

# *Wednesday Meditation – Volunteer Tasks*

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## Lead Meditation

- Prepare a reading beforehand (poem, short text, etc.)
- Place the singing bowl next to your mat/chair
- Start the Namō Tassa chant
- Ring the bell once to start the meditation period
- Ring the bell (softly) once at 25 minutes to signal people who want to do walking practice
- At 45 minutes, ring bell once if you wish, and begin reading your prepared text
- Ring the bell three times to end the meditation period