

ONE-DAY SITTING

(Online & On-Site)

Event Schedule

FRIDAY EVENING

- 6:00pm Informal dinner
- 6:40 Oryoki Instruction (on-site participants only)
- 7:30 **Zazen** (7:15 Bell)
- 8:10 Kinhin
- 8:20 **Zazen**
- 8:55 Four Vows
- 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](#))
- 6:50 Oryoki-silent morning meal (residents)/Silent meal at home (online participants)
- 8:30 Work practice (8:23 han, wood sound, residents meet outside)
- 10:00 Clean-up (wood sound) 9:53
- 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- silent meal/silent meal at home - 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 (residents & online participants together)
- 5:00pm Tea & cookies in Sangha House (on-site participants & residents only)