

# November Zazenkai

Led by Dharma-Holder Jonathan Kaigen Levy

## Friday, November 13, 2020

7:15 PM Log into Zoom & Settle  
7:20 PM Orientation to Online  
Zazenkai  
7:30 PM **Zazen**  
8:05 PM Kinhin  
8:15 PM **Zazen**  
8:50 PM Four Vows/ Bows/  
Evening Gatha  
9:00 PM End

## Saturday, November 14, 2020

Face-to-Face throughout Saturday

6:00 AM **Zazen**/Gatha of Atonement  
6:40 AM Walking Zen/Personal needs  
6:50 **Zazen**  
7:25 Verse of the Kesa  
7:30 Service  
8:00 Breakfast at Home/Rest  
9:10 Samu (Work) Chant  
Work at home: Your Job.  
Cleaning, Tasks, Garden, Kids  
10:20 End Samu  
10:30 **Zazen**  
11:05 Walking Zen  
11:15 **Zazen**  
11:50 Lunch at home, rest,  
exercise  
2:00 **Zazen**  
2:35 Walking Zen  
2:45 Dharma Talk by Kaigen  
3:35 Walking Zen  
3:45 **Zazen**  
4:20 Walking Zen  
4:30 **Zazen**  
4:55 Four Vows & Bows

### **Please observe these precautions:**

Maintain Silence. A Great Silence.  
Do not talk. Be silent in body, speech and  
mind.

Maintain lowered eyes. Do not look around.

Maintain zazenkai 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 our head  
monitor.

### Note: Zoom Protocol

1. **Develop Focus.** Distraction is especially easy during online meetings. Bring the same intentionality to online meetings as you bring to the zendo. Dress appropriately, wear rakusu if received jukai, don't multitask and close other windows on the computer, and consider sitting for a few minutes before talks and events.

2. **Practice mindful screen habits.** Those zooming in need to be mindful of themselves on screen as their actions can disrupt the zoom session for others. Refrain from walking around with computer or phone, eating on screen, and other actions that may distract others. If you need to eat, take a break, use the bathroom or move around, please turn off your video.

3. **Refrain from photos.** Please do not screen shot or photograph ZCLA zoom meetings or share on social media.

End of Zazenkai