



## Order of Prayer Weekly Short Teaching & Silent Sit

Gathering	In silence
Opening	Sound of large gong (3x)
Short Teaching	You may choose to come early, or not, for the teaching. Teaching ends 1-2 minutes before the sit begins. Teaching includes short text, short reflection, sharing Short teaching session concludes in 15 minutes. End of teaching session marked by sound of large gong
Formal Sit	Beginning of formal sit marked by sound of large gong
Short Reading	Spoken by leader or sung by group**
Chant	Sound of tiny gong (1x)* to start and to end Selected by leader, varies by week
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"

\*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