

# Just Summer Sesshin – July 16 (eve)- 23, 2023

Led by Roshi Ryodo Hawley and Sensei Mukei Horner

## Sunday Evening, July 16

5:00 pm Leader's Mtg. (*Office*)  
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 17

BODHIDHARMA'S  
WALL GAZING

### DAWN

5:20 a.m. Wake-up  
5:30 Outside Walking Zen  
(join any time)  
5:55 Teacher's Entry  
6:00 Atonement/Zazen<sup>1</sup>  
6:50 Outside Walking Zen  
7:00 Zazen  
7:30 Verse of the Kesa  
7:35 Oryoki Breakfast/Rest

### MORNING

9:00 Samu<sup>2</sup>, Training  
10:00 Zazen  
10:50 Walking Zen  
11 Zazen  
11:50 Oryoki Lunch/Rest  
2-2:45 Yoga – Dharma Hall

### AFTERNOON

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

### EVENING

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

## Tuesday, July 18-Friday July 21

### DAWN

5:00 a.m. Wake up  
5:15 Outside Walking Zen  
(join any time)  
5:25 Be in your seat  
Teacher's Entry

## Tuesday, July 18

## -Friday July 21 (cont.)

### DAWN

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 Oryoki Breakfast/Rest

### MORNING

9:00 Samu<sup>2</sup>  
10:30 End Samu  
10:55 Be in your seat  
11-11:35 Zazen/ Walking Zen  
11:45 Zazen  
12:15p.m. Midday Service

12:35 Oryoki Lunch/Rest  
2:30–3:15 Yoga - Dharma Hall

### AFTERNOON

3:25 Be in your seat  
3:30 Zazen  
4:05 Walking Zen  
4:15 Zazen

## Tuesday & Thursday

4:50-5:30 Slow outside kinhin  
(ZCLA Garden)

## Wednesday & Friday

4:50-5:30 Meandering – not a  
break, follow the spirit  
& wander the grounds

## Tuesday-Friday

5:30 Service  
5:40 Oryoki Supper/Rest

### EVENING

## Tuesday-Friday

7:25 Be in your seat  
7:30 Zazen  
7:50 Walking Zen

## Dharma Talks & Teisho

**Tues: Sensei Mukei**

**Wed: Sensei Dharma-Joy**

**Thurs: Roshi Ryodo**

**Fri: Dharma-Holder Etsugen**

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

## Saturday, July 22

### DAWN

5:20 a.m. Wake-up  
5:30 Outside Walking Zen  
(join any time)  
5:55 Teacher's Entry  
6:00 Atonement/Zazen<sup>1</sup>  
6:50 Outside Walking Zen  
7:00 Zazen  
7:30 Verse of Kesa  
7:35 Oryoki Breakfast/Rest

### MORNING

9-10:45 Samu<sup>2</sup> - Full Dress  
Rehearsal for Hossen  
11-11:50 Zazen  
11:50 Oryoki Lunch/Rest

[11:45 p.m. Honsoku Gyocha  
Rehearsal<sup>3</sup>]

2-2:45 Yoga

### AFTERNOON

3:00 p.m. Zazen  
3:50 Walking Zen  
4:00 Zazen  
4:50 Oryoki Supper/Rest

### EVENING

7:00 Zazen  
7:30 Walking Zen  
7:40 **Honsoku 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 23

### 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 Oryoki Breakfast/Rest

9-10:45a.m Samu: Hossen set-up  
& room cleaning

11 a.m. **Dharma Combat** with  
**Head Trainee**  
**Kaizen Venners**

12:30 p.m. Group Photo/  
Sangha 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.; Hossen ceremony rehearsals start on Wednesday in the Zendo during Samu.

<sup>3</sup> On Sat. 1:45 pm Rehearsal for Honsoku Gyocha