

Yom Kippur 2023

Outline of the day (Times are approximate)

- 10:05 Gathering
- 10:15 Opening
Framing the day
Taking of the 5 precepts
- 10:30 Guided Sitting Meditation
- 11:00 15-minute walk or stretch
- 11:15 A short dharma talk
- 11:30 Confessional (Vidui)
- 12:00 15-minute walk or stretch
- 12:15 A short dharma talk
- 12:30 Sit
- 1:00 Dana Talk
- 1:15 Walking meditation inside or outside or rest period
- 2:45 Guided Sitting meditation
- 3:15 Walk
- 3:30 A meditation on the 5 reflections.
Yizkor – Honoring connection through time
- 4:00 A short dharma talk
- 4:15 Confessional
- 4:30 Guided forgiveness meditation
- 5:00 Choose your practice - sit, stand, walk, stretch
- 5:30 Final Confessional
- 5:45 Group Sharing and Reflection on the day
- 6:15 Reflections upon, and taking the Five precepts
- 6:30 Metta sutta and dedication of merit
- 6:40 Closing **SHOFAR**
- 6:45 Break fast