

# Autumn Wind Sesshin – October 13 (eve)- 20, 2024

Led by Sensei Katherine Senshin Griffith and Sensei Darla Myoho Fjeld

## Sunday Evening, October 13

5:00 pm Leader's Mtg. in Zendo  
6:00 Light Dinner

### **EVENING**

7:15 pm **Zoom in & Settle**  
7:20 **Hybrid Orientation**  
7:25 Be in your seat  
7:30 Greeting Round  
Opening Remarks/Zazen  
8:05 Outside Walking Zen  
8:15 Zazen; Oryoki instruction  
8:50 Four Vows/Bows,  
Evening Gatha  
9:30 Lights Out

## Monday, October 14

### Bodhidharma's Wallgazing

5:15 a.m. Wake-up  
5:30 Outside Kinhin  
(join any time)  
6:00 Atonement/Zazen<sup>1</sup>  
6:50 Outside Walking Zen  
7:00 Zazen<sup>1</sup>  
7:30 Verse of the Kesa  
7:35 Oryoki Breakfast/Rest  
9:00 Samu<sup>2</sup>, Training  
10:40 End Samu

### **At Home Mon & Sat**

7:35 Breakfast: (Meal Gatha)  
9-10:40 Samu/Work (Work Chant)

### **MORNING**

11:00 Zazen<sup>1</sup>  
11:50 Oryoki Lunch/Rest  
1:45-2:30 Yoga – Dharma Hall

### **At Home: Mon & Sat**

11:50 Lunch: (Meal Gatha), Rest  
2 Exercise/Study (Maintain Samadhi)

### **AFTERNOON**

3:00 Zazen<sup>1</sup>; Hymn to  
Perfection of Wisdom  
3:50 Outside Walking Zen  
4:00 Zazen<sup>1</sup>  
4:50 Oryoki Supper/Rest

### **At Home: Mon & Sat**

4:50 Supper (Meal Gatha), Rest

### **EVENING**

7-7:50 Zazen<sup>1</sup>  
7:50-8 Outside Walking  
8-8:50 Zazen<sup>1</sup>  
8:50 Four Vows  
Bows/Evening Gatha  
9:30 Lights Out

## Tuesday, Oct. 15-Friday Oct. 18

5:00 a.m. Wake up  
5:15 Outside Kinhin  
(join any time)

### **DAWN**

5:25 Be in your seat  
Leader's Entry  
5:30 Atonement/Zazen  
6:05 Outside Walking Zen  
6:15 Zazen  
6:50 Verse of the Kesa  
7:00 Morning Service  
7:30 Oryoki Breakfast/Rest  
9:00 Samu<sup>2</sup>  
10:40 End Samu

### **At Home Tue-Fri**

7:30 Breakfast: (Meal Gatha)  
9-10:40 Samu/Work (Work Chant)

### **MORNING**

10:55 Be in your seat  
11:00 Zazen  
11:35 Outside Walking Zen  
11:45 Zazen  
12:15p.m. Midday Service  
12:35 Oryoki Lunch/Rest  
2:15-3 Yoga - Dharma Hall

### **At Home Tue-Fri**

12:35 Lunch: (Meal Gatha), Rest  
2:30 Exercise/Study (Maintain  
Samadhi)

### **AFTERNOON**

3:25 Be in your seat  
3:30 Zazen; Hymn P/Wisdom  
4:05 Outside Walking Zen  
4:15 Zazen  
4:50 Outside Walking Zen  
5:00 Zazen  
5:30 Evening Service  
5:45 Oryoki Supper/Rest

### **At Home Tue-Fri**

5:45 Supper: (Meal Gatha), Rest

### **EVENING**

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

**Tues: Sensei Senshin**

**Wed: Sensei Shogen**

**Thurs: Sensei Myoho**

**Fri: Sensei Dharma-Joy**

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

## Saturday, October 19

### Bodhidharma's Wallgazing

5:15 a.m. Wake-up  
5:30 Outside Kinhin  
(join any time)

### **DAWN**

6:00 Atonement/Zazen<sup>1</sup>  
6:50 Outside Walking Zen  
7:00 Zazen<sup>1</sup>  
7:30 Verse of Kesa  
7:35 Oryoki Breakfast/Rest  
9-10:45 Samu<sup>2</sup> - Full Dress  
Rehearsal for Hossen

### **MORNING**

11:00 Zazen<sup>1</sup>  
11:50 Oryoki Lunch/Rest  
[1:45-2:45 Honsoku Gyocha  
Rehearsal]  
1:45-2:45 Rest/Maintain Samadhi

### **AFTERNOON**

3:00 Zazen<sup>1</sup>  
3:50 Outside Walking Zen  
4:00 Zazen<sup>1</sup>  
4:50 Oryoki Supper/Rest

### **EVENING**

7:00 Zazen<sup>1</sup>  
7:30 Outside Kinhin  
7:40 **Honsoku Gyocha**  
Ritual presentation of  
Shuso's Case & Tea.  
**All invited.**  
8:15 Outside Kinhin  
8:25 Zazen  
8:50 Four Vows  
Bows/Evening Gatha  
9:30 Lights Out

## Sunday, October 20

### **DAWN**

5:15 a.m. Wake-up  
5:30 Outside Kinhin  
(join at anytime)  
6-6:50 Zazen<sup>1</sup>  
6:50 Outside Walking Zen  
7:00 Zazen<sup>1</sup>  
7:30 Verse of Kesa  
7:35 Oryoki Breakfast/Rest

### **At Home**

7:30 Breakfast: (Meal Gatha)  
9-10:45 Samu/Work (Work chant)

9-10:45a.m Samu: Hossen set-up  
& room cleaning  
11 a.m. **Dharma Combat** with  
**Shuso John Kyogen**  
**Rosania**  
12:30 Group Photo/ Lunch

<sup>1</sup>May enter up to 8 minutes past the hour

<sup>2</sup> Report to Jizo Garden, start Samu at 9:00 a.m.; Hossen ceremony rehearsals start on Wednesday in the Zendo during Samu.