

# 2023 Year-End Sesshin

## Dec. 27(eve) - 30

led by Sensei Katherine Senshin Griffith

### Wed, Dec. 27

5:00 pm Leader's Mtg.  
6:00 Snack

#### EVENING

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

### Thur, Dec. 28-

### Fri, Dec. 29 \*

## **BODHIDHARMA'S WALL GAZING**

#### DAWN

5:15 am Wake-up  
5:30 Outside Kinhin  
(join anytime)  
6:00 Atonement/Zazen  
6:50 Outside Walking  
7:00 Zazen  
7:30 Verse of the Kesa  
7:35 Breakfast/Rest  
9-9:50 Samu

#### At Home Wed & Thu

7:35 Breakfast: (Meal Gatha)  
9-9:45 Samu/Work (Work Chant)

#### \* NOTE

- You may re-enter the Zendo up to 8 minutes past the hour.
- All meals are One Bowl buffet style.
- "Outside Walking" means Chinese-style Walking Zen.

#### MORNING

10-10:50 Zazen  
10:50 Outside Walking  
11-11:50 Zazen  
11:50 Lunch/Rest

#### At Home: Wed & Thu

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

#### AFTERNOON

2-2:45 Yoga  
3:00 Zazen  
3:50 Outside Walking  
4:00 Zazen  
5:00 Outside Walking  
5:10 Zazen  
5:40 Supper/Rest

#### At Home: Wed & Thu

5:40 Supper (Meal Gatha),  
Rest

#### THURSDAY EVENING

6:45 49<sup>th</sup> Day Service for Midge  
7:00 Reading & Zazen  
7:50 Outside Walking  
8:00 Zazen  
8:50 Four Vows, Bows  
Evening Gatha  
9:30 Lights out

#### FRIDAY EVENING

7:00 Reading & Zazen  
7:50 Outside Walking  
8:00 Zazen  
8:50 Four Vows, Bows  
Evening Gatha  
9:30 Lights out

### Sat, Dec. 30

#### DAWN

5:15 Wake-up  
5:30 Outside Kinhin  
(join anytime)

6:00 Atonement/Zazen  
6:50 Outside Walking  
7:00 Zazen/Verse of  
Kesa  
7:30 Breakfast/Rest

#### MORNING

9-9:50 Samu  
10-10:50 Zazen  
10:50 Outside Walking  
11-11:50 Zazen  
11:50 Lunch Rest

#### AFTERNOON

1:15-2:45 Samu: New Year  
Temple Cleaning  
3-3:50 Zazen 3:50  
Outside Walking  
4-4:50 Closing Circle  
-- Dharma Hall  
4:50 Four Vows, Bows

## SESSHIN

### PRECAUTIONS

Observe at all times.

**Maintain Silence** — a Great Silence. Be silent in Body, Speech, and Mind. Do not talk.

**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.