

Order of Prayer

Weekly Silent Sit

Gathering In silence

Opening Sound of large gong (3x)

Chant Sound of tiny gong (1x)\* to start and to end

Selected by leader, varies by week

Short Reading Spoken by leader or sung by group\*\*

First Silence Sound of medium gong

20 minutes

Walk/Stand Sound of small bell to indicate when to stand, turn, move\*\*\*

10 minutes

Sound of small bell to indicate when to stop, return, sit\*\*\*

Second Silence Sound of medium gong

20 minutes

Closing Sound of large gong (1x)

Leader invites all to “Go in Peace”

Short Teaching You may choose to leave or stay for the teaching.

Teaching starts 1-2 minutes after the sit ends.

Teaching includes short text, short reflection, sharing

Short session concludes in 15 minutes.

\*indicates an opportunity for everyone to participate orally

\*\*during the online period, we will not use the established (chanted) texts

\*\*\*if you do not have space or prefer to sit, you can simply sit in silence