

Online Meditation Hall on Zoom

For Satipanya Devotees only.

You must have done at least a one day retreat with Satipanya either residential or online. See [Calendar](#) for opportunities

Join us for meditation.

The schedule is as follows: All times BST

06.00 - 50-minute sit, followed by (optional) Morning Chant with Refuges and Precepts

09.00 : 11.00 : 14.00 : 16.00 - 60-minute sits

20.00 50-minute sit followed by contemplations on metta and joy.

Bhante Bodhidhamma or Noirin will join the 06.00, 14.00 and 20.00 whenever possible

The suggestion is that people try and join 1 or 2 minutes before the scheduled start and decide who will take responsibility for the bell. And then everyone else can go on 'mute', so that there isn't too much noise interference generated.

After the hour, there is also a short opportunity to say hello and perhaps share experiences, if people so wish. It's a work in progress. However, the overall intention is to develop the support of the sangha, particularly during this time.

Hopefully, there will not be any security issues (i.e. the infamous 'Zoombombing'!), as a Waiting Room to counteract that has not been set up, since there is no practical way of managing that. It should be fine though, as long as the link isn't shared publicly eg on Facebook.

However, as an extra measure, to access please email the organiser, Mark Arthur, on markarfa@gmail.com, so that he can then send out the Zoom Meeting details. In addition, he is happy to address any technical difficulties and any other issues that may arise.

Download [PUJA BOOKLET](#)

Download [EVENING CHANTING FOR OMH](#)

Download [Recording of Evening Meditation](#)