

Gratitude Zazenkai

Led by Preceptor Lorraine Gessho Kumpf

Friday, November 12, 2021

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 13, 2021

Face-to-Face throughout Saturday

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	Service
8:00	Breakfast at Home/Rest
9:15	Samu (Work) Chant Work at home: Your Job. Cleaning, Tasks, Garden, Kids
10:15	End Samu
10:25	Be in your seat
10:30	Zazen
11:05	Walking Zen
11:15	Zazen
11:50	Walking Zen
12:00 PM	Dharma Talk by Gessho
12:50	Lunch at home, rest, exercise
2:55	Be in your seat
3:00	Zazen
3:35	Walking Zen
3:45	Zazen
4:20	Walking Zen
4:30	Zazen
4:55	Four Vows & Bows

End of Zazenkai

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.