



## Sunday Service, July 26th, 2020

[Live streaming on Facebook and YouTube](#)

**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).

Please offer incense by row starting at the front keeping 6 ft. apart. Please chant along in your head. We do not want to exchange too much of our breath in the hondo. For those at home, please offer incense at your home altar and chant along.

**Dharma School** - children will leave for Dharma School on the front lawn

**Reading** - from the Anapanasati Sutra - On the Full Awareness of Breathing

**Meditation** - a few minutes of peaceful meditation accompanied by Kitaro *The Mist*.

**Dharma Talk** - "It's ok, I Mind" from Rev. Matthew Fisher

**Closing Song** - please sing with us ["Home in the Meadow"](#) *follow this link to lyrics.*

### ----- 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](#) at 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 still reading *The Buddha and His Dhamma*. 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.

**Refuge 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 now in-person or from your mat at home via [FacebookLIVE](#) and [YouTubeLIVE](#) on our website.



**Buddhism 101 Classes- virtual**  
**August 1, 8, 15, & 22**  
**10:00 - 11:30am**

Anyone interested in learning about general Buddhism, its history and basic principles, please attend these Saturday morning classes on zoom! Click on [Go To RBC](#) to join the class. You may sign up on our website [www.renobuddhistcenter.org](http://www.renobuddhistcenter.org)

\*\* 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>