

## Sunday Sit 2021

### Four Divine Abodes – Bramaviharas

Jan 3 Loving-Kindness  
Jan 10 Compassion  
Jan 17 Sympathetic Joy  
Jan 24 Equanimity

### Three Jewels

Jan 31 Buddha  
Feb 7 Dharma  
Feb 14 Sangha

### Four Noble Truths

Feb 21 Suffering  
Feb 28 The Cause of Suffering  
Mar 7 The End of Suffering  
Mar 14 The Path

### Eightfold Path

Mar 21 Wise View  
Mar 28 Wise Intention  
Apr 4 Wise Speech  
Apr 11 Wise Action  
Apr 18 Wise Livelihood  
Apr 25 Wise Effort  
May 2 Wise Concentration  
May 9 Wise Mindfulness

### Five Precepts

May 16 Abstaining from taking life  
May 23 Abstaining from taking what is  
not freely given  
May 30 Abstaining from false speech  
Jun 6 Abstaining from sexual  
misconduct  
Jun 13 Abstaining from misusing  
intoxicants

### Five Hindrances

Jun 20 Desire  
Jun 27 Aversion  
Jul 4 Sloth and Torpor  
Jul 11 Restlessness  
Jul 18 Doubt

### Seven Factors of Enlightenment

Jul 25 Mindfulness  
Aug 1 Investigation  
Aug 8 Energy  
Aug 15 Joy  
Aug 22 Tranquility  
Aug 29 Concentration  
Sep 5 Equanimity

### Five Daily Recollections

Sep 12 I am of the nature to grow old  
Sep 19 I am of the nature to get sick  
Sept 26 I am of the nature to die  
Oct 3 Everyone and everything I hold  
dear will vanish  
Oct 10 I am the owner of my actions,  
everything I do this I will inherit

### Paramitas

Oct 17 Generosity  
Oct 24 Morality  
Oct 31 Renunciation  
Nov 7 Wisdom  
Nov 14 Effort  
Nov 21 Patience  
Nov 28 All Sangha Meeting  
Dec 5 Truthfulness  
Dec 12 Resolve  
Dec 19 Loving Kindness  
Dec 26 Equanimity

To sign up to be a sit leader, contact Phil Sasso, 303-919-6537 or [philsasso@yahoo.com](mailto:philsasso@yahoo.com)