

BIRTH OF THE BUDDHA SESSHIN

March 29 – April 1, 2023

WED.
EVENING:

6:00 Dinner
6:40 Oryoki instructions
7:15 Bonsho (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. – FRI.

4:30 am Wake Up
4:45 Bonsho (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 hour
8:30 Clean up (wood sound 9:23)
10:00 **Zazen** (9:53 bell)
10:30 Kinhin
10:40 **Zazen**
11:10 Kinhin
11:20 **Zazen**

11:55 Service, chanting
12:05 Noon Meal and 1:05 Rest
1:45 WORK PRACTICE: Buddha's Birthday Ceremony Setup
100 zendo chairs, donation boxes, flower shrine, practice ceremony,
reserved seats, food tables, tablecloths
2:30 Nyoze and attendants Zendo Practice
2:50 Clean-up (han)
3:00 Circle ceremony tea & cookies