

SUMMER PRACTICE PERIOD

August 5 – September 2, 2023

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. "No Beginning, No End" by Jakusho Kwong-roshi				Friday, Sept 1 Shuso Entering Ceremony 2:00 pm – 4:30 pm Casting and Shuso Head Seat Root Case Tea Current Abbot Stepping Down Ceremony Saturday, Sept 2 Climbing the Mountain (shinsan shiki) 8:30 am – 1:30 pm Mountain Seat Hall Opening (shinsan kaido) Head Seat Takes Dharma Seat (shuso hossenshiki) 50th Anniversary Ceremony Reception Outdoors			
2. "Mind Sky" by Jakusho Kwong-roshi							
3. "Not Always So" by Shunryu Suzuki-roshi							
4. "The Light That Shines Through Infinity" by Dainin Katagiri-roshi							
5. "The Art of Just Sitting: Essential Writings on the Zen Practice of Shikantaza" by John Daido Looi and Taigen Dan Leighton							
6. "Zen Questions: Zazen, Dogen and the Spirit of Creative Inquiry" by Taigen Dan Leighton							