



## Sunday Service, January 10th 2021

**Three Refuges** - Place palms together "like a lotus blossom" and repeat each verse following the leader...

*Buddham śaranam gacchā mi*  
*Dhammam śaranam gacchā mi*  
*Sangham śaranam gacchā mi*

(I go to the Buddha for refuge)  
(I go to the Dharma for refuge)  
(I go to the Sangha for refuge)

**Sutra Chanting & Incense offering** - Shoshinge (pg. 1 - 30) Eko (pg 45).

During Shoshinge chanting, please take part in offering incense in a spirit of purification and gratitude.

**Reading** - from the *Karaṇīya Metta Sutra*

**Meditation** - please contemplate peace and loving kindness as we listen to *Shower the People*

**Dharma Talk** - Is This All Hooey?! Rev. Matthew Fisher

**Closing Song** - "Home in the Meadow" (pg. 49)

----- **Announcements** -----

Follow us on [Instagram](#) - [YouTube](#) and [FaceBook](#)

**Joyful Chanting** – every Tuesday 6:00 -7:00 pm and Saturday 4:00 - 5:00pm prior to Sunday service via [FacebookLIVE](#) and [YouTubeLIVE](#) on our website.

**Dharma Book Group** - every Wednesday 6:30 pm – 8:00 pm via interactive video link. Click on [Go To RBC](#)\*\* to join the group. We're reading *Rennyō's Letters*. All are welcome!

**Golden Light Meditation** - every Thursday 6:30 pm – 7:30 pm via interactive video link. Click on [Go To RBC](#)\*\* to join the group.

**Dharma Recovery** - every Friday 6:00 pm – 7:15 pm & Wednesday at Noon via interactive video link. Click on [Go To RBC](#)\*\* to join the group.

**RBC Yoga** - every Saturday 8:00 - 9:00 am via [FacebookLIVE](#) and [YouTubeLIVE](#) on our website.



\*\* Interactive Video link requires a Smartphone or a computer with a Camera and a Mic! App download may be required. <http://www.renobuddhistcenter.org/live-stream-central.html>