

ACTUALIZING THE SELF SESSHIN

August 15 - 22, 2021

SUNDAY EVENING	7:00 pm	See list on office counter for payment due
	7:30 pm	Zazen (meditation); 7:15 outdoor bell
	8:10 pm	Shindo Kevin Souza "Mind Ground" opening talk & guidelines
	8:30 pm	Zazen, 8:53 Four Vows, 9:30 Sleep

MONDAY–SUNDAY MORNING	4:30 am	Wake Up Running Bell (15 min.)
	4:45 am	Wake Up (15 min. bell)
	5:00 am	Zazen
	5:40 am	Kinhin (10 min. slow walking)
	5:50 am	Zazen
	6:30 am	Service, chanting
	6:55 am	Morning meal, rest
	8:30 am	Work practice (8:23 han, wood sound, go to work circle)
	10:30 am	Clean up (10:23 han, wood sound)
	11:00 am	Zazen (10:53 bell)
	11:30 am	Kinhin
	11:40 am	Zazen
	12:10 pm	Kinhin
	12:20 pm	Zazen
	12:55 pm	Service, chanting
	1:05 pm	Noon meal, rest
	3:00 pm	Zazen (2:53 bell)

TUESDAY–SATURDAY AFTERNOON	3:30 pm	Dharma Talk: Tues & Thurs - <i>Shuso</i> ; Wed & Fri - <i>Roshi</i> ; Sat - <i>Roshi & Shuso</i>
	4:30 pm	Break (10min)
	4:40 pm	Zazen
	5:05 pm	Kinhin
	5:15 pm	Zazen
	5:50 pm	Service
	6:00 pm	Evening meal, rest
	7:30 pm	Zazen (7:23 bell)
	8:10 pm	Kinhin
	8:20 pm	Zazen
	8:45 pm	Four Vows, 8:55 pillow bell

SUNDAY	8:30 am	Work practice, one hour (8:23 han, wood sound)
(following morning	9:30 am	Clean up (9:23 han, wood sound)
zazen, service, meal)	10:00 am	Zazen
	10:30 am	Kinhin
	10:40 am	Zazen
	11:10 am	Kinhin
	11:20 am	Zazen
	11:50 am	Service, chanting
	11:55 am	Noon Meal and 1:05 Rest
	1:30 pm	Zazen (1:23 bell)
	2:00 pm	Kinhin
	2:10 pm	Zazen
	2:40 pm	Kinhin
	2:50 pm	Zazen
	3:20 pm	Four Vows, Circle Ceremony
	4:00 pm	Take Photo outside Zendo
	4:10 pm	Tea & Cookies in Sangha House
	4:45 pm	Ango participants return to the room for a silent break.
	6:30 pm	INFORMAL DINNER for Residents & Ango Guests Only