

BIRTH OF THE BUDDHA SESSHIN

April 3–6, 2024

WEDNESDAY EVENING

6:00 Dinner
6:30 Oryoki Instructions
7:15 Bonscho (15 minutes)
7:30 **Zazen**
8:10 Opening Talk & Guidelines
8:20 Kinhin
8:30 **Zazen**
8:50 Four Vows, 8:55 Pillow Bell, 9:00 Lights Out

THURS – FRIDAY

4:30 Wake Up
4:45 Bonscho (15 min bell)
5:00 **Zazen**
5:40 Kinhin (10 min. slow walking)
5:50 **Zazen**
6:30 Service, Chanting
7:00 Morning Meal, Rest
8:30 Work Practice (8:23 wood sound, meet outdoors or in Sangha house)
10:30 Clean Up (wood sound)
11:00 **Zazen** (10:53 bell)
11:30 Kinhin
11:40 **Zazen**
12:10 Kinhin
12:20 **Zazen**
12:55 Service, Chanting
1:05 Noon Meal, Rest
3:00 **Zazen** (2:53 bell)
3:30 Kinhin
3:40 **Zazen**
4:10 Soji (clean zendo)
4:40 **Zazen**
5:10 Kinhin
5:20 **Zazen**
5:50 Service
6:00 Evening Meal, Rest
7:30 **Zazen** (7:23 bell)
8:10 Kinhin
8:20 **Zazen**
8:50 Four Vows, 8:55 Pillow Bell, 9:00 Lights Out

FRIDAY

3:30 Dharma Talk
4:30 Rest 10 min
4:40 **Zazen**
5:10 Kinhin
5:20 **Zazen**
5:50 Service

SATURDAY

**starts@5:00am
see above schedule*

8:30 Work Practice (8:23 wood sound) 1 hr	12:05 Noon Meal and 1:05 Rest
9:30 Clean Up (wood sound 9:23)	1:45 Work Practice: Ceremony Setup - 100 zendo chairs, donation boxes, flower shrine, practice ceremony, reserved seats, food tables, tablecloths
10:00 Zazen (9:53 bell)	2:30 Ceremony Practice in Zendo
10:30 Kinhin	2:50 Clean Up (han)
10:40 Zazen	3:00 Circle Ceremony, Tea & Cookies
11:10 Kinhin	
11:20 Zazen	
11:55 Service, Chanting	