

Rohatsu Sesshin

Sunday, December 5 (eve) - Saturday, December 11 (eve)

Led by Sensei Kyobai Faith-Mind & Sensei Daiki Senshin

Sunday, December 5 evening

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

Monday-Saturday, December 6-11

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 **Morning Service**

(Wednesday, Dec. 8 -- Bodhi Day Service 7:30 a.m.)
(Saturday, Dec. 11 – Gate of Sweet Nectar 7:30 a.m.)

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 Exercise/Study/Rest (Maintain Samadhi)

Monday-Friday, December 6-10

Zoom Block 3

3:25 pm Be in Your Seat
3:30 Zazen / **Reading**
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

7:25 pm Be in Your Seat
7:30 Zazen
7:50 Walking Zen
8:00 **Opening the Sutra/Dharma Talks**

8 pm Dharma Talks

Monday: Sensei Faith-Mind
Tuesday: Sensei Senshin
Wednesday: Dharma-Holder Mukei
Thursday: Sensei Myoho
Friday: Rev. Dharma-Joy
8:50 pm **Four Vows/Bows/Evening Gatha**
9-9:30 pm Optional Zazen

Saturday, December 11 afternoon

Zoom Block 3

2:55 pm Be in Your Seat
3:00 Zazen
3:35 Walking Zen
3:45 Sesshin Participants Closing Circle
5:00 **Four Vows, Bows, Closing Ceremony**
(Nenju) in Zendo
5:15 pm *Sesshin Ends*