



Engaged Buddhist Election Retreats

www.electionretreat.org

Letter Writing Retreat Schedule (Eastern Time)

- 12:45** Open Zoom meeting
- 1:00** Welcome, Introduction and Orientation by Retreat Host
- 1:25** Chant leader offers incense/flowers at altar
- 1:30** Zazen meditation (30 minutes)
- 2:00** Standing Chant: Metta Prayer
- 2:05** Dharma talk (25 minutes)
- 2:30** Discussion
- 2:40** Chant: Four Vows
- 2:45** Coordinator offers letter-writing Instructions
- 3:00 Letter Writing, part 1 (50 minutes)**
- 3:50 Pause, questions (10 minutes)**
- 4:00 Letter Writing, part 2 (50 minutes)**
- 4:50** Coordinator offers instructions for returning letters to organizers
- 5:00** Zazen meditation (20 mins)
- 5:20** Chant: Three Refuges
- 5:25** Parting remarks and feedback
- 5:30** Social time

Total time 4.5 hours