

Sunday Night Chanting

Homage

Namo Tassa Bhagavato Arahato Sammā Sambuddhasa

Repeated three times

[Homage to the Blessed One, The Noble One, The Fully-Enlightened One]

Taking Refuge

Buddhaṃ saraṇaṃ gacchāmi.

Dhammaṃ saraṇaṃ gacchāmi.

Sanghaṃ saraṇaṃ gacchāmi.

Dutiyampi Buddhaṃ saraṇaṃ gacchāmi

Dutiyampi Dhammaṃ saraṇaṃ gacchāmi

Dutiyampi Sanghaṃ saraṇaṃ gacchāmi

Tatīyampi Buddhaṃ saraṇaṃ gacchāmi

Tatīyampi Dhammaṃ saraṇaṃ gacchāmi

Tatīyampi Sanghaṃ saraṇaṃ gacchāmi

[I go to the Buddha as my refuge. I go to the Dhamma as my refuge. I go to the Sangha as my refuge. A second time I go ... A third time I go ...]

The Five Precepts

Pānātīpātā veramaṇī sikkhāpadaṃ samādiyāmi

I take the precept to refrain from killing or harming any living being.

I will act for the welfare and happiness of all beings.

Adinnādānā veramaṇī sikkhāpadaṃ samādiyāmi

I take the precept to refrain from stealing or cheating.

I will be honest, generous and delight in giving and sharing.

Kāmesu micchācārā veramaṇī sikkhāpadaṃ samādiyāmi

I take the precept to refrain from sexual misconduct.

I will nurture love and compassion in my relationships with others.

Musāvādā veramaṇī sikkhāpadaṃ samādiyāmi

I take the precept to refrain from lying, slandering, speaking maliciously, harshly and frivolously.

I will be truthful and speak with kindness.

Surā meraya majja pamādaṭṭhānā veramaṇī sikkhāpadaṃ samādiyāmi

I take the precept to refrain from taking alcohol and drugs which are harmful to the mind and body.

I will strive to keep my mind pure, clear, alert, mindful and unconfused as much of the time as possible.

I take these precepts because they are conducive to the welfare and happiness of both myself and others. If I fail to meet these ideals, I will simply retake the precepts with greater understanding.

(Adapted from Thich Nhat Hanh's Five Wonderful Precepts)