

Buddha's Birthday Sesshin

Led by Sensei George Mukei Horner

April 4 (eve) – 6 (eve), 2024

Thu. eve., April 4

5:00 pm Leaders Mtg (*Office*)
 6:00 Light Dinner
7:15 Zoom in & Settle
7:20 Hybrid Orientation
 7:30 Greeting Round,
 Opening Remarks,
 Zazen
 8:05 Outside Walking
 8:15 Zazen
 8:50 **Vows/Bows/ Eve.
 Gatha**
 9:30 Lights Out

Friday, April 5

Dawn

5:30 a.m. Wake-up
 5:45 Outside Walking Zen
 (join any time)
 6:00 **Atonement/Zazen¹**
 6:50 Outside Walking Zen
 7:00 Zazen¹
 7:30 **Verse of the Kesa**
 7:35 Breakfast/Rest
(Meal Gatha)
 9:00 Samu, Training
(Samu Service)
 10:30 End of Samu

Morning

11:00 Zazen¹
 11:50 Lunch/Rest
(Meal Gatha)
 2:00-2:45 Yoga – Dharma Hall
 (Maintain Samadhi)

Afternoon

3:00 Zazen¹
 3:50 Outside Walking Zen
 4:00 Zazen¹

Friday, April 5 (cont.)

4:50 Supper/Rest
(Meal Gatha)
Evening
 7:00 Zazen¹
 7:50 Outside Walking
 8:00 **Dharma Talk**
 8:50 **Vows/Bows/Gatha**
 9:30 Lights Out

Saturday, April 6

Dawn

5:00 am Wake up
 5:15 Waking the Body:
 Outside Walking
 (Join Any Time)
 5:25 am Be in your seat
 Leader Entry
 5:30 **Atonement/Zazen**
 6:05 Outside Walking
 6:15 Zazen
 6:50 **Verse of the Kesa**
7:00 Morning Service
 7:30 Breakfast/Rest
(Meal Gatha)
 9:00 Samu
(Samu Service)
 10:30 End of Samu

Morning

10:55 Be in your seat
 11:00 Zazen
 11:35 Outside Walking
 11:45 Zazen
 12:15 pm **Midday Service**
 12:35 Lunch/Rest
(Meal Gatha)

Afternoon

2:30-3:15 Yoga
 (Maintain Samadhi)

Sat., April 6 (cont.)

Afternoon

3:25 pm Be in your seat
 3:30 Zazen
 4:05 Outside Walking
 4:15 Closing Circle
 5:15 **Vows/Bows/Gatha**

End of Sesshin*

Sun., April 7 (optional)

Morning

7:00 am Flower Bower
 Decoration
 8:30 Gate of Sweet
 Nectar Service
 9:00 Sunday Schedule
 11:00 Buddha's Birthday
 Service
 12:00 pm Sangha Lunch

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.

¹ May enter up to 8 minutes past the hour