

**Midsummer Mindfulness Sesshin 2021**  
**Wednesday, July 21 (eve) - Sunday, July 25 (midday)**  
**Led by Roshi Ryodo & Sensei Kyobai Faith-Mind**

**Wednesday, July 21 evening**

7:15 pm Log into Zoom & Settle  
7:20 Orientation to Virtual Sesshin  
7:30 Zazen  
8:05 Walking Zen  
8:15 Zazen  
8:50 **Four Vows/ Bows/Evening Gatha**  
9:00 End

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**Sunday, July 25 morning**

*Zoom Block 1*

5:55 am Be in Your Seat  
6:00 Zazen/**Gatha of Atonement**  
6:40 Walking Zen/Personal Needs  
6:50 Zazen  
7:25 **Verse of the Kesa**  
7:30 **Gate of Sweet Nectar**

*At Home*

8:00 Breakfast: Cook, Eat, Clean (**Meal Gatha**)

*Zoom Block 2*

9:25 am Be in Your Seat  
9:30 am Zazen  
10:05 Walking Zen  
10:15 Zazen  
10:50 Walking Zen  
11:00 Closing Circle  
12:15 **Four Vows, Bows, Hosan Ceremony**  
12:30 *Sesshin Ends*

**Thursday-Saturday, July 22-24**

*Zoom Block 1*

5:55 am Be in Your Seat  
6:00 am Zazen/**Gatha of Atonement**  
6:40 Walking Zen/Personal Needs  
6:50 Zazen  
7:25 **Verse of the Kesa**  
7:30 **Morning Service**

*At Home*

8:00 Breakfast: Cook, Eat, Clean (**Meal Gatha**)  
9:15 Samu/work at Home. (**Samu Service**)  
10:45 End Samu

*Zoom Block 2*

10:55 am Be in Your Seat  
11:00 Zazen  
11:35 Walking Zen  
11:45 Zazen  
12:20 pm **Midday Service**

*At Home*

12:45 Lunch: Cook, Eat, Clean. (**Meal Gatha**)  
2:15 Stretch/Exercise/Study (Maintain Samadhi)

*Zoom Block 3*

3:25 pm Be in Your Seat  
3:30 Zazen  
4:05 Walking Zen  
4:15 Zazen  
4:50 Walking Zen  
5:00 Zazen  
5:30 **Evening Service**

*At Home*

5:45 Dinner: Cook, Eat, Clean. (**Meal Gatha**)

*Zoom Block 4*

7:10 pm Be in Your Seat  
7:15 Zazen  
7:50 Walking Zen  
8:00 **Opening the Sutra** before Talk  
Thursday: Teisho: Roshi Ryodo  
Friday: Dharma Talk: Sensei Faith-Mind  
Saturday: Teisho: Roshi Ryodo  
8:50 **Four Vows/Bows/Evening Gatha**