

Buddha's Birthday Sesshin

Led by Sensei Faith-Mind, Sensei Senshin & Rev. Dharma-Joy

April 6 (eve) – 9 (midday), 2022

Wed. eve., April 6

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

6:00 p.m. Light Dinner

7:15 p.m. Zoom in & Settle

7:20 Hybrid Orientation

7:30-8:05 Greeting Round,
Opening Remarks,
Zazen

8:05-8:15 Outside Walking

8:15-8:50 Zazen

8:50 Vows/Bows/Gatha

9:30 Lights Out

Thurs-Fri, April 7-8

5:00 a.m. Wake up

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

Zoom Block 1

5:55 Be in your seat
Abbot's Entry

6:00 Zazen

6:35 Outside Walking

6:45 Zazen

7:20 Verse of the Kesa

**7:25 Roshi Kodo 49 Day
Service**

7:45 Breakfast/Rest

9:15 Samu (Report to
Jizo Garden)

10:40 End of Samu

Zoom Block 2

10:50 Zazen

11:25 Walking Zen

11:35 Zazen

12:10 **Dojun 49 Day
Service**

12:30 Lunch/Rest

Zoom Block 3

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

3:30 Zazen

4:05 Walking Zen

4:15 Zazen

4:50 Walking Zen

5-5:35 Zazen

5:35 Supper/Rest

Thur-Fri, April 7-8 eve

Zoom Block 4

7:10 **Sensei Ensho 5 yr.
Memorial (Fri. only)**

7:30 Zazen

8:05-8:15 Outside Walking

8:15-8:50 Zazen

8:50 Vows/Bows/Gatha

9:30 Lights Out

Saturday April 9

5:00 a.m. Wake up

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

Zoom Block 1

5:55 Be in your seat
Abbot's Entry

6:00 Zazen

6:35 Outside Walking

6:45 Zazen

7:20 Verse of the Kesa

**7:25 Dojun 49 Day
Service**

7:45 Breakfast/Rest

9:15 Samu (Report to
Jizo Garden)

10:30 End of Samu

Zoom Block 2

10:45 Zazen

11:00 Walking Zen

11:10 Recording of **teisho**
by **Roshi Kodo** (Roshi Egyoku
introduces)

12:05 Lunch/Clean-up

1:00 End of Sesshin*

Afternoon

2:00 **Roshi Kodo 49th Day
Memorial Service** (time tbd)

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.