



# Engaged Buddhist Election Retreats

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

## Letter Writing Retreat Schedule (Central Time)

- 11:45** Open Zoom meeting
- 12:00** Welcome, Introduction and Orientation by Retreat Host
- 12:25** Chant leader offers incense/flowers at altar
- 12:30** Zazen meditation (30 minutes)
- 1:00** Standing Chant: Metta Prayer
- 1:05** Dharma talk (25 minutes)
- 1:30** Discussion
- 1:40** Chant: Four Vows
- 1:45** Coordinator offers letter-writing Instructions
- 2:00** **Letter Writing, part 1 (50 minutes)**
- 2:50** **Pause, questions (10 minutes)**
- 3:00** **Letter Writing, part 2 (50 minutes)**
- 3:50** Coordinator offers instructions for returning letters to organizers
- 4:00** Zazen meditation (20 mins)
- 4:20** Chant: Three Refuges
- 4:25** Parting remarks and feedback
- 4:30** Social time

**Total time 4.5 hours**