

WINTER PRACTICE PERIOD

January 28 - February 25, 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
WORK	--	--	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 SERVICE	8:00	8:00	8:00
ZAZEN	--	8:10 ZAZEN	8:10 ZAZEN	(10th, 24th)	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. "Not Always So" by Shunryu Suzuki-roshi
2. "No Beginning, No End" by Jakusho Kwong-roshi
3. "No Death, No Fear" by Thich Nhat Hanh
4. "The Diamond Sutra and the Sutra of Hui-Neng" Translated by A.F. Price and Wong Mu-lam

Saturday, Feb 25 - Shuso Mondo Ceremony (open to the public)

- 5:00 - 7:45am** Zazen, morning service, oryoki breakfast
- 8:30 - 10:00** Samu (work practice)
- 10:30** Zazen
- 10:50** Instruction for Mondo participants
- 11:00** Shuso Ceremony
- 12:00** Group photo and reception