

# 日常功課表

Morning 早上		
3:30	打板, 集眾上殿	Wake Up
4:00 -- 5:00	早課	Morning Recitation
5:00 -- 6:00	拜願	Universal Bowing
6:00 -- 7:00	打坐	Meditation
7:00 -- 8:00	戒律課	Precept Classes
8:00 -- 10:00	出坡	Community Work
10:30 -- 10:45	上供	Meal Offering
10:50 -- 11:50	過堂用齋	Lunch

Afternoon 下午		
12:30 -- 2:00	大悲懺	Great Compassion Repentance
2:00 -- 5:00	出坡	Community Work
Evening 晚上		
6:00 -- 7:00	晚課	Evening Recitation
7:00 -- 8:30	聽經	Lecture
8:30 -- 9:00	楞嚴咒咒心	Heart of Shurangama Mantra Recitation
10:30	養息熄燈	Lights Out

若有打七特別寶貴因緣，則於出坡時段略有調整。  
 When there are special sessions or dharma assembly which are rare to encounter, the times for Community Work would be modified.