

Buddha's Birthday Sesshin

Led by Sensei Darla Myoho Fjeld

April 5 (eve) – 8 (midday), 2023

Wed. eve., April 5

5:00 pm Leaders Mtg (*Office*)

6:00 Light Dinner
7:15 Zoom in & Settle
7:20 Hybrid Orientation
7:30 Greeting Round,
Opening Remarks,
Zazen
8:05 Outside Walking
8:15 Zazen
8:50 **Vows/Bows/Ring bell**
1 min. silence/
Eve. Gatha
9:30 Lights Out

Thurs., April 6

Dawn

5:30 a.m. Wake-up
5:45 Outside Walking Zen
(join any time)
6:00 **Atonement/Zazen**¹
6:50 Outside Walking Zen
7:00 Zazen¹
7:30 **Verse of the Kesa**
7:35 Breakfast/Rest
(Meal Gatha)
9:00 Samu, Training
(Samu Service)
10:30 End of Samu

Morning

11:00 Zazen¹
11:50 Lunch/Rest
(Meal Gatha)

2:00-2:45 Yoga – Dharma Hall
(Maintain Samadhi)

Afternoon

3:00 Zazen¹
3:50 Outside Walking Zen
4:00 Zazen¹
4:50 Supper/Rest
(Meal Gatha)

Evening

7:00 Zazen¹
7:50 Outside Walking
8:00 **Dharma Talk:**
Sensei Myoho
8:50 **Vows/Bows/bell 1**
min. silence/Gatha
9:30 Lights Out

Fri, April 7

Dawn

5:00 am Wake up
5:15 Waking the Body:
Outside Walking
(Join Any Time)
5:25 am Be in your seat
Leader Entry
5:30 **Atonement/Zazen**
6:05 Outside Walking
6:15 Zazen
6:50 **Verse of the Kesa**
7:00 Morning Service
7:30 Breakfast/Rest
(Meal Gatha)
9:00 Samu
(Samu Service)
10:30 End of Samu

Morning

10:55 Be in your seat
11:00 Zazen
11:35 Outside Walking
11:45 Zazen
12:15 pm **Midday Service**
12:35 Lunch/Rest
(Meal Gatha)

Afternoon

2:30-3:15 Yoga
(Maintain Samadhi)
3:25 pm Be in your seat
3:30 Zazen
4:05 Outside Walking
4:15 Zazen
4:50 Outside Walking
5:00 Zazen
5:30 **Evening Service**
5:45 pm Supper/Rest
(Meal Gatha)

Evening

7:25 Be in your seat
7:30 Zazen
7:50 Outside Walking
8:00 **Dharma Talk:**
Sensei Mukei
8:50 **Vows/Bows/bell 1**
min. silence/Gatha
9:30 Lights Out

Saturday April 8

Dawn

5:00 am Wake up
5:15 Outside Walking

Saturday April 8 (cont.)

Dawn

5:25 am Be in your seat
Leader Entry
5:30 **Atonement/Zazen**
6:05 Outside Walking
6:15 Zazen
6:50 **Verse of the Kesa**
7:00 Morning Service
7:30 Breakfast/Rest
(Meal Gatha)
9:00 Samu
(Samu Service)
Set-up: B.B. Service
10:15 End of Samu

Morning

10:25 Be in your seat
10:30 Zazen
11:05 Outside Walking
11:15 Closing Circle
12:15 pm **Vows/Bows/Ring**
bell 1 min. silence/
End of Sesshin*
12:20 Lunch/Clean-up
(Meal Gatha)

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.

¹ May enter up to 8 minutes past the hour