

Buddha's Birthday Sesshin

Led by Roshi Ryodo & Sensei Faith-Mind

April 2 (eve) -6, 2019

Tuesday eve., April 2

5 p.m. Pre-Sesshin meeting for Jisha, Monitors, Jikido & Tenzo

6:00 p.m. Light Dinner

6:30 Registration

7:25 Be in your seat

7:30-8:05 Leaders Entrance, Zazen, Opening Remarks

8:05-8:15 Kinhin

8:15-8:50 Zazen/Oryoki Instruction

8:50 Vows/Bows/Gatha

9:30 Lights Out

Wed-Fri, April 3-5

DAWN

5:00 a.m. Wake up

5:15 Waking the Body: Outside Kinhin (optional)

5:30 Be in your seat

Abbot's Entry

5:35 Zazen

6:10 Kinhin

6:20 Zazen

6:55 Verse of the Kesa

7:00 Service

7:25 Oryoki Breakfast/Rest

MORNING

9:00 Samu (Report to Jizo Garden)

10:30 End of Samu

10:50 Zazen/F-2-F

11:25 Walking Zen

11:35 Zazen/F-2-F

12:10 Service

12:30 Oryoki Lunch/Rest

AFTERNOON

2:30-3:15 Yoga (Sesshin participants only)

3:30 Zazen/F-2-F

4:05 Walking Zen

4:15 Zazen/F-2-F

EVENING

4:50 Walking Zen

5:00 Zazen/F-2-F

5:30 Service

5:45 Oryoki Supper/Rest

7:30 Zazen

7:50 Kinhin

8:00 Teisho/Dharma Talk:

Wed: Roshi Ryodo

Thur: Sensei Faith-Mind

8:50 Vows/Bows/Gatha

9:30 Lights Out

Sat, April 6

DAWN

5:00 a.m. Wake up

5:15 Waking the Body: Outside Kinhin (optional)

5:30 Be in your seat

Abbot's Entry

5:35 Zazen

6:10 Kinhin

6:20 Zazen

6:55 Verse of the Kesa

7:00 Service

7:25 Oryoki Breakfast/Rest

MORNING

9:00 Samu (Report to Jizo Garden)

10:30 End of Samu

10:50 Zazen/F-2-F

11:25 Walking Zen

11:35 Zazen/F-2-F

12:10 Service

12:30 Oryoki Lunch/Rest

AFTERNOON Sat

2:30 Zazen/F-2-F

3:05 Walking Zen

3:15 Zazen/F-2-F

3:50 Closing Circle (in Buddha Hall – Sesshin participants)

4:50 Four Vows/ bows

5:00 End of Sesshin*

Observe these Precautions at all times during Sesshin

Maintain Silence — a Great Silence. Do not talk. Be silent in Body, Speech, and Mind.

Maintain lowered eyes. Do not look around.

Maintain sesshin etiquette. Do not engage in social greetings or courtesies.

Maintain samadhi (unified mind). Do not leak your samadhi or the samadhi of others.

If you have any problems or are unable to follow the schedule, please inform the monitors.

* Please leave your sleeping area clean & orderly. (Ask Samu Leader for cleaning supplies.)
Please return room key to Gueststeward Mailbox in the Sangha House.