

Time & Date	7/26/2024 (Fri)	7/27/2024 (Sat)	7/28/2024 (Sun)
3:30am	起板 Morning Call Wake up		
4:00-5:00am	早課 Morning Recitation		
5:00-5:30am	楞嚴咒 (3 遍) Shurangama Mantra (3X)		
5:30-8:00am	打坐 Meditation		
6:00-6:30am	早餐 Breakfast		
8:00am-9:20am	地藏經 (卷上) (Earth Store Sutra Roll 1)	地藏經 (卷上) (Earth Store Sutra Roll 1)	8:00-10:00am 地藏經 1 部 + 讚 Earth Store Sutra (1set) & Praise
9:40am-10:25am	開示 Instructional Talk	開示 Instructional Talk	10:00-10:25am 遶念+迴向 Walking recitation + Dedication of Merit
10:40-12:00pm	午供及午餐 Meal offering & Lunch		
1:20-2:10pm	地藏經 (卷中) + 讚 Earth Store Sutra (Roll 2) & Praise		12:30pm~清潔會場 cleaning
2:10-2:40pm	遶念 Walking recitation		
2:40-3:10pm	地藏經 (卷下) + 讚 Earth Store Sutra (Roll 3) & Praise		
3:10-3:40pm	遶念 Walking recitation		
3:40-4:00pm	遶念+迴向 Walking recitation + Dedication of Merit		
4:00-6:30pm	自修 Self-study		
5:00-5:30pm	藥石 Dinner		
6:30-7:30pm	晚課 Evening		
7:30-8:30pm	開示 Instructional Talk		
8:30-9:00pm	咒心 Mantra Heart		
9:00-10:30pm	自修 Self-study		
10:30pm	熄燈 Lights out		