<i>12:00 – 1:30PM</i>		<i>Alternate walking and sitting meditation</i>
<i>1:30 – 4:30PM</i>		<i>Lunch and informal practice</i>
<i>4:30 – 5:45PM</i>		<i>Standing, walking and sitting meditation</i>
FRIDAY, NOVEMBER 3RD AND SATURDAY, NOVEMBER 4TH (EASTERN DAYLIGHT TIME)		
5:45 – 6:00PM	5:45 – 6:00AM	Join the retreat on Zoom** (option to stay online for the day, video on/off)
6:00 – 7:00PM	6:00 – 7:00AM	Morning meditation
7:00 – 8:30PM	7:00 – 8:30AM	Breakfast and informal practice
8:30 – 9:30PM	8:30 – 9:30AM	Instruction and sitting meditation
9:30 – 11:00PM	9:30 – 11:00AM	Alternate walking and sitting meditation
11:00 – 2:00AM	11:00 – 2:00PM	Lunch and informal practice
2:00 – 3:00AM	2:00 – 3:00PM	Dhamma talk with Bhante Rahula
3:00 – 5:00AM	3:00 – 5:00PM	Standing, walking and sitting meditation
5:00 – 6:00AM	5:00 – 6:00PM	Yoga or optional individual practice
6:00 – 7:00AM	6:00 – 7:00PM	Tea and cheese/chocolate, rest, individual informal practice
7:00 – 8:00AM	7:00 – 8:00PM	Puja chanting, Q & A (written questions) with Bhante Rahula
8:00 – 9:00AM	8:00 – 9:00PM	Meditation
9:00AM	9:00PM	Night's rest
<i>8:00AM to 5:45PM</i>		<i>Opportunity to continue daily practice: ZOOM is off-line</i>
<i>8:00 – 9:00AM</i>		<i>Morning meditation</i>
<i>9:00 – 10:30AM</i>		<i>Breakfast and informal practice</i>
<i>10:30 – 11:30AM</i>		<i>Sitting meditation</i>
<i>11:30 – 1:00PM</i>		<i>Alternate walking and sitting meditation</i>
<i>1:00 – 4:00PM</i>		<i>Lunch and informal practice</i>
<i>4:00 – 6:45PM</i>		<i>Standing, walking and sitting meditation</i>

SUNDAY, NOVEMBER 5 TH (*CHANGE TO EASTERN STANDARD TIME: -13HRS)		
6:45 - 7:00PM	5:45 - 6:00AM	Join the retreat on ZOOM**
7:00 - 8:00PM	6:00 - 7:00AM	Morning meditation
8:00 – 9:30PM	7:00 – 8:30AM	Breakfast and informal practice
9:30 – 10:30PM	8:30 – 9:30AM	Instruction and sitting meditation
10:30 – 11:30PM	9:30 – 10:30AM	Closing Dhamma talk with Bhante Rahula
11:30 – 12:00AM	10:30 – 11:00AM	Closing of on-line and in-person retreat (thank you, reflections, etc.)

* *Options* proposed to modify the agenda to accommodate the time differences are in blue.

* **Please note change to Eastern Standard Time on Sunday, November 5th and subsequent changes to timing that day in some local time zones.**

** ZOOM will be open from 5:30AM, Eastern Daylight / Standard Time, from Friday to Sunday; 11:45AM on Thursday.

*** Places using Asian Standard Time include: SINGAPORE; HONG KONG; MALAYSIA; WESTERN AUSTRALIA

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THURSDAY, NOVEMBER 2ND TO SUNDAY, NOVEMBER 5TH, 2023
ON-LINE RETREAT AGENDA FOR THOSE IN AUSTRALIAN EASTERN DAYLIGHT TIME***

AUSTRALIAN EASTERN DAYLIGHT TIME	CANADIAN EASTERN DAYLIGHT TIME* (-15HRS)	AGENDA DETAILS* *NOTE: THE ADJUSTMENTS PROPOSED HERE ARE SUGGESTIONS ONLY. REGISTRANTS HAVE COMPLETE LATITUDE TO PARTICIPATE AS BEST SUITS THEIR SPECIFIC CIRCUMSTANCES.
THURSDAY, NOVEMBER 2ND, 2023 / FRIDAY, NOVEMBER 3RD, 2023 (EASTERN DAYLIGHT TIME)		
3:45 – 4:00AM <i>(Friday morning)</i>	12:45 – 1:00PM	Join the retreat on Zoom**
4:00 – 5:00AM	1:00 – 2:00PM	Welcome talk, taking eight precepts; meditation instructions by Bhante Rahula
5:00 – 8:00AM	2:00 – 5:00PM	Alternate standing, walking and sitting meditation
8:00 – 9:00AM	5:00 – 6:00PM	Yoga or optional individual practice
9:00 – 10:00AM	6:00 – 7:00PM	Tea and cheese/chocolate / <i>Breakfast</i> , rest, individual informal practice
10:00 – 11:30AM	7:00 – 8:30PM	Dhamma talk, meditation with Bhante Rahula
11:30AM	8:30PM	Night's rest
11:30AM to 8:45PM		<i>Opportunity to continue daily practice: ZOOM is off-line</i>
11:30 – 1:00PM		<i>Lunch and informal practice</i>
1:00 – 2:00PM		<i>Sitting meditation</i>
2:30 – 5:30PM		<i>Standing, walking and sitting meditation</i>
5:30 – 7:00PM		<i>Tea and cheese/chocolate, rest, individual informal practice</i>
7:00 – 8:45PM		<i>Alternate walking and sitting meditation</i>
FRIDAY, NOVEMBER 3RD AND SATURDAY, NOVEMBER 4TH (EASTERN DAYLIGHT TIME)		
8:45 – 9:00PM	5:45 – 6:00AM	Join the retreat on Zoom** (option to stay online for the day, video on/off)
9:00 – 10:00PM	6:00 – 7:00AM	Morning / <i>Evening</i> meditation
10:00 – 11:30PM	7:00 – 8:30AM	(Breakfast and) Informal practice
10:00PM – 4:45AM		<i>Option to sleep</i>
11:30 – 12:30AM <i>(Saturday / Sunday morning)</i>	8:30 – 9:30AM	Instruction and sitting meditation
12:30 – 2:00AM	9:30 – 11:00AM	Alternate walking and sitting meditation
2:00 – 5:00AM	11:00 – 2:00PM	Lunch and informal practice
4:45 – 5:00AM		<i>Option to rejoin the retreat in time for the Dhamma talk</i>
5:00 – 6:00AM	2:00 – 3:00PM	Dhamma talk with Bhante Rahula
6:00 – 8:00AM	3:00 – 5:00PM	Standing, walking and sitting meditation
8:00 – 9:00AM	5:00 – 6:00PM	Yoga or optional individual practice
9:00 – 10:00AM	6:00 – 7:00PM	Tea and cheese/chocolate, rest, individual informal practice
10:00 – 11:00AM	7:00 – 8:00PM	Puja chanting, Q & A (written questions) with Bhante Rahula
11:00 – 12:00PM	8:00 – 9:00PM	Meditation
12:00PM	9:00PM	Night's rest
12:00PM to 9:45PM		<i>Opportunity to continue daily practice: ZOOM is off-line</i>
12:00 – 1:30PM		<i>Lunch and informal practice</i>
1:30 – 2:30PM		<i>Sitting meditation</i>
3:00 – 5:30PM		<i>Standing, walking and sitting meditation</i>
5:30 – 7:30PM		<i>Tea and cheese/chocolate, rest, individual informal practice</i>
7:30 – 9:45PM		<i>Alternate walking and sitting meditation</i>

SUNDAY, NOVEMBER 5 TH (*CHANGE TO EASTERN STANDARD TIME: -16HRS)		
9:45 – 10:00PM	5:45 - 6:00AM	Join the retreat on ZOOM**
10:00 – 11:00PM	6:00 - 7:00AM	Morning meditation
11:00 – 12:30AM <i>(Monday Morning)</i>	7:00 – 8:30AM	Breakfast and informal practice
12:30 – 1:30AM	8:30 – 9:30AM	Instruction and sitting meditation
1:30 – 2:30AM	9:30 – 10:30AM	Closing Dhamma talk with Bhante Rahula
2:30 – 3:00AM	10:30 – 11:00AM	Closing of on-line and in-person retreat (thank you, reflections, etc.)

* *Options* proposed to modify the agenda to accommodate the time differences are in *blue*.

* **Please note change to Eastern Standard Time on Sunday, November 5th and subsequent changes to timing that day in some local time zones.**

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*** Places using Australian Eastern Daylight / Standard Time include: VICTORIA, MELBOURNE, (AUSTRALIA)

CHANTING TEXTS:

For the first session on Thursday, November 2nd, 2023:

Excerpt from *Chanting Book Volume 1*, pages 134-135:

The Eight Precepts

[Repeat each precept after the leader]

1. Pāṇātipātā veraṭmaṇī sikkhāṭpadaṃ saṭmādiyāmi
I undertake the precept to refrain from taking the life of any living creature.
2. Adinnādānā veraṭmaṇī sikkhāṭpadaṃ saṭmādiyāmi
I undertake the precept to refrain from taking that which is not given.
3. Abrahmacariyā veraṭmaṇī sikkhāṭpadaṃ saṭmādiyāmi
I undertake the precept to refrain from any intentional sexual activity.
4. Musāṭvādā veraṭmaṇī sikkhāṭpadaṃ saṭmādiyāmi
I undertake the precept to refrain from lying.
5. Surāmeraya-majja-pamādaṭṭhāṇā veraṭmaṇī sikkhāṭpadaṃ saṭmādiyāmi
I undertake the precept to refrain from consuming intoxicating drink and drugs which lead to carelessness.
6. Vikālabhojanā veraṭmaṇī sikkhāṭpadaṃ saṭmādiyāmi.
I undertake the precept to refrain from eating at inappropriate times.
7. Nacca-gīta-vādita-visūkadaṭṭṣanā mālā-gandha-vilepana-dhāraṇa-maṇḍana-vibhūsaṇaṭṭhāṇā veraṭmaṇī sikkhāṭpadaṃ saṭmādiyāmi.
I undertake the precept to refrain from entertainment, beautification, and adornment.
8. Uccāsayana-mahāṭsayanā veraṭmaṇī sikkhāṭpadaṃ saṭmādiyāmi.
I undertake the precept to refrain from lying on a high or luxurious sleeping place.

[Leader:]

[Imāni aṭṭha sikkhāṭpadāni saṭmādiyāmi]

[Response:]

Imāni aṭṭha sikkhāṭpadāni saṭmādiyāmi

Imāni aṭṭha sikkhāṭpadāni saṭmādiyāmi

Imāni aṭṭha sikkhāṭpadāni saṭmādiyāmi

I undertake these Eight Precepts. I undertake these Eight Precepts. I undertake these Eight Precepts.

[Leader:]

[Imāni aṭṭha sikkhāṭṭpadāni
Sīlena sugal-tiṃ yanti
Sīlena bhoga-saṃpadā
Sīlena nibbu-tiṃ yanti
Tasmāṭ sīlaṃ viśoḍhaye]

These are the Eight Precepts;

virtue is the source of happiness, virtue is the source of true wealth, virtue is the source of peacefulness — Therefore let virtue be purified.

[**Response:**]

Sādhu, sādhu, sādhu.

[**Bow three times**]

For the remainder of the retreat:

EVENING PUJA

Arahamsamma-sambuddhoBhagava,BuddhamBhagavantamAbhivademi (bow)

Svakhatto Bhagavato Dhammo, Dhammam nama saa-mi (bow)

Supatipanno Bhagavato Savaka-sangho, Sangham namaa-mi (bow)

Naamo tassa Bhagavato, Arahato, Samma-sambuddhassa (3x)

Buddham saranam gacchaami; Dhammam saranam gacchaami; Sangham saranam gacchaami.

Dutiyampi.....

Tatīyampi.....

Eight Uposatha precepts

1. I undertake the training rule to abstain from taking life (Panatipata veramani sikkhapadam samadiyami)
2. I undertake the training rule to abstain from stealing (Adinnadana veramani sikkhapadam samadiyami)
3. I undertake the precept to abstain from any sexual activity (Abrahmacariya veramani sikkhapadam samadiyami)
4. I undertake the training rule to abstain from false speech (Musavada veramani sikkhapadam samadiyami)
5. I undertake the training rule to abstain from intoxicants causing heedless (Sura-meraya majja-pamadatthana veramani sikkhapadam samadiyami)
6. I undertake the training rule to abstain from eating after noon (Vikala bhojana veramani sikkhapadam samadiyami)

7. I undertake the training rule to abstain from singing, dancing, music using perfumes and beautifying with cosmetics
(Nacca gita vadita, visuka-dassana, mala gandha vilepana, dharana- mandana Vibhusanatthana veramani sikkhapadam samadiyami)
8. I undertake the training rule to abstain from using high and large seats and beds
(Uccasayana, Mahasayana veramani sikkhapadam samadiyami)

Qualities of the Triple Gem

Such indeed is the Buddha, worthy, perfectly enlightened, perfect in true knowledge and conduct, well-gone, knower of the worlds, supreme trainer of persons to be tamed, teacher of gods and humans, enlightened and exalted.

Well expounded is the Dhamma by the Buddha, directly visible, unaffected by time, calling one to come and see, leading onwards, to be realized by the wise.

The order of the Buddha's disciples is practicing well; they are of upright conduct; they have entered the right path; they are practicing correctly; that is the four pairs of persons, the eight kinds of individuals. This order of the Buddha's disciples is worthy of offerings and hospitality, worthy of gifts and salutations, supreme field of merit for the world.

Offerings

With candle lights dispelling dark, I respect the perfect Buddha,

The light of the triple worlds, who dispels the darkness of delusion.

With these flowers I respect the Buddha, by this merit may I gain liberation, As these flowers fade and wither, so will this body decay and die.

All actions are led by the mind, mind is their master, mind is their maker; Act or speak with an impure mind, then suffering follows, as the cartwheel follows the foot of the ox.

And in the same way, if one acts or speaks with a pure mind, then happiness follows as your shadow follows you around.

Forgiveness

If due to negligence, I have done some wrong, by body, speech or mind, forgive me of that offense, O Bhante, Perfect one of vast Wisdom; Forgive me of that offense O Dhamma, Visible and unaffected by time; Forgive me of that offense O Sangha, Practicing well and supreme.

I have gained a vast mass of merit, Respecting the honorable Triple Gem. By the spiritual power of that merit, may my obstacles be destroyed.

By means of these meritorious deeds, may I never join with the foolish, May I always join with the wise, until the time I attain Nibbana.

May the suffering be free from suffering; May the fear struck be free from fear; May the grieving be free from grief; so too may all beings live.

Excellent, Excellent, Excellent

Dependent Origination

Dependent on Ignorance volitional formations arise; Dependent on volitional formations consciousness arises; Dependent on consciousness mentality and materiality arise; Dependent on mentality and materiality the six-fold base arises; Dependent on the six-fold base contact arises; Dependent on contact feeling arises; Dependent on feeling craving arises; Dependent on craving grasping arises; Dependent on grasping becoming arises; Dependent on becoming birth arises; Dependent on birth arises aging, death, sorrow, lamentation, pain, grief and despair. Thus there is the arising of this whole mass of suffering.

Through the entire cessation of this ignorance, volitional formations cease; through the cessation of volitional formations consciousness ceases; through the cessation of consciousness mentality and materiality cease and contact, feeling, craving, grasping, becoming and birth cease. Through the cessation of birth, aging and death cease and hence sorrow, lamentation, pain, grief and despair all cease. Thus there is the cessation of this whole mass of suffering.

“Through many a birth I’ve wandered in Samsara, seeking but not finding the builder of this house. Sorrowful is it to be born again and again.

O house-builder! Thou art seen, thou shall build no house again. All thy rafters are broken, thy ridgepole is shattered. This mind has attained the Unconditioned, Achieved is the end of Craving”.

Excellent....Excellent....Excellent

Metta Sutta—Discourse on Loving Friendliness

One skilled in goodness, wishing to attain that state of peace, should act thus: One should be able, straight, upright, obedient, gentle and humble; One should be content, easy to support, with few duties, living lightly, controlled in senses, discreet, not impudent, unattached to families. One should not do any slight wrong which the wise might censure;

May all beings be happy and secure; Whatever living beings there may be without exception: weak or strong, long or short, gross medium or subtle, visible or invisible, living far or near, born or coming to birth—May all beings have joyful peaceful minds. Let no one deceive another, nor despise anyone anywhere. Neither in anger or ill-will should anyone wish harm to another. As a mother would risk her own life to protect her only child, Even so towards all living beings one should cultivate a boundless heart. One should cultivate for all the world a heart of boundless loving-friendliness, above, below, and all around, unobstructed, without hatred or resentment.

Whether standing, walking, sitting, lying down or whenever awake, one should cultivate this mindfulness. This is called divinely dwelling here. Not falling into erroneous views but virtuous and endowed with vision, removing desire for sensual pleasures, one comes not again to birth into any world.

Excellent, Excellent, Excellent

Maha-Mangala Sutta—Great Discourse on Blessings

A deity addresses the Buddha:

“Many deities and humans have pondered on Blessings, desiring their well-being. Tell me the blessing supreme.”

The Buddha’s reply:

“To associate not with the foolish, to be with the wise, to honor the worthy ones, this is a blessing supreme.

To reside in a suitable location, having done good deeds in the past, to set oneself in the right direction, this is a blessing supreme.

Great learning and skilled in a craft, well trained in discipline, utterances well spoken, this is a blessing supreme.

To be well caring of mother and father, looking after spouse and children, to have a harmless occupation, this is a blessing supreme.

Selfless giving, living a just life, supporting relatives and blameless actions, this is a blessing supreme.

To cease and abstain from evil, complete restraint from intoxicants, diligent in virtuous practices, this is a blessing supreme.

To be reverent and humble, content and grateful, to hear the Dhamma at the right time, this is a blessing supreme.

To be patient and obedient, visiting recluses, to discuss the Dhamma at the right time, this is a blessing supreme.

To live austerely and purely, to see the Noble Truths and to realize Nibbana, this the blessing supreme.

A mind unshaken when touched by the worldly states, Sorrowless, stainless and secure, this is the blessing supreme.

Those who have fulfilled all these are everywhere invincible; They find well-being everywhere; Theirs is the blessing supreme.

Excellent...Excellent...Excellent