

ACTUALIZING THE WAY SESSHIN

February 12 - February 19, 2023

SUNDAY EVENING	7:30	Zazen (meditation); 7:15 outdoor bell	
	8:10	Shuso Opening talk & guidelines	
	8:30	Zazen , 8:53 Four Vows, 9:30 Sleep	
MONDAY-SUNDAY MORNING	4:30 a.m.	Wake Up Running Bell (15 min.)	
	4:45	Wake Up (15 min. bell)	
	5:00	Zazen	
	5:40	Kinhin (10 min. slow walking)	
	5:50	Zazen	
	6:30	Service, chanting	
	6:55	Morning meal, rest	
	8:30	Work practice (8:23 han, wood sound, go to work circle)	
	10:30	Clean up (10:23 han, wood sound)	
	11:00	Zazen (10:53 bell)	
	11:30	Kinhin	
	11:40	Zazen	
	12:10	Kinhin	
	12:20	Zazen	
	12:55	Service, chant	
	1:05	Noon meal, rest	
	3:00	Zazen (2:53 bell)	
MONDAY- SATURDAY AFTERNOON	3:30	Dharma Talk: Tues.& Thurs.- <i>Shuso</i> ; Wed.& Fri.- <i>Roshi</i> ; Sat.- <i>Roshi</i> & <i>Shuso</i>	
	4:30	Break (10min)	MONDAY
	4:40	Zazen	3:30 Kinhin
	5:05	Kinhin	3:40 Zazen
	5:15	Zazen	4:10 Soji
	5:50	Service	4:40 Zazen
	6:00	Evening meal, rest	5:10 Kinhin
	7:30	Zazen (7:23 bell)	5:20 Zazen
	8:10	Kinhin	
	8:20	Zazen	
	8:45	Four Vows, 8:55 pillow bell	
SUNDAY (following morning zazen, service, meal)	8:30	Work practice, one hour (8:23 han, wood sound)	
	9:30	Clean up (9:23 han, wood sound)	
	10:00	Zazen	
	10:30	Kinhin	
	10:40	Zazen	
	11:10	Kinhin	
	11:20	Zazen	
	11:50	Service, chanting	
	11:55	Noon Meal and 1:05 Rest	
	1:30	Zazen (1:23 bell)	
	2:00	Kinhin	
	2:10	Zazen	
	2:40	Kinhin	
DOKUSAN INTERVIEWS: <i>11 a.m.-12:50 p.m.</i> <i>7:30-8:45 p.m.</i>	2:50	Zazen	
	3:20	Four Vows, Circle Ceremony	
	4:00	Take photo outside Zendo	
	4:10	Tea & Cookies in Sangha House	
	4:45	Ango participants return to rooms for a "silent" break.	
	6:30 p.m.	INFORMAL DINNER for Residents & Ango Guests Only (NO ZAZEN TONIGHT)	