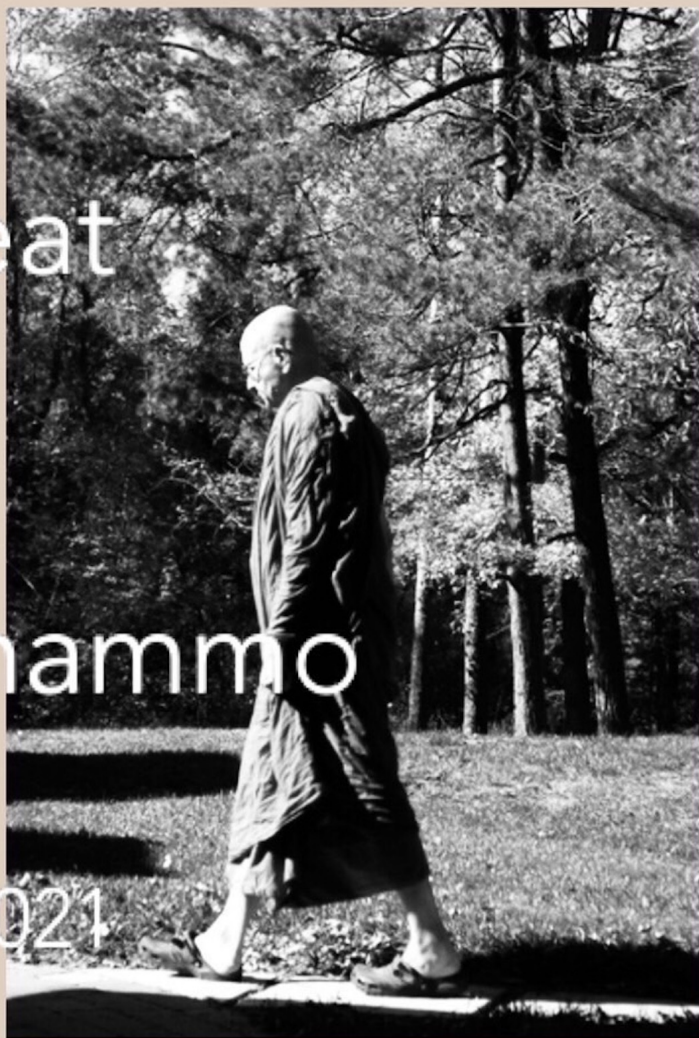


Meditation Retreat

with

Luangpor Viradhammo

3-10 December, 2021



Welcome

We rejoice in your interest to join us in the upcoming retreat with Luangpor Viradhammo. Luangpor will conduct an in person retreat in Thailand from 3rd to 10th December 2021. Over the days of the retreat we will create an online ZOOM link for practicing together and sharing this precious opportunity to receive teachings from Luangpor.

We welcome you to join this retreat via ZOOM at your convenience.

Join Zoom Meeting :

<https://bit.ly/LuangporViradhammo>

Meeting ID: 922 5374 0296

Passcode: Dhamma

(No registration is required.)

For further enquiries, please feel free to contact us at

friendindhamma@gmail.com

Retreat Schedule

Time Zone Converter: <https://www.timeanddate.com/worldclock/converter.html>

Day	Thailand	Program	Zoom
3 Dec 2021	7:00 pm	Commencing Zoom Session with Luangpor Meditators ask for the Eight Precepts/Five Precepts Sitting Meditation Dhamma Talk	Zoom+
4-9 Dec 2021	8:00 - 8:30 am	Morning Chanting	Zoom
	8:30 - 9:30 am	Reflections and Guided Meditation	Zoom+
	9:30 - 11:00	Walking and Sitting Meditation	
	11:00 am – 2:00 pm	Personal Time	
	2:00 - 3:00 pm	Reflections and Guided Meditation	Zoom+
	3:00 - 5:00 pm	Walking and Sitting Meditation	
	5:00 pm	Personal Time	
	6:45 - 7:50 pm	Evening Chanting and Sitting Meditation	Zoom
	7:50 - 8:00 pm	Short Break	
	8:00 - 9:15 pm	Dhamma Talk & Q&A	Zoom+
10 Dec 2021	8:30 - 10:30 am	Final Instruction from Luangpor Asking for forgiveness Taking of the Five Precepts and Closing Ceremony	Zoom+

**Zoom+ Zoom Session with Luangpor

Zoom Zoom Session by Organizer

The timetable may be subject to change

Q&A Session

There will be a Q&A session each day after Dhamma Talk. If you have any questions for Luangpor, please submit your questions via online form before 2:00 pm (Thailand time) daily. To submit your question, <https://bit.ly/QADec2021>

Due to time limitation for Q&A session, we appreciate your kind understanding if your question is not answered.

Recording

Unedited recordings of each ZOOM session with Luangpor will be uploaded daily on YouTube a few hours after the live session. For the recordings, <https://bit.ly/RecordLuangporViradhammo2021>

Chanting

<https://bit.ly/Chanting2021> to access the chanting book. The Chanting Booklet will be used throughout the retreat. You may follow the chanting text on screen or print this out.

Morning Chanting

- Dedication of offering Pali- English Page 2-8
- The Buddha's Words on Loving-Kindness English only Page 37&39
- Closing homage Pali-English. Page 16

Evening Chanting

- Dedication of offering Pali Page 18/20/22/24/26/28
- Suffusion with the divine abiding Pali Page 42&44
- Verses of Sharing and Aspiration English only Page 33
- Closing homage Pali-English Page 16

Dana

This retreat is free-of-charge. However, participants may contribute towards Tisarana Buddhist Monastery, where Luangpor is the abbot.

For participants in Thailand, we are assisting in the collection of the dana and transfer to Tisarana Monastery in Canada. Please transfer no later than Dec 15.

Bank Account:

Account Name: Kanitta Tantavichien

Bank Name: Kasikornbank

Account No.: 0622385732

Kindly send us the pay-in document, your name, and donation amount to friendindhamma@gmail.com

For participants from other countries:

Please visit Tisarana Buddhist Monastery website for more details via this link:

<https://tisarana.ca/contribute-food-and-supplies/donations/>

ZOOM Information

<https://bit.ly/LuangporViradhammo>

Meeting ID: 922 5374 0296

Passcode: Dhamma

(Note: Please Friends in Dhamma is inviting you to a scheduled Zoom meeting.

Dial by your location

+1 346 248 7799 US (Houston)

+1 408 638 0968 US (San Jose)

+1 646 876 9923 US (New York)

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US (Tacoma)

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

Meeting ID: 922 5374 0296

Passcode: 402069

Find your local number: <https://zoom.us/j/abJKgof9Jw>

Join by SIP

92253740296@zoomcrc.com

Join by H.323

162.255.37.11 (US West)

162.255.36.11 (US East)

115.114.131.7 (India Mumbai)

115.114.115.7 (India Hyderabad)

213.19.144.110 (Amsterdam Netherlands)

213.244.140.110 (Germany)

103.122.166.55 (Australia Sydney)

103.122.167.55 (Australia Melbourne)

149.137.40.110 (Singapore)

64.211.144.160 (Brazil)

149.137.68.253 (Mexico)

69.174.57.160 (Canada Toronto)

65.39.152.160 (Canada Vancouver)

207.226.132.110 (Japan Tokyo)

149.137.24.110 (Japan Osaka)

Meeting ID: 922 5374 0296

Passcode: 402069