

達拉斯佛教會

Dallas Buddhist Association

每週日常課程表

Daily Schedule

時間	星期一	星期二	星期三	星期四	星期五	星期六	星期日
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:45 07:15	早課 (Morning Service)						
07:40 08:50	早餐 (Breakfast)						
09:00 10:45	念佛自修 (Buddha Name Chanting - Self Practice)					念佛共修 (Buddha Name Chanting)	念佛共修 (Buddha Name Chanting)
10:45 12:00	念佛自修 (Buddha Name Chanting - Self Practice)						11:10 – 12:00 午供 (Meal Offering Ceremony)
12:00 1:50	午餐及午休 (Lunch & Rest)						
2:00 3:45	念佛自修 (Buddha Name Chanting - Self Practice)					讀誦 無量壽經 (Infinite Life Sutra Recitation)	念佛共修 (Buddha Name Chanting)
4:00 5:30	晚課 (Night Service)						
5:30 6:50	藥石 (Dinner)						
7:00 8:30						梵唄 教學	

- 備註：1. 念佛自修是隨念佛機念佛。
(Buddha Name Chanting – Self Practice is following the chanting machine.)
2. 每月的最後一星期，舉辦佛七。
(The Seven Days Retreat is held in the last week of every month.)