

‘ENTERING THE GATE’ ONE-DAY SITTING

On Site & Online

May 5–6, 2023

FRIDAY EVENING

- 6:00pm Informal dinner
- 6:40 Oryoki Instruction (onsite participants only)
- 7:30 **Zazen** (7:15 bell)
- 8:00 **May Fusatsu Ceremony** (online participants, use the [Fusatsu zoom link](#))
- 9:00 Sleep

SATURDAY

- 4:30am Wake-up
- 4:45 Bonsho (15 min. bell)
- 5:00 **Zazen** (meditation)
- 5:40 Kinhin (10 min. slow walking meditation)
- 5:50 **Zazen**
- 6:30 Service, chanting
([Heart Sutra](#), [Intimacy of Relative & Absolute](#), [Great Compassionate Dharani](#))
- 7:00 Oryoki morning meal (on site) / silent meal at home (online participants)
- 8:30 Work practice (8:23 han, wood sound, onsite participants meet outside)
- 10:00 Clean-up (9:53 wood sound)
- 10:30 **Zazen** (10:23 bell)
- 11:10 Kinhin
- 11:20 **Zazen**
- 12:00pm Kinhin
- 12:10 **Zazen**
- 12:50 Service, chanting ([Great Light Dharani](#))
- 1:00 Oryoki meal (on site) / silent meal at home (online) - short rest (25 min.)
- 2:30 **Zazen** (2:23 bell)
- 3:00 Kinhin
- 3:10 **Zazen**
- 3:40 Kinhin
- 3:50 **Zazen**
- 4:20 [Four Vows](#)
- 4:25 Closing circle ceremony (onsite & online participants together)
- 5:00pm Tea & cookies in Sangha House (onsite participants only)