

# May Peace Prevail Sesshin

Led by Sensei Daiki Senshin

May 24 (evening) – 28 (afternoon), 2023

## Wed. eve., May 24

5 pm Pre-Sesshin meeting  
for Leaders, Jisha, Monitors,  
Jikido & Tenzo

6:00 pm Light Dinner  
7:15 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-Sat, May 25-27

**Dawn**  
5:30 am Wake up  
5:45 Waking the Body:  
Outside Kinhin (optional)  
5:55 Be in your seat  
Leader's Entry  
6:00 **Atonement/Zazen**  
6:30 Outside Walking  
6:40 Zazen  
7:10 **Verse of the Kesa**  
7:15 **Morning Service**  
7:45 Breakfast/Rest  
**(Meal Gatha)**  
9:00 Samu (& **Service**)  
- Jizo Garden  
10:30 End of Samu  
**Morning**  
10:45 Be in your seat  
10:50 Zazen  
11:25 Walking Zen  
11:35 Zazen  
12:10 **Midday Service**  
12:30 Lunch/Rest  
**(Meal Gatha)**  
**Afternoon**  
2:30-3:15 Yoga (encouraged)  
3:25 Be in your seat  
3:30 **Metta** /Zazen  
4:05 Walking Zen  
4:15 Zazen  
4:50 Walking Zen  
5-5:30 Zazen  
5:30 **Evening Service**  
**Evening**  
5:45 Supper/Rest  
**(Meal Gatha)**

## Thurs, May 25 eve

7:25 pm Be in your seat  
7:30 Zazen  
7:50 Outside Walking  
**8:00 Dharma Talk:**  
**Sensei Senshin**  
8:50 **Vows/Bows/Gatha**

## Fr--Sat, May 26-27 eve

7:25 pm Be in your seat  
7:30 Zazen/**Chanting**  
8:05 Outside Walking  
8:15 Zazen  
8:50 **Vows/Bows/Gatha**  
9:30 Lights Out

## Sunday May 28

**Dawn**  
5:30 am Wake up  
5:45 Outside Kinhin (opt.)  
5:55 Be in your seat  
Leader's Entry  
6:00 **Atonement/Zazen**  
6:30 Outside Walking  
6:40 Zazen  
7:10 **Verse of the Kesa**  
7:15 **Gate of Sweet**  
**Nectar Service**  
7:45 Breakfast/Rest  
**(Meal Gatha)**  
9:00 Samu (& **Service**)  
10:15 End of Samu  
**Morning**  
10:25 Be in Your Seat  
10:30 Zazen  
11:05 Walking Zen  
11:15 Closing Circle  
12:15 **Four Vows**, Bows,  
**Nenju**  
12:20 Lunch/**Clean-up**  
**(Meal Gatha)**  
End of Sesshin\*

### 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.