

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 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
8:05 Outside Walking
8:15 Zazen
8:50 **Vows/Bows/Gatha**
9:30 Lights Out

Fri-Sat, May 24-25 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**

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.