

WINTER PRACTICE PERIOD

January 31–February 28, 2026

SCHEDULE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SHINREI (Wake up bell)	4:30 AM	6:00 AM	4:30 AM	4:30 AM	4:30 AM	4:30 AM	4:30 AM
MORNING BELL	4:45	6:15	4:45	4:45	4:45	4:45	4:45
ZAZEN	5:00 ZAZEN	6:30 ZAZEN	5:00 ZAZEN	5:00 ZAZEN	5:00 ZAZEN	5:00 ZAZEN	5:00 ZAZEN
KINHIN	5:40	--	5:40	5:40	5:40	5:40	5:40
ZAZEN	5:50 ZAZEN	--	5:50 ZAZEN	5:50 ZAZEN	5:50 ZAZEN	5:50 ZAZEN	5:50 ZAZEN
MORNING SERVICE	6:30	7:10	6:30	6:30	6:30	6:30	6:30
ORYOKI BREAKFAST	7:00	7:30 (informal)	7:00	7:00	7:00	7:00	7:00 ZENDO
SOJI (Daily cleaning)	8:30	--	8:30	8:30	8:30	8:30	--
SAMU (Work practice)	9–11	--	9–11	9–11	9–11	9–11	8:30–10 WORK
ZAZEN	11:30 ZAZEN	--	11:30 ZAZEN	11:30 ZAZEN	11:30 ZAZEN	11:30 ZAZEN	10:30 ZAZEN
NOON SERVICE	12:15	--	12:15	12:15	12:15	12:15	11:00 LECTURE
ORYOKI LUNCH	12:30	12:00 (informal)	12:30	12:30	12:30	12:30	12:15
SAMU (Work practice)	--	--	2:15–4:15	--	2:15–4:15	--	2:15–4:15
STUDY FORMS	2:15	--		2:15		2:15	
PERSONAL CLEANING		12–6					
ZAZEN	5:10 ZAZEN	--	5:10 ZAZEN	5:10 ZAZEN	5:10 ZAZEN	5:10 ZAZEN	5:10 ZAZEN
EVENING SERVICE	5:45	--	5:45	5:45	5:45	5:45	5:45
ORYOKI DINNER	6:00	6:00	6:00	6:00	6:00	6:00	6:00
ZAZEN	7:30 (optional)	7:30 ZAZEN	7:30 ZAZEN	7:30 ZAZEN	7:30 ZAZEN	7:30 ZAZEN	7:30 ZAZEN
KINHIN		8:00	8:00	8:00	8:00	8:00	8:00
ZAZEN	--	8:10 ZAZEN	8:10 ZAZEN	8:10 ZAZEN	8:10 ZAZEN	8:10 ZAZEN	8:10 ZAZEN
FUKANZAZENGI	--	8:20	8:20	8:20	8:20	8:20	8:20
LIGHTS OUT (Pillow bell)	9:00 PM	9:00 PM	9:00 PM	9:00 PM	9:00 PM	9:00 PM	9:00 PM
Recommended Books: 1. <i>Zen Mind, Beginner's Mind</i> by Shunryū Suzuki (in Zen Dust Bookstore and SMZC Library) 2. <i>Food for the Heart: The Collected Teachings of Ajahn Chah</i> by Ajahn Chah 3. <i>Comfortable with Uncertainty: 108 Teachings on Cultivating Fearlessness and Compassion</i> by Pema Chödrön 4. <i>Hsin-Hsin Ming: Verses on the Faith-Mind</i> by Seng-ts'an, <i>3rd Zen Ancestor</i> by Gyokusei Jikihara (In Zen Dust) 5. <i>Transmission of Light: Zen in the Art of Enlightenment</i> by Zen Master Keizan (Intro & Ch. 31) (in SMZC Library) 6. <i>Heart of Zen: Practice without Gaining Mind</i> by Sotoshu Shumuchō, tr. & intro by Shohaku Okumura (in Zen Dust)					Saturday, Feb 28 Shuso Ceremony (open to the public) 5:00 - 7:45am Zazen, Service, Oryoki Breakfast 8:30 - 10:00 Samu (Work practice) 10:30 Zazen 10:50 Instruction for Mondo Participants 11:00 Ango Closing Ceremony & Mondo 12:00 Group Photo and Reception		