

Just Summer Sesshin – July 17 (eve)- 24, 2022

Led by Roshi Egyoku, Sensei Senshin & Sensei Myoho

Sunday Evening, July 17

5:00 pm Leader's Mtg. in Zendo
6:00 Light Dinner

EVENING

7:15 pm **Zoom in & Settle**
7:20 **Hybrid Orientation**
7:25 Be in your seat
7:30 Roshi's Greeting Round
Opening Remarks/Zazen
8:05 Walking Zen
8:15-8:50 Zazen
Four Vows/Bows/
Evening Gatha
9:30 Lights Out

Monday, July 18

5:20 a.m. Wake-up
5:30 Outside Walking Zen
(join any time)

DAWN

5:55 Roshi's Entry
6:00 Atonement/Zazen¹
6:50 Outside Walking Zen
7:00 Zazen
7:30 Verse of the Kesa
7:35 Breakfast/Rest
9:00 Samu², Training

At Home Mon & Sat

7:35 Breakfast: (Meal Gatha)
9-9:45 Samu/Work (Work Chant)

MORNING

10:00 Zazen
10:50 Walking Zen
11 Zazen
11:50 Lunch/Rest
2-2:45 Yoga – Dharma Hall

At Home: Mon & Sat

11:50 Lunch: (Meal Gatha), Rest
2 Exercise/Study (Maintain Samadhi)

AFTERNOON

3:00 Zazen
3:50 Outside Walking Zen
4:00 Zazen
4:50 Supper/Rest

At Home: Mon & Sat

4:50 Supper (Meal Gatha), Rest

EVENING

7-7:50 Zazen
7:50-8 Outside Walking
8-8:50 **Teisho: Roshi Egyoku**
8:50 Four Vows/Bows/
Evening Gatha
9:30 Lights Out

Tuesday, July 19-Friday July 22

5:00 a.m. Wake up
5:15 Outside Walking Zen
(join any time)

DAWN

5:25 Be in your seat
Roshi's Entry
5:30 Atonement/Zazen¹
6:05 Outside Walking Zen
6:15 Zazen
6:50 Verse of the Kesa
7:00 Morning Service
7:30 Breakfast/Rest
9:00 Samu²
10:30 End Samu

At Home Tue-Fri

7:30 Breakfast: (Meal Gatha)
9-10:45 Samu/Work (Work Chant)

MORNING

10:55 Be in your seat
11-11:35 Zazen/ Walking Zen
11:45 Zazen
12:15p.m. Midday Service
12:35 Lunch/Rest
2:30–3:15 Yoga - Dharma Hall

At Home Tue-Fri

12:35 Lunch: (Meal Gatha), Rest
2:30 Exercise/Study (Maintain Samadhi)

AFTERNOON

3:25 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

5:45 Supper/Rest

At Home Tue-Fri

5:45 Supper: (Meal Gatha), Rest

EVENING

7:25 Be in your seat
7:30 Zazen
7:50 Walking Zen
8:00 **Dharma Talks**
Tues: Sensei Senshin
Wed: Dharma-Holder Mukey
Thurs: Sensei Myoho
Fri: Rev. Dharma-Joy
8:50 Four Vows/Bows/
Evening Gatha
9:30 Lights Out

Saturday, July 23

5:20 a.m. Wake-up
5:30 Outside Walking Zen
(join any time)

DAWN

6:00 Atonement/Zazen¹
6:50 Outside Walking Zen
7:00 Zazen
7:30 Verse of Kesa
7:35 Breakfast/Rest
9-10:45 Samu² - Full Dress
Rehearsal for Hossen

MORNING

11-11:50 Zazen
11:50 Lunch/Rest
[1:45-2:45 Honsaku Gyocha
Rehearsal³]
2-2:45 Yoga

AFTERNOON

3:00 Zazen
3:50 Walking Zen
4 Zazen
4:50 Supper/Rest

EVENING

7:00 Zazen
7:30 Walking Zen
7:40 **Honsaku Gyocha**
Ritual presentation of
Shuso's Case & Tea.
All invited.
8:15 Walking Zen
8:25 Zazen
8:50 Four/Vows/Bows/
Evening Gatha
9:30 Lights Out

Sunday, July 24

DAWN

5:20 a.m. Wake-up
5:30 Outside Walking Zen,
(join at anytime)
6-6:50 Zazen
6:50 Walking Zen
7:00 Zazen
7:30 Verse of Kesa
7:35 Breakfast/Rest

At Home

7:30 Breakfast: (Meal Gatha)
9-10:45 Samu/Work (Work chant)

9-10:45a.m Samu: Hossen set-up
& room cleaning
11 a.m. **Dharma Combat** with
Shuso Christina
Tchoren Carvalho
12:30 Group Photo/ Lunch

¹ May enter up to 8 minutes past the hour

² Report to Jizo Garden, start Samu at 9:00-10:30 a.m.; Hossen ceremony rehearsals start on Wednesday in the Zendo during Samu.

³ On Sat. 1:45 pm Rehearsal for Honsaku Gyocha