

Flow of the Day

(Weekdays from July 29 – August 16, 2024)

6:15 – 6:30
(15 min.)

Rise in Silence

6:30 – 7:00
(30 min.)

Self-Care (dress, pee, wash, stretch, etc.)

***6:45**

Morning Bell

^7:00 – 7:15
(15 min.)

Yoga/Free Movement – Walking Meditation – Settling on Cushion
(gather near fire circle then move slowly toward Sanctuary Glade)

7:15 – 7:45
(30 min.)

Sitting Meditation (singing bowl invited at beginning and end)

7:45 – 8:00
(15 min.)

Transition Space/Breakfast Set-up

^8:00 – 8:40
(40 min.)

Breakfast (then washing personal dishes & preparing for work program)

***8:40**

Gather for Announcement Circle (at fire circle)

^8:45 – 9:00
(15 min.)

Announcement Circle (break silence by singing “Jubilate Deo”)

9:00 – 9:55
(55 min.)

Work Projects (in four groups)

^9:55 – 10:05
(15 min.)

Transition Space

***10:05**

Gather for Practice

10:10 – 11:10
(60 min.)

Body & Earth

11:10 – 11:20
(10 min.)

Transition Space

***11:15**

Gather for Practice

11:20 – 12:20
(60 min.)

Meditation Instruction

12:20 – 12:30

Transition Space

(10 min.)

*12:25 Gather for Meal (at fire circle)

^12:30 – 1:10 Lunch (open with “Welcome Table,” offering from the bard)
(40 min.)

1:10 – 1:35 Open Space/Dishwashing
(25 min.)

*1:35 Gather for Quiet Solitude

^1:40 – 2:40 Quiet Solitude
(60 min.)

^2:45 – 2:55 Snack
(10 min.)

*2:55 Gather for Seminar (at fire circle or screen porch)

^3:00 – 5:00 Interbeing Seminar (10 min. break half-way)
(120 min.)

5:00 – 6:10 Open Space (Dinner Cooking; fold laundry/play music/rest/read. Note:
(70 min.) Spending time inside the living room of the house is welcome during this time.)

*6:10 – 6:15 Gather for Meal (at fire circle)
(5 min.)

^6:15 – 7:00 Dinner (open with “I Am Grateful to Be,” offering of food to land)
(45 min.)

7:00 – 7:30 Open Space/Dishwashing
(30 min.)

*7:30 Gather for Evening Program (at fire circle)

^7:35 – 9:15 Evening Program (council, singing, story circle, or other)
(100 min.)

9:15 – 10:00 Open Space/Prepare for Sleep
(45 min.)

^10:00 Begin Noble Silence

KEY:

* bell will ring (thrice) at this time

^ bell will ring once (for meal times, ring when food is on the buffet table ready to eat.)

purple = Noble Silence