



We Are Dhamma Dena

Evening Meditation

Every evening **7:30 - 8:15 PM** Pacific

For meeting password, email wearedhammadena@gmail.com

Join Zoom Meeting

 Blessings & Metta | We Are Dhamma Dena

August 2026						
Evening Practice Leader Signup						
All are welcome to lead practice						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4	5	6	7	8
Brentt	Brentt	Brentt	Brentt	Brentt	Brentt	Brentt
9	10	11	12	13	14	15

16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

How do I sign up to lead practice?

Add your name to the calendar above for the date(s) you'd like to lead practice.

What do I do as a practice leader?

The meditation starts in silence and lasts 45 minutes.

Around 8:13 PM, you are invited to signal the end of the practice period how you'd wish; you can ring a bell, give a blessing, sing a chant, or just say "diiiing!". For a community curated list of blessings and chants, see:

[Blessings & Metta | We Are Dhamma Dena](#)

Bonus: If it's easeful for you, and you'd like to make others aware that you're the practice leader, there are a couple things you can do before practice starts: (1) consider temporarily changing your Zoom name so it includes "practice leader" (2) save this [evening "welcome card" image](#) to your device and screen-share it during the duration of the meeting so folks who arrive know they're in the right place.

Both of these are optional

What should I do if I signed up to lead practice but can't make it?

It's ok if we don't always have a practice leader.

No problem! Just delete your name so others know what to expect.

Looking for morning meditation?

See [Morning Meditation Practice Leader Sign-Up | We Are Dhamma Dena](#)

