

萬佛聖城阿彌陀佛七法會時間表

The City of 10,000 Buddhas Daily Schedule for Amitabha Buddha Recitation Session

12/12 -- 12/24/2011

Morning		AM
4:00 - 5:00	早課	Morning Recitation
5:00 - 6:00	拜願	Universal Bowing
6:15 - 6:45	早齋 / 打坐	Breakfast / Meditation
7:00 - 8:00	阿彌陀經 / 繞念	Amitabha Sutra / Walking Recitation
8:00 - 8:30	坐念	Seated Recitation
8:30 - 9:00	止靜	Silent Recitation
9:00 - 9:30	繞念	Walking Recitation
9:30 - 10:00	坐念 / 迴向	Seated Recitation / Transference
10:20 - 11:00	上供 / 延生堂迴向	Meal Offering / Transference in the Long Life Hall
11:00 - 12:00	午齋	Lunch
Afternoon		PM
12:45 - 1:30	阿彌陀經 / 繞念	Amitabha Sutra / Walking Recitation
1:30 - 2:00	坐念	Seated Recitation
2:00 - 2:30	止靜	Silent Recitation
2:30 - 3:00	繞念	Walking Recitation
3:00 - 3:30	坐念	Seated Recitation
3:30 - 4:00	止靜	Silent Recitation
4:00 - 4:30	繞念	Walking 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)	Supper (Laity)
Evening		PM
6:30 - 7:30	晚課	Evening Recitation
7:30 - 9:00	開示	Lecture
9:00 - 9:40	大迴向	Great Transference