

Bell Ringer Instructions

Please meet at the entrance to Lakeview (where you checked in)
at 7:10PM for bell ringer training

5:45AM Wake-Up Bell Ringers

Sunrise: Use one of the bells kept outside the meditation hall (can bring to your room overnight)
Ring along the entire upper and lower hallways of the Sunrise residence.
Ring in the dining room and outside the meditation hall

Pine Lodge: Ring the bell kept in Pine Lodge around the 2nd floor hallway

Lakeview: Ring bell kept in Lakeview along the entire upper and lower hallways

After meal Bell Ringers: 8:30AM, 1PM and 6PM: heavy Burmese bell best

Ring along the 1st floor hallway of Lakeview, exiting on the lower level

Ring the Koronis community bell

Ring briefly in the Pine Lodge and Sunrise residence halls

Ring in the dining room and outside the meditation hall.

All other Bell Ringers

Ring the Koronis community bell

Ring in the Dining Hall and outside the Meditation Hall

Practice Leader Instructions

Please sit at the front of the room to ring the bell. You may use the teacher's chair and cushions or use your own.

If the bell is placed on top of a teacher's meditation cushion or chair, this means the teacher will be leading the sitting, so you don't need to.

Ring the bell three times at the end of the sitting. There's no need to ring the bell at the beginning of the sitting.

Let us know if you're unable to ring

If something comes up that prevents you from ringing your bell, please leave a note for the manager.

Thank you for your service!