

# June Zazenkai 2024

Led by Dharma-Holder Lorraine Gessho Kumpf

## Friday, June 28

5:00 p.m.	Leaders Meeting ( <i>Office</i> )
6:00	Light Snack ( <i>Sangha House</i> )
7:15	Log into Zoom & Settle
7:20	Zoom Orientation
7:25	Be in your seat
7:30	Zazen
7:40	Precautions
8:05	Kinhin
8:15	Zazen
8:50	Four Vows, Bows, Evening Gatha
9:00	End

Observe these Precautions  
at all times during Zazenkai

Maintain Silence. A Great  
Silence. Do not talk. Be silent in  
Body, Speech, and Mind.

Maintain lowered eyes. Do not  
look around.

Maintain zazenkai 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.

## Saturday, June 29

5:00 a.m.	Wake-up
5:30	Waking up the Body: Outside Walking Zen (Optional)
5:40 a.m.	Be in your seat
5:45	Zazen
6:15	Outside Walking Zen
6:25	Zazen
6:55	Verse of the Kesa
7:00	Morning Service
7:30	Breakfast
9:00	Samu
10:15	End Samu
10:25	Be in your seat
10:30	Zazen
11:05	Outside Walking
11:15	Zazen
11:50	Outside Walking
12:00	Dharma Talk ( <i>Zendo</i> )
12:50 p.m.	Lunch, Rest & Reflection
2:55	Be in your seat
3:00	Zazen
3:35	Outside Walking
3:45	Zazen
4:20	Outside Walking
4:30	Zazen
4:55	Four Vows/Bows/Closing
5:00pm	End and Clean-up

Silence is maintained until 5:00 p.m., Saturday