

# 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

**12/28/2015 -- 1/2/2016**

<b>Morning</b>		<b>A M</b>
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
<b>7:15 - 8:00</b>	誦阿彌陀經 / 繞念	<b>Amitabha Sutra / Walking Recitation</b>
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 / <b>Transference</b>
<b>10:20 - 11:00</b>	上供 / 延生堂迴向	Meal Offering / <b>Transference in the Long Life Hall</b>
11:00 - 12:00	午齋	Lunch
<b>Afternoon</b>		<b>P M</b>
<b>12:45 - 1:30</b>	誦阿彌陀經 / 繞念	<b>Amitabha Sutra / Walking Recitation</b>
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
<b>4:30 - 5:00</b>	往生堂迴向 / 繞念 / 迴向	<b>Transference in the Rebirth Hall</b> / Walking Recitation / <b>Transference</b>
5:15 - 5:45	晚餐 (居士)	Supper (Laity)
<b>Evening</b>		<b>P M</b>
6:30 - 7:30	晚課	Evening Recitation
7:30 - 9:00	開示	Lecture
<b>9:00 - 9:40</b>	大迴向	<b>Great Transference</b>