



## Engaged Buddhist Election Retreats

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

### July 24 Letter Writing Retreat

**Schedule: 10:00 AM – 1:00 PM Pacific**

*(11-2 Mountain, 12-3 Central, 1-4 Eastern)*

10:00	Welcome and Introduction
10:05	Meditation
10:15	Service + Chants
10:20	Dharma Talk
10:40	Discussion
10:50	Letter Writing: Introduction and Instructions
11:00	Letter Writing
11:50	Break
12:00	Letter Writing
12:50	Meditation
1:00	Conclusion + Farewells