

# Rohatsu Sesshin – December 1 (eve)- 9, 2023

Led by Sensei Senshin & Sensei Dharma-Joy

## Friday Evening, Dec. 1

5:00 pm Leader's Meeting  
6:00 Light Dinner

### EVENING

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

## Sat. & Sun., Dec. 2&3

### Bodhidharma's Wallgazing

#### DAWN

5:15 am Wake-up  
5:30 Outside Kinhin  
(join any time)  
6:00 Atonement/Zazen<sup>1</sup>  
6:50 Outside Walking Zen  
7:00 Zazen<sup>1</sup>, 3 Refuges  
7:30 Verse of the Kesa

#### MORNING

7:35 Breakfast/Rest  
9:00 Samu<sup>2</sup>, Training  
10:30 End Samu

#### At Home Sat & Sun

7:35 Breakfast: (Meal Gatha)  
9-10:30 Samu/Work (Work Chant)

11:00 Zazen<sup>1</sup>  
11:50 Lunch/Rest

#### AFTERNOON

##### At Home: Sat & Sun

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

1:45-2:30 Yoga – Dharma Hall  
3:00 Zazen<sup>1</sup>  
3:50 Outside Walking Zen  
4:00 Zazen<sup>1</sup>  
4:50 Supper/Rest

#### EVENING

##### At Home: Sat & Sun

4:50 Supper (Meal Gatha),  
Rest

## SATURDAY EVENING

7-7:50 Zazen<sup>1</sup>, 3 Refuges  
7:50-8 Outside Walking Zen  
8-8:50 Zazen<sup>1</sup> *Reading*

## SUNDAY EVENING

7-7:50 Zazen<sup>1</sup>, 3 Refuges  
7:50-8 Outside Walking Zen  
8-8:50 **Dharma Talk:**  
**Sensei Senshin**

## SAT. & SUN. EVENING

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

## Mon., Dec. 4-Fri. Dec. 8<sup>3</sup>

#### DAWN

5:00 am Wake up  
5:15 Outside Kinhin  
(join any time)  
5:25 Be in your seat  
Leader's Entry  
5:30 Atonement/Zazen  
6:05 Outside Walking Zen  
6:15 Zazen, 3 Refuges  
6:50 Verse of the Kesa  
6:55 Morning Service  
**F Dec 8 Bodhi Day Service**  
7:25 Breakfast/Rest  
9:00 Samu<sup>2</sup>  
10:30 End Samu

#### At Home Mon-Fri

7:25 Breakfast: (Meal Gatha)  
9-10:30 Samu/Work (Work Chant)

#### MORNING

10:55 Be in your seat  
11:00 Zazen  
11:35 Walking Zen  
11:45 Zazen  
12:15pm Midday Service  
12:35 Lunch/Rest  
2:15-3 Yoga -Dharma Hall

#### At Home Mon-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 Mon, Tu, W

7:25 Be in your seat  
7:30 Zazen, 3 Refuges

7:50 Outside Walking Zen  
8:00 **Dharma Talk**  
**Mon: Sensei Dharma-Joy**  
**Tue: Sensei Shogen**  
**Wed: Sensei Myoho**

## EVENING Th & Fri

7:25 Be in your seat  
7:30 Zazen, 3 Refuges  
8:05 Outside Walking Zen  
8:15 Zazen, **Reading**

## ALL EVENINGS MON-FRI

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

## Saturday, December 9

### Bodhidharma's Wallgazing

#### DAWN

5:15 am Wake-up  
5:30 Outside Kinhin,  
(join at any time)  
6-6:50 Atonement/Zazen<sup>1</sup>  
6:50 Outside Walking Zen  
7:00 Zazen<sup>1</sup>, 3 Refuges  
7:30 Verse of Kesa  
7:35 Breakfast/Rest

#### At Home

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

9-9:45 Samu: Room cleaning<sup>4</sup>  
10-10:50 Zazen<sup>1</sup>  
10:50 Outside Walking Zen  
11:00 Closing Circle  
12:00pm Hosan Ceremony  
12:30 Informal Lunch  
(leftovers) then  
clean-up

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.

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

<sup>2</sup> Report to Jizo Garden, start Samu at 9:00

<sup>3</sup> Preceptor Empowerment Week for Ando, Etsugen, Faith-Moon & Jiei – do not engage with them at all.

<sup>4</sup> Please leave your sleeping area spotless for next guest, take trash out, & vacuum. Leave keys in Guest Steward mailbox.