



VIETNAMESE UNIFIED BUDDHIST CONGREGATION OF THE UNITED STATES OF AMERICA- CANADA  
**THE SIXTH DHARMA RETREAT IN NORTH AMERICA**  
At Hilton Orange County / Costa Mesa, 3050 Bristol Street, Costa Mesa, California 92626, USA  
From Thursday 21<sup>st</sup> to Sunday 24<sup>th</sup> of July, 2016

## RETREAT PROGRAM

### ❖ Thursday, July 21, 2016

- 02:00pm - 05:00pm : Check-in
- 05:30pm - 06:30pm : Dinner
- 07:00pm - 09:00pm : Opening Ceremony
- 09:15pm - 09:45pm : Evening Bell Chant, Chanting and Sitting in Meditation (*in Buddha Hall*)
- 10:00pm : Noble Silence

### ❖ Friday, July 22, 2016

- 05:00am : Wake-up Phone Calls
- 05:30am - 06:45am : Morning Bell Chant. Morning Services:
  - Shurangama Sutra Chant in Vietnamese (*in Buddha Hall*)
  - Meditation Session in English (*Meditation Room*)
- 06:45am - 07:30am : - Words of Wisdom from Venerable Master (*in Buddha Hall*)
  - Walking Meditation
- 07:30am - 08:00am : Retreat Group Photos
- 08:00am - 09:00am : Breakfast
- 09:30am - 11:30am : Dharma Classes and Discussion (*self-selected*)
- 12:00pm - 01:00pm : Formal Luncheon
- 01:00pm - 02:00pm : Nap time or Pureland Chanting Session (*Buddha Hall*) (*optional*)
- 02:30pm - 04:30pm : Dharma Classes (*self-selected*) and Discussion
- 05:00pm - 06:00pm : Dinner Health Meal
- 07:00pm - 09:00pm : - Pureland Chanting Session (*in Buddha Hall*)
  - Meditation Session (*in Meditation Room*)
  - Chanting Session (*in English Speaking Classroom*)
- 09:15pm - 09:45pm : Evening Bell Chant. Pureland/Meditation Session (*in Buddha Hall*)
- 10:00pm : Noble Silence

### ❖ Saturday, July 23, 2016

- 05:00am : Wake-up Phone Calls
- 05:30am - 06:45am : Morning Bell Chant. Morning Services:
  - Shurangama Sutra Chanting Session in Vietnamese (*in Buddha Hall*)
  - Meditation Session in English (*in Meditation Room*)

- 06:45am - 07:30am : Words of Wisdom from a Venerable Master (*in Buddha Hall*)
- 08:00am - 09:00am : Breakfast
- 09:30am - 11:30am : Dharma Classes and Discussion (*self-selected*)
- 12:00pm - 01:00pm : Formal Luncheon
- 01:00pm - 02:00pm : Nap Time or Pureland Session (*in Buddha Hall*) (*optional*)
- 02:30pm - 04:30pm : Dharma Classes and Discussion (*self-selected*)
- 05:00pm - 6:00pm : Dinner
- 07:00pm - 09:00pm : Avalokitesvara Anniversary's Candle Night (*in Buddha Hall*)
- 09:15pm - 09:45pm : Evening Bell Chant. Chanting and Meditation Session (*in Buddha Hall*)
- 10:00pm : Noble Silence

❖ **Sunday, July 24, 2016**

- 05:00am : Wake-up Phone Calls
- 05:30am - 06:45am : Morning Bell Chant. Morning Services:
  - Shurangama Sutra Chanting in Vietnamese (*in Buddha Hall*)
  - Meditation Session in English (*in Meditation Room*)
- 06:45am - 07:30am : Words of Wisdom from a Venerable Master (*in Buddha Hall*)
- 08:00am - 08:45am : Breakfast
- 09:00am - 10:00am : Public Dharma Talk - Buddhist View on Freedom and Peace. (*in Buddha Hall*)
- 10:00am - 11:30am : Q & A Session (*in Buddha Hall*)
- 11:30am - 12:00pm : Check-out (*at least 88 rooms*)
- 12:00pm - 01:00pm : Monastic Offering Ceremony (*in Buddha Hall*)
- 01:00pm - 01:30pm : Retreat Group Photos
- 02:00pm - 04:00pm : Discussion Session - Practice of Compassion: Do we need an annual dharma retreat? (*in Buddha Hall*)
- 04:30pm - 6:30pm : Closing Ceremony (*in Buddha Hall*)
- 06:45pm - 07:45pm : Dinner

❖ **Monday July 25, 2016**

- 06:00am : Wake-up Phone Ring
- 07:00am : Breakfast
- 09:00am : Hotel Check-out