

Just Summer Sesshin • July 21 (eve)- 27, 2024

Led by Sensei Katherine Senshin Griffith

Sunday Evening, July 21

5:00 p.m. Leaders Meeting
6:00 Light Dinner

EVENING

7:15 p.m. Zoom in & Settle
7:20 Hybrid Orientation
7:25 Be in your seat
7:30 Leader's Greeting
Round/Opening
Remarks/Zazen
8:05 Outside Walking Zen
8:15 Zazen
8:50 Four Vows/Bows/
Evening Gatha
9:30 Lights Out

Monday, July 22

Bodhidharma's Wallgazing

DAWN

5:15 a.m. Wake-up
5:30 Outside Kinhin
(join any time)
6:00 Atonement/Zazen¹
6:50 Outside Walking Zen
7:00 Zazen¹
7:30 Verse of the Kesa
7:35 Oryoki Breakfast/Rest

MORNING

9:00 Samu², Training
10:40 End Samu

11:00 Zazen¹
11:50 Oryoki Lunch/Rest

AFTERNOON

2-2:45 Yoga - Dharma Hall
3:00 Zazen¹
3:50 Outside Walking Zen
4:00 Zazen¹
4:50 Oryoki Supper/Rest

Monday, July 22 (cont.)

EVENING

7:00 Zazen¹ **Reading:
Insight Grass Hut**
7:50 Outside Walking Zen
8:00 Zazen¹
8:50 Four Vows/Bows/
Evening Gatha
9:30 Lights Out

Tue. July 23-Fri. July 26

DAWN

5:00 a.m. Wake up
5:15 Outside Kinhin
(join any time)
5:25 Be in your seat
Leader's Entry
5:30 Atonement/Zazen
6:05 a.m. Outside Walking Zen

Tue. July 23-Fri. July 26 cont.

6:15 a.m. Zazen
6:50 Verse of the Kesa
6:55 Morning Service
7:25 Oryoki
Breakfast/Rest

MORNING

9:00 Samu²
10:40 End Samu
10:55 Be in your seat
11:00 Zazen
11:35 Outside Walking Zen
11:45 Zazen
12:15 p.m. Midday Service
12:35 Oryoki Lunch/Rest

AFTERNOON

2:15-3 Yoga -Dharma Hall
3:25 Be in your seat
3:30 Zazen
4:05 Outside Walking Zen
4:15 Zazen

Tuesday & Thursday

4:50-5:30 Slow outside kinhin
(ZCLA Garden)

Wednesday & Friday

4:50-5:30 Meandering – not a
break, follow the spirit &
wander the grounds

5:30 Evening Service
5:45 Oryoki Supper/Rest

Tue. July 23-Th. July 25

EVENING

7:25 Be in your seat
7:30 Zazen
7:50 Outside Walking Zen
8:00 **Dharma Talks**

Tues: Sensei Senshin

Wed: Sensei Dharma-Joy

Thu: Preceptor Earth-Mirror

Fri. July 26

7:25 Be in your seat
7:30 Zazen, **Reading:
Insight Grass Hut**
8:05 Walking Zen
8:15 Zazen

Tue. July 23-Fri. July 26

8:50 Four Vows/Bows/
Evening Gatha
9:30 Lights Out

Saturday, July 27

Bodhidharma's Wallgazing

DAWN

5:15 a.m. Wake-up
5:30 Outside Kinhin
(join any time)
6:00 Atonement/Zazen¹
6:50 Outside Walking Zen
7:00 Zazen¹
7:30 Verse of Kesa
7:35 Oryoki
Breakfast/Rest

MORNING

9:00 Samu,² Clean Room
10:00 Zazen¹
10:50 Outside Walking Zen
11:00 Zazen¹
11:50 Oryoki Lunch/Rest

AFTERNOON

2:25 p.m. Be in your seat
2:30 Zazen
3:05 Outside Walking Zen
3:15 Zazen
3:50 Closing Circle-Zendo
4:50 Four Vows/Bows.

END OF SESSHIN*

¹ May enter up to 8 minutes past the hour

² Report to Jizo Garden, start Samu at 9:00 a.m.

* Please leave your sleeping area clean & orderly. (Ask Samu Leader for cleaning supplies.)

Please return room key to Gueststeward Mailbox in the Sangha House.