

萬佛聖城阿彌陀佛七法會時間表

CITY OF 10,000 BUDDHAS DAILY SCHEDULE FOR
AMITABHA BUDDHA RECITATION SESSION

12/21/09 -- 1/2/10

Morning		AM
4:00 - 5:00	早課	Morning Recitation
5:00 - 6:00	拜願 / 打坐	Universal Bowing / Meditation
6:15 - 6:45	早齋 / 打坐	Breakfast / Meditation
7:15 - 7:55	阿彌陀經 / 繞念	Amitabha Sutra / Walking Recitation
7:55 - 8:20	坐念	Seated Recitation
8:20 - 8:45	止靜	Silent Recitation
8:45 - 9:10	繞念	Walking Recitation
9:10 - 9:35	坐念	Seated Recitation
9:35 - 10:00	止靜 / 迴向	Silent Recitation / Transference
10:20 -12:00	上供 / 迴向 / 午齋 / 結齋及三皈依	Meal Offering / Transference / Noon Meal / End Meal & Three Refuges
Afternoon		PM
1:00 - 1:35	阿彌陀經 / 繞念	Amitabha Sutra / Walking Recitation
1:35 - 2:00	坐念	Seated Recitation
2:00 - 2:25	止靜	Silent Recitation
2:25 - 2:50	繞念	Walking Recitation
2:50 - 3:15	坐念	Seated Recitation
3:15 - 3:40	止靜	Silent Recitation
3:40 - 4:05	繞念	Walking Recitation
4:05 - 4:30	坐念	Seated Recitation
4:30 - 5:00	往生堂迴向 / 繞念 / 迴向	Transference in the Rebirth Hall / Walking Recitation / Transference
5:15 - 5:45	晚餐 (居士)	Dinner (Laity)
Evening		PM
6:30 - 7:30	晚課	Evening Recitation
7:30 - 7:50	坐念	Seated Recitation
7:50 - 8:10	止靜	Silent Recitation
8:10 - 8:30	繞念	Walking Recitation
8:30 - 9:00	開示	Lecture
9:00 - 9:40	大迴向	Great Transference