

彌陀七每日時間表

Amitabha Session Daily Schedule

12/19/2021 – 12/25/2021

12/19-20 (Sun & Mon) (週日, 週一)	7:00-7:20am	阿彌陀經	Amitabha Sutra
	7:20-7:40am	繞念	Circumambulation
	7:40-8:00am	坐念	Sitting Recitation
	8:00-8:20am	靜坐	Meditation
	8:20-8:40am	繞念	Circumambulation
	8:40-9:00am	坐念	Sitting Recitation
	9:00-9:15am	靜坐	Meditation
	9:15-10:00am	普佛及迴向	Universal Bowing & Dedication
12/21-25 (Tue - Sat) (週二至週六)	7:00-7:20am	阿彌陀經	Amitabha Sutra
	7:20-7:40am	繞念	Circumambulation
	7:40-8:00am	坐念	Sitting Recitation
	8:00-8:20am	靜坐	Meditation
	8:20-8:40am	繞念及迴向	Circumambulation & Dedication
	9:00-10:00am	英文組	English Team
下午 Afternoon 12/19-25 (全程 For 7 Days)	2:00-2:20pm	阿彌陀經	Amitabha Sutra
	2:20-2:40pm	繞念	Circumambulation
	2:40-3:00pm	坐念	Sitting Recitation
	3:00-3:30pm	靜坐	Meditation
	3:30pm	大迴向及往生堂迴向	Great Transference & Rebirth Hall Transference