

# May Peace Prevail Sesshin

Led by Sensei Darla Myoho Fjeld

May 22 (evening) – 26 (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	<b>Vows/Bows/Gatha</b>
9:30	Lights Out

## Thurs-Sat, May 23-25

	<b>Dawn</b>
5:30 am	Wake up
5:45	Waking the Body: Outside Kinhin (optional)
5:55	Be in your seat Leader's Entry
6:00	<b>Atonement/Zazen</b>
6:30	Outside Walking
6:40	Zazen
7:10	<b>Verse of the Kesa</b>
7:15	<b>Morning Service</b>
7:45	Breakfast/Rest <b>(Meal Gatha)</b>
9:00	Samu (& <b>Service</b> ) - Jizo Garden
10:30	End of Samu
	<b>Morning</b>
10:45	Be in your seat
10:50	Zazen
11:25	Walking Zen
11:35	Zazen
12:10 pm	<b>Midday Service</b>
12:30	Lunch/Rest <b>(Meal Gatha)</b>
	<b>Afternoon</b>
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	<b>Evening Service</b>
	<b>Evening</b>
5:45	Supper/Rest <b>(Meal Gatha)</b>

## Thurs & Sat, May 23 & 25 eve

7:25 pm	Be in your seat
7:30	Zazen
8:05	Outside Walking
8:15	Zazen
8:50	<b>Vows/Bows/Gatha</b>
9:30	Lights Out

## Fri, May 24 eve

7:25 pm	Be in your seat
7:30	Zazen
7:50	Outside Walking
<b>8:00</b>	<b>Dharma Talk:</b> <b>Sensei Myoho</b>
8:50	<b>Vows/Bows/Gatha</b>

## Sunday May 26

	<b>Dawn</b>
5:30 am	Wake up
5:45	Outside Kinhin (opt.)
5:55	Be in your seat Leader's Entry
6:00	<b>Atonement/Zazen</b>
6:30	Outside Walking
6:40	Zazen
7:10	<b>Verse of the Kesa</b>
7:15	<b>Gate of Sweet Nectar Service</b>
7:45	Breakfast/Rest <b>(Meal Gatha)</b>
9:00	Samu (& <b>Service</b> )
10:15	End of Samu
	<b>Morning</b>
10:25	Be in Your Seat
10:30	Zazen
11:05	Walking Zen
11:15	Closing Circle
12:15	<b>Four Vows, Bows, Nenju</b>
12:20	Lunch/ <b>Clean-up</b> <b>(Meal Gatha)</b> 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.