

# Autumn Wind Sesshin – October 9 (eve)- 16, 2022

## Led by Roshi Ryodo, Sensei Faith-Mind and Dharma Holder Gessho

### Sunday Evening, October 9

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, October 10

#### Bodhidharma's Wallgazing

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

#### DAWN

6:00 Atonement/Zazen<sup>1</sup>  
6:50 Outside Walking Zen  
7:00 Zazen  
7:30 Verse of the Kesa  
7:35 Breakfast/Rest  
9:00 Samu<sup>2</sup>, 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<sup>1</sup>  
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<sup>1</sup>  
3:50 Outside Walking Zen  
4:00 Zazen<sup>1</sup>  
4:50 Supper/Rest

#### At Home: Mon & Sat

4:50 Supper (Meal Gatha), Rest

#### EVENING

7-7:50 Zazen<sup>1</sup>  
7:50-8 Outside Walking  
8-8:50 **Zazen**  
8:50 Four Vows/Bows/  
Evening Gatha  
9:30 Lights Out

### Tuesday, Oct. 11-Friday Oct. 14

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

#### DAWN

5:25 Be in your seat  
Abbot's Entry  
5:30 Atonement/Zazen<sup>1</sup>  
6:05 Outside Walking Zen  
6:15 Zazen  
6:50 Verse of the Kesa  
7:00 Morning Service  
7:30 Breakfast/Rest  
9:00 Samu<sup>2</sup>  
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 Talk**

**Tues: Roshi Ryodo**

**Wed: DH Gessho**

**Thurs: Sensei Faith-Mind**

**Fri: Roshi Ryodo**

8:50 Four Vows/Bows/  
Evening Gatha  
9:30 Lights Out

### Saturday, October 15

#### Bodhidharma's Wallgazing

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

#### DAWN

6:00 Atonement/Zazen<sup>1</sup>  
6:50 Outside Walking Zen  
7:00 Zazen  
7:30 Verse of Kesa  
7:35 Breakfast/Rest  
9-9:45 Samu<sup>2</sup>

#### MORNING

10:00 Zazen  
10:50 Walking Zen  
11 Zazen<sup>1</sup>  
11:50 Lunch/Rest  
2-2:45 Yoga – Dharma Hall

#### AFTERNOON

3:00 Zazen<sup>1</sup>  
3:50 Walking Zen  
4 Zazen<sup>1</sup>  
4:50 Supper/Rest

#### EVENING

7-7:50 Zazen<sup>1</sup>  
7:50-8 Outside Walking  
8-8:50 **Zazen**  
8:50 Four Vows/Bows/  
Evening Gatha  
9:30 Lights Out

### Sunday, October 16

#### DAWN

5:20 a.m. Wake-up  
5:30 Outside Walking Zen,  
(join at anytime)  
6-6:50 Zazen<sup>1</sup>  
6:50 Walking Zen  
7:00 Zazen<sup>1</sup>  
7:30 Verse of Kesa  
7:35 Breakfast/Rest

#### At Home

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

9-9:45a.m Samu: Room cleaning  
10-10:50 Zazen  
11:00 Closing circle  
12:00p.m. Lunch

<sup>1</sup>May enter up to 8 minutes past the hour

<sup>2</sup> Report to Jizo Garden, start Samu at 9:00-10:30 a.m.