

# May Peace Prevail Sesshin

Led by Sensei Darla Myoho Fjeld

May 22 (evening) – 25 (afternoon), 2024

## Wed. eve., May 22

5:00 pm Leaders Meeting  
(Office)

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 23-25

**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 pm **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 23 eve

7:25 pm Be in your seat

7:30 Zazen

7:50 Outside Walking

**8:00 Dharma Talk:**  
**Sensei Myoho**

8:50 **Vows/Bows/Gatha**

**Fri-Sat, May 24-25 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 26

**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.