



# **Engaged Buddhist Election Retreats**

[www.electionretreat.org](http://www.electionretreat.org)

## **Letter Writing Retreat Schedule (Mountain Time)**

- 10:45** Open Zoom meeting
- 11:00** Welcome, Introduction and Orientation by Retreat Host
- 11:25** Chant leader offers incense/flowers at altar
- 11:30** Zazen meditation (30 minutes)
- 12:00** Standing Chant: Metta Prayer
- 12:05** Dharma talk (25 minutes)
- 12:30** Discussion
- 12:40** Chant: Four Vows
- 12:45** Coordinator offers letter-writing Instructions
- 1:00 Letter Writing, part 1 (50 minutes)**
- 1:50 Pause, questions (10 minutes)**
- 2:00 Letter Writing, part 2 (50 minutes)**
- 2:50** Coordinator offers instructions for returning letters to organizers
- 3:00** Zazen meditation (20 mins)
- 3:20** Chant: Three Refuges
- 3:25** Parting remarks and feedback
- 3:30** Social time

**Total time 4.5 hours**