

# Noon Service

Metta Sutta

*Eko*

*10 minutes*

*Noon service during sesshin,*

*Dharma Hall noon program*

***If noon program at the Dharma Hall:***

*12:05 Light the altar (small candle, large candle, put out two small sticks of incense)*

*12:10 If no officiating priest offer one stick of incense yourself, sit down, ring the small bell three times to start zazen. ● ● ●*

*If there is a priest: wait sitting in for him or her to offer incense and the three bells are timed with this:*

*After incense offering, doshi gassho at bowing mat ●*

*Doshi walks to seat, bows towards seat ●*

*Doshi bows away from seat ●*

*12:40 end the zazen period with one bell ●*

*Turn around after the one bell and prepare to ring the bells for service (below). If not officiating priest at service ring bells in the same pattern on your own.*



# METTA SUTTA

## ***kokyo***

Hands in  
gassho with  
doshi and  
down with  
first bell

## ***doan,***

***noon host:***  
just focus  
on bells,  
hands can  
stay down

## ***kokyo:***

Hands in  
gassho at  
STOP

## ***kokyo,***

***noon host:***  
Start eko  
immediately  
on stop

This is what should be accomplished by the one who is wise, who seeks the good, and has obtained <sup>*doshi & kokyo lower hands*</sup> peace. Let one be strenuous, upright, and sincere, without pride, easily contented, and joyous. Let one not be submerged by the things of the world. Let one not take upon oneself the burden of riches. Let one's senses be controlled. Let one be wise but not puffed up and let one not desire great possessions even for one's family.

Let one do nothing that is mean or that the wise would reprove.

May all beings be happy. May they be joyous and live in safety.

All living beings, whether weak or strong, in high or middle or low realms of existence, small or great, visible or invisible, near or far, born or to be born, may all beings be happy. Let no one deceive another nor despise any being in any state. Let none by anger or hatred wish harm to another.

<sup>*with doshi bow at mat*</sup> Even as a mother at the risk of her life watches over and protects her only child, so with a boundless mind should one cherish all living things, suffusing love over the entire <sup>*with doshi bow at altar after incense*</sup> world, above, below, and all around, without limit. So let one cultivate an infinite good will toward the whole world.

Standing or walking, sitting or lying down, during all one's waking hours, let one practice the way with gratitude. Not holding to fixed views, endowed with insight, freed from sense appetites, one who achieves the way will be freed from the duality of birth and death. ☐

***Eko***

***kokyo,***  
***noon host:***

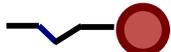
Hands in  
gassho  
during eko

***doan:***

*hands*  
*down,*  
*focus on*  
*bells*

Respectfully we have offered incense and chanted the Metta Sutta.

The positive energy of this assembly we offer to the great teachers who have transmitted the lamp through four countries, may our life reveal their compassion.

May this sangha be peaceful and harmonious, stable, and free from calamity as we practice joyfully together with all beings 

All Buddhas ten directions three times 

All honoured ones, bodhisattva-mahasattvas 

Wisdom beyond wisdom

Maha Prajna Paramita

***kokyo:***

Bow with  
everyone  
while  
seated

*Doshi begins 1<sup>st</sup> bow* 

*Doshi begins 2<sup>nd</sup> bow* 

*Doshi begins 3<sup>rd</sup> bow* 

*Forehead touches mat* 

***doan:***

just focus  
on ringing  
bells (no  
bowing)

*after folding up zagu, Doshi takes one step back, gassho* 

*Doshi takes second step back, shashu bow* 

*Doshi and jisha out the door (sesshin)*

*or doshi bows at seat and away (noon program)*  